
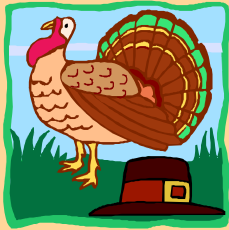






# Daily Physical Activity - What Parents and Students Can Do At Home

October 2009

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p><b>3</b> Sign up your family for a walk/run to support the charity of your choice.</p>
	<p><b>5</b> Celebrate &amp; honour the many ways families have fun together.</p>	<p><b>6</b> For a free online resource kit filled with information, ideas &amp; activities please visit <a href="http://www.frp.ca/nfw">www.frp.ca/nfw</a></p>	<p><b>7</b> International Walk to School Day. Join millions of children worldwide walking/ biking to school day</p>	<p><b>8</b></p> 	<p><b>9</b></p>	<p><b>10</b> Visit a local farm &amp; choose your own pumpkin. Carve Jack-O-Lanterns and bake pumpkin seeds.</p>
	← <b>National</b>		<b>Family Week</b>		→	
<p><b>11</b></p> <p>→</p>	<p><b>12</b> Thanksgiving Day</p> 			<p><b>15</b> Go for a hike. Choose a trail that will be suitable for little legs, pack a snack and enjoy those fall colours. Call Stasia (625-5979) at the TBDHU for a map of local trails.</p>		<p><b>17</b> Fall Waterfowl Viewing Day 9 a.m. to noon at Mission Island Marsh Conservation Area <a href="http://www.lakeheadca.com/mission.htm">www.lakeheadca.com/mission.htm</a></p>
					<p><b>23</b> Haunted Fort Night</p> <p>→</p>	<p><b>24</b> hosted by Fort William Historical Park <a href="http://www.fwhp.ca">www.fwhp.ca</a></p> <p>→</p>
<p><b>25</b></p> <p>→</p>		<p><b>27</b> Grab a rake and clean up those leaves. Put out your leaves on leaf collection day (on your regular recycling pick up day between November 3 – 13.</p>		<p><b>29</b> Something Wicked This Way Comes at Belluz Farms 6:30 p.m. to 10:00 p.m. <a href="http://www.belluzfarms.on.ca">www.belluzfarms.on.ca</a></p> <p>→</p>		

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