

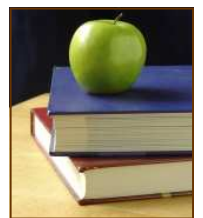













# Daily Physical Activity

## What Parents and Students Can Do At Home

### Ideas for your Newsletter and School Calendar

### September 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Welcome back to school!</b> 			<b>4 Relax with your children after a hectic week back at school – Do some yoga with your kids – they'll love it!</b>	<b>5</b> 
<b>6 Hymers Fall Fair</b> 	<b>7 Visit <a href="http://hymersfair.com">hymersfair.com</a></b>		<b>9 Walk to school with your kids – Make a commitment to “walking Wednesday” Visit <a href="http://saferoutesto-school.ca">saferoutesto-school.ca</a> for great ideas</b> 			<b>12 12pm – Riverfest '09.</b> Visit <a href="http://thunderbay.ca/riverfest">thunderbay.ca/riverfest</a>
		<b>15 Enjoy the lingering warmth of late summer &amp; play with your kids outside..</b>				<b>19-27 TD Great Canadian Shoreline Cleanup</b> 
<b>20 Put on their rubber boots and gloves to clean up harmful waste Visit <a href="http://www.tdgcsc.ca">www.tdgcsc.ca</a></b>	<b>21</b>	<b>22</b> 	<b>23 5pm - Lakehead Children's Water Festival. Learn about water conservation through fun, hands on activities. Admission is FREE! Website: <a href="http://www.lakeheadca.com">www.lakeheadca.com</a></b>	<b>24</b> 	<b>25</b>	<b>26 From 1-3pm – Goalball</b> Contact Person: Stephen Holloway Phone: 625-3220 
<b>27</b>		<b>29 Time to prepare your garden for the winter – clean up shrubs, cut down perennials &amp; add mulch to your flower beds</b> 				

To view the monthly calendar, visit [www.tbdhu.com](http://www.tbdhu.com), click on schools & workplace tab, scroll down to “Family Physical Activity Calendar”