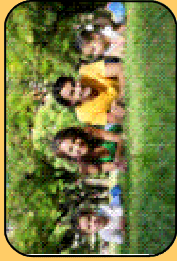





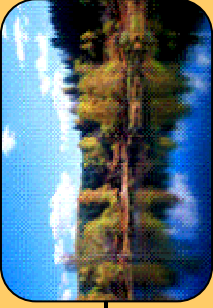


Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Welcome back to school!</p>		<p>Relax with your children after a hectic week back at school – Do some yoga with your kids – they'll love it!</p>	
			<p>Walk to school with your kids – Visit saferoutestoschool.ca for great ideas</p>			
		<p>Enjoy the lingering warmth of late summer & play with your kids outside..</p>	<p>Lakehead Children's Water Festival. Learn about water conservation through fun, hands on activities. Admission is FREE! Website: www.lakeheadca.com</p>			
<p>Put on their rubber boots and gloves to clean up harmful waste Visit www.shorelinecleanup.ca</p>						
		<p>Time to prepare your garden for the winter – clean up shrubs, cut down perennials & add mulch to your flower beds</p>	