

ST. FRANCIS DE SALES CATHOLIC SCHOOL COUNCIL NEWS

Kids Win
when Parents
Get Involved!
St. Francis de Sales School
613.283.6101

Message from the Chair

Was it really only a few weeks ago that we still had four feet of snow on our front lawn? I'm still surprised every morning when I step outside at 6:00 a.m. that the sun is actually up, and it's warm enough to go out without a coat. Just as the cold weather and snow make me feel like hibernating, the emergence of the sun and warm weather pulls me outside. In January, our family accepted a challenge to decrease our TV viewing by 90 minutes a day and increase our daily activity by the same amount. While we got hit by snow storm after snow storm, most of the activity was taken up with clearing out the snow, but not much in the way of "fun" activities, and it was hard not to collapse in front of the TV. The better weather has inspired us anew, and we

have already got out the bikes, and worked on the yard and garden. We have all started our seedlings, and we'll soon be planting them outside, pulling weeds, watering the garden and digging. Somehow, our girls started a family skipping challenge, so for the first time in at least 30 years, I was jumping rope and teaching them the skipping rhymes I remembered from when I was their ages. Suddenly those 90 minutes of activity go by very quickly, and there are days when the TV doesn't even get turned on. The biggest plus, of course, is that we are spending more time together and having a great time of it.

Lorraine Fenn, Chair

Fit for Learning

By Parent, Mark Nichols

When most adults think about exercise they think about very structured exercises like working out in a gym or running on a treadmill where they often have very specific goals in mind. But for kids, exercise means playing and being physically active. Kids exercise when they are participating in structured activities like a hockey practice and karate class. More importantly, kids exercise when they play at recess, ride their bikes and play tag with their friends.

Being fit is a way of saying a kid eats well, gets lots of physical activity and has a healthy weight. When kids are fit their bodies work well, feel good and they can do all the things they want to do, like run around with their friends.

There are many benefits to be gained from regular exercise. An active child will;

* have stronger muscles and bones



- * have lower body fat
- * have a higher cardio vascular fitness
- * decrease the risk of type 2 diabetes
- * maintain healthy blood pressure, and
- * increase self confidence

For parents, probably one of the most important benefits of exercise is that your child will sleep much better at night and be able to handle the challenges that a normal day presents. Another benefit is that a child will be able to focus better on tasks like homework and paying attention in class.

One of the best ways to get children to be more active is to limit their amount of time spent on sedentary activities like watching TV or playing video games. Limiting your child's screen time will make it much easier to get up

Fit for Learning, *Continued*



and go outside and play and be active. Another important benefit for a parent of an active child is that if your kid gets regular exercise and is fit

this greatly increases the probability that you are healthy and fit as well. When you exercise with your kids you are spending quality time with them. It gives you an opportunity to talk to them and find out what is going on in their life.

Combining regular exercise with a healthy diet is the key to a healthy lifestyle. By understanding the importance of being physically active, you can install fun and healthy habits that will last a

Fitness, Fun & Friendship

By Derek Haime, Principal

The Grade 4-8 Track Meet on May 27 at SJCHS and the Primary Play Day and Picnic (planned for early to mid-June) at Lower Reach Park are opportunities for students to do their best at athletic and cooperative events. Part of the costs are covered by a Daily Physical Education Grant we received from the Ministry via the Board.

A school track meet is a cooperative day where students cheer each other on. The competitive aspect is there but it is secondary to the cooperative spirit that St. Francis is so well known for.

In addition, the SJCHS Track and Field athletes are excellent role models for our students as they assist them in discovering the joys of friendly competition and of course, the benefits of exercise.

The Primary Play Day is an even more cooperative day which of course also emphasizes physical fitness, fun and friendship.

Several Catholic Graduate Expectations come alive in a special way on days like these. Students are presented with different ways to share their gifts. (as athletes and as good friends!)

lifetime. Hopefully your children will pass on this habit to their kids as well.

Remember, keep it fun and you can count on your child to enjoy it and come back for more.



Next School Council Meeting:

Monday, May 26, 2008 in the library.
Everyone welcome!

School Council Newsletter:

If you have an idea for an article or you would like to contribute to this newsletter, please contact Shelley Nadeau at 613-283-3832.

Wonderful Heavenly Father.

Thank you for your son Jesus who gave his life for us

Thank you for the example He set for us

May I seek to do the same in my home.

Help me to maintain a healthy lifestyle.

Give me wisdom in raising and guiding my children.

Keep my eyes focused on You and not on my weaknesses.

Give me strength for each day.

I love you Lord. Thank you for loving and caring for me. In

Jesus Name,

Amen.

If you are interested in volunteering, would like to attend a meeting or if you would like to learn more about the St. Francis de Sales School Council, please contact the school at 613-283-6101 or approach any member of council:



Chair—Lorraine Fenn, **Treasurer**—Margaret West, **Secretary**—Shelley Nadeau, **Community Representative**—Bernice Chiniborch, **Parish Representative**—Debbie Shea, **Non-Teaching Representative**—Patricia Meagher, **Teaching Representative**—Anik Blanchard, **Principal**—Derek Haime, **Parent Representatives**—Tammy Demidoff, Dorothy Hudson, Tracey Nichols, Tracey Stringer, Janet Yanosik