

St. Marguerite Bourgeoys Catholic School

355 Waterloo Dr., Kingston, Ontario K7M 8P5
Tel: 1 (613) 549.4499 Fax: 1 (613) 549.9903
filpmarg@alcdsb.on.ca www.alcdsb.on.ca/school/marg



September 19, 2018

Dear Parents/Guardians,

St. Marguerite Bourgeoys Catholic School is pleased to announce that we have received a grant through the Kingston Frontenac Lennox and Addington Health Unit (KFLA). This grant, **Power Off and Play**, supports initiatives that reduce screen time and increase physical activity.

This initiative has provided our students with new sports equipment (playground balls). To demonstrate our commitment to increased physical activity, on Friday, September 21, 2018, staff and students will participate in a Bounce-A-Thon. As a whole school, staff and students will try to keep the balls bouncing for the entire school day!

For more information on how to increase physical activity for your child(ren), please go to: <https://www.kflaph.ca/en/partners-and-professionals/Sedentary-Behaviour.aspx>

Thank you,

A handwritten signature in blue ink that reads "C. Minutillo".

Mr. C. Minutillo
Principal

A handwritten signature in blue ink that reads "L. Bryden".

Ms. L. Bryden
Vice-Principal

