



TV TURNOFF: Students at Robert Little School were urged to turn off the TV, get off the couch and get active during a TV Turnoff Week assembly on Friday at the school. The school's Everybody Dance Club got into the spirit with a rollicking version of The Hustle. — Frances Niblock photo

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Robert Little kicks off TV-Turnoff week

On Friday, April 16 Robert Little Public School held a kick-off assembly to introduce the students to the 2004 TV-Turnoff Challenge, which takes place from April 19-25.

The assembly began with grade 3's leading the whole school in an Active Assembly song called "Feeling Good". As the song says, "Cut the sweets. Watch the fat. Lean machine is where it's at. Exercise! Bag the couch. You'll feel good. No more grouch!"

Next, Mrs. Hasselfeldt's Kindergarten class entertained the school as they told a story about, "Jimmy Jet and His TV Set". Jimmy watched so much TV that his eyes were frozen wide, his bottom grew into his chair, his chin turned into a tuning dial, antennae grew out of his hair, his brains turned into TV tubes and two knobs saying "Vert." and "Horiz." grew where his ears had been! The TV-Turnoff Week theme song, "OFF" was sung by grade 3 students. As the grade 3's said, "It's 'bout as bad as it could be. We're watching way too much T.V. Like no-one wants to go and play. Yeah, just shouldn't be that way. You can turn off easily!"

The next presentation was from grade 3 & 4 students, who did a chant called "Box Off - Play On". Some of the messages in this chant were, "I don't know what you've

been told, turn off the box or you'll feel old. It can help you to survive and make you feel more alive!" The students especially enjoyed the Chorus of, "Yo Ho - Yo Ho! Box Off - Play On!"

The final presentation was 50 members of Robert Little's Everybody Dance Club doing an energetic performance of "The Hustle". Dance Club members said one of the activities they will do during TV-Turnoff Week is dance, dance!

The purpose of TV-Turnoff Week is to raise awareness of the importance of adapting an active, healthy lifestyle. The Halton Regional Health Department, in partnership with the Halton Public and Catho-

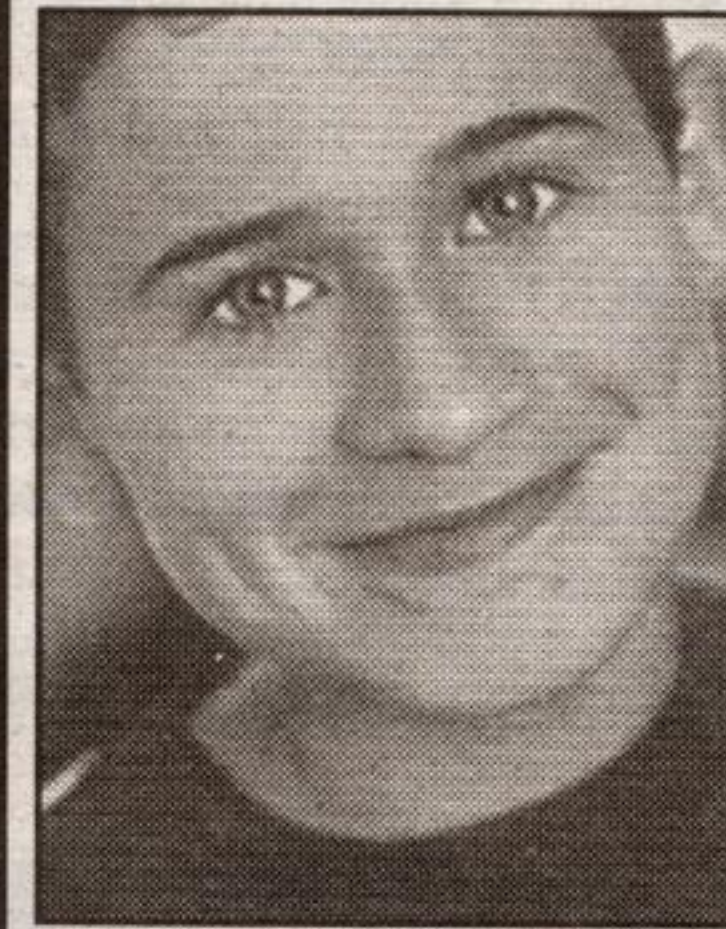
lic School Boards is running this program, challenging children and families to go screen free and to spend their leisure time getting active together.

According to the Halton Health Department, everyday, many children return home from school only to turn on the television or computer or plug in their favourite video game, not realizing the impact this sedentary behaviour has on their health. Physical activity levels have reached historic lows, due to television being the number one leisure activity among children.

In 2003, 7000 Halton children turned off their screens and discovered fun ways to get active. This year, they would like to do even better, by en-

couraging children to trade TV, computer (other than homework), and video games for **PHYSICAL ACTIVITY**. Parents can help by being positive role models to their children by being physically active and cutting down on screen time themselves. The Halton Health Department reminds us that regular exercise improves self-esteem, decreases stress, improves muscle and bone strength, improves concentration and other academic skills, improves overall health and makes you feel **AMAZING!** As Robert Little's Q.D.F. (Quality Daily Fitness) leaders say every day, "Active Bodies equals Active Minds."

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