







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

November 2009

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Free children's concert to support Public Child Care – including face painting & colouring for the kids: 2 – 4pm. West Thunder Community Centre www.childcareontario.org</p>	<p>1 2nd Annual Pumpkin Smashing Day - Return your pumpkin to The Earth! \$3.50/ person. Includes Wagon Rides, Pumpkin Catapult, "Pumpkin Drop", Pumpkin Train, farm animals, tire swing & more. 11am -3pm Gammondale Farm www.gammondalefarm.com</p>			<p>5 Every Thursday is Twoonie swim at the Canada Games Complex from 9 pm. – 10 pm.</p>		<p>7 If the days are getting colder and you are looking for a way to keep active inside, why not meet some friends at Intercity and walk with your children through the mall. One loop through the mall is .85 km.</p>
			<p>11 Remembrance Day</p>	<p>12 Plan a bike ride on a warmer day before the snow stays permanently.</p>		
	<p>16 At dinner, avoid the TV and video games eating as a family. Research shows that family rules about screen time decrease the amount of time kids spend in front of the tube. Take a walk around the block or go to the park.</p>		<p>18 Include a skipping rope, a ball, sidewalk chalk or a baseball glove in your child's backpack for recess or lunchtime.</p>			<p>21 19th Annual Christmas Parade - 10am. Starts at the Auditorium, travels down Memorial Ave, ending at the CLE grounds. Meet and greet with Santa after the Parade in the Heritage Building- Website: http://www.cle.on.ca</p>
<p>22 Public Skating has started at Delaney, Grandview & Neening arenas. Log onto thunderbay.ca for prices & times.</p>			<p>25 Community playgrounds are available year-round</p>			
<p>To view the monthly calendar, visit www.tbdhu.com, click on school & workplace tab, scroll down to "Family Physical Activity Calendar"</p>						