



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