



ALGONQUIN AND LAKESHORE CATHOLIC DISTRICT SCHOOL BOARD

September 23, 2016

Dear Parents and Guardians of Grade 9 Students:

The Algonquin and Lakeshore Catholic District School Board believes a healthy mind and body have an important impact on learning and the quality of life for everyone, staff and students alike. We support physical activity in our schools and would like to encourage this lifestyle with all our students.

Current data indicate that if physical activity patterns do not change, this generation may have a shorter life span than ours. To help achieve our goal of having our students become more physically active, Kingston Gets Active in partnership with all of our communities: Loyalist Township, Town of Greater Napanee, Township of Central Frontenac, City of Kingston, Township of South Frontenac, Township of Stone Mills, is encouraging an active lifestyle through an *ActivPass*. All grade 9 students can use their Student Card as their *ActivPass* or pick up an *ActivPass* from the main office. With this pass students have free access to participating recreation centres for public swims or skates. The YMCA of Kingston is also offering a free membership to Grade 5 students during the 2016-2017 school year. The schedule of all the recreation centres and times that are available from September 23, 2016 to August 31, 2017 can be found at <http://kingstongetsactive.ca/resources/grade-5-9-activpass/>.

Our overall objective is to make our children healthier and improve learning through physical activity. We hope you will take advantage of this unique opportunity that has been provided by our many community partners and Kingston Gets Active (www.KingstonGetsActive.ca).

Sincerely,

Terri Slack
Superintendent of School Effectiveness

TS:mcs