









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

April 2010

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1 Happy April Fool's Day!</b> Start the day with some whacky music to get your family laughing & moving!	<b>2</b> 	<b>3 4th Annual Easter Egg Hunt</b> 11 a.m. to 2 p.m. Gammondale Farm Visit <a href="http://gammondale-farm.com">gammondale-farm.com</a> for details
<b>4</b> 	<b>5</b>	<b>6</b> Encourage your child's teacher to register the class for the Turn off the Screens Challenge (May 3 – 7) Visit <a href="http://TBDHU.com">TBDHU.com</a> for details.	<b>7</b> Celebrate World Health Day! Go out for a family walk after dinner!	<b>8</b> 	<b>9</b>	<b>10 Princess &amp; the Pea Puppet Show -</b> Brodie Resource Library at 2:30 p.m. Free tickets available beginning March.
<b>11</b> Go for a bike ride with your family.	<b>12</b>	<b>13</b> Get your summer gear out and make sure it's in good working condition	<b>14</b>	<b>15</b>	<b>16</b>	<b>17 Run for Life - 5km Run/Walk Confederation College Bubble</b> 10 a.m. Call 475-9231 for details.
	<b>19</b>	<b>20</b>	<b>21</b> 	<b>22</b> Celebrate Earth Day by planting a tree, walking to school, or starting a compost bin!	<b>23</b> 	<b>24</b> Thunder Bay Goalball League Ogden Com. Centre 1-3 p.m. No charge. Contact Tessa Soderberg at 625-3220 for more information.
<b>25</b> Join the Norwest Ontario Geocachers. Contact Chris Dombrowski at 939-3127 for more information	<b>26</b> 	<b>27</b> Think Green & Recycle! Clean out your house and have a yard sale this weekend.	<b>28</b>	<b>29</b>	<b>30</b> Remember to Pause to Play! It's time to turn off the screens and enjoy the outdoors.	