

Elementary students ready to Live it Up

BY JOAN RANSBERRY
Staff Writer

Markham's Greensborough Public School is preparing ready to live it up next week.

Thousands of Ontario elementary school students and teachers from 17 schools, including Greensborough, are celebrating the creation and success of Living Schools, a province-wide, year-long pilot project promoting active, healthy lifestyles.

As part of the program, the schools are simultaneously participating in the Live it Up

challenge Tuesday.

Greensborough, north of 16th Avenue and east of Hwy. 48, is hosting a 20-minute active-a-thon. It includes physical activity challenges followed by a fruit snack.

There's a general rule at Greensborough. "The rule is active, healthy living is a good way to do business," principal Scott Yake said.

The Living School initiative has already proven to have "invigorated staff and students", Mr. Yake said. "Their enthusiasm is spreading like wildfire throughout the entire community."

Since participating in the program, healthy living has been a big issue at Greensborough.

Students are encouraged to be active during recess and a daily vigorous activity is held.

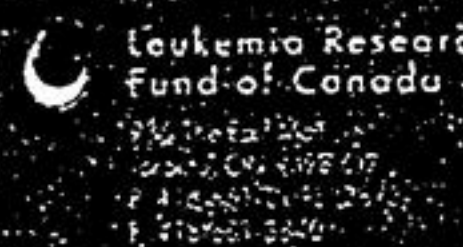
The school has trained fitness ambassadors regularly visiting classrooms encouraging healthy living. Students are also encouraged to take part in field trips involving skiing, snowboarding, bowl-

ing, rock climbing and golf, Mr. Yake said.

Living Schools is an Ontario Physical Health Association initiative to motivate, support and assist schools in addressing physical inactivity, unhealthy eating, tobacco use and alcohol and substance abuse.

The rate of child obesity has increased by 50 per cent during the past 15 years, according to a national study of children and youth.

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CORRECTION NOTICE

In our flyer distributed the week of January 16th, 2005 (P12.3-P1.1) on page 4, the description of the Power Buy Bed in a Bag is incorrect. The description should read: Each set includes a reversible comforter, sheet set, pillows sham(s), and a bed skirt.
Sorry for any inconvenience this may have caused.



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