



"Together We Learn"
School District No. 23
(Central Okanagan)

BOARD OF EDUCATION

News Release

October 25, 2007

Distribute to: News Media, Trustees, Partner Groups, Administrators, District Sites

Kids Spring, Step, Peddle and Hop into Fitness

Kelowna, BC – Under the white tents at the Orchard Park shopping mall, school children enjoyed a novel new fitness break. Dunking basketballs on a mini padded court, tapping out notes on the kid-sized piano keyboard, matching wits in a nutrition game show, and enjoying interactive dance and bicycle videos were some of the many activities. The tents are part of the Act Now BC Road to Health Community Tour, a travelling fitness initiative by the Province of BC.

"The students were really excited as they actively participated in the healthy eating and physical activity challenges!" say Janelle Zebedee, the Health Promoting Schools Coordinator for School District No. 23. "It was a great blend of interactive and educational stations to reinforce the importance of making healthy choices, including being physical active and eating healthy. Way to go to the SVE (Spring Valley Elementary) Grade 5 students, teachers, and parent volunteers for their high energy participation and for walking to and from the event!!"

More than 200 children within School District No. 23 are expected to visit the Act Now tents on October 25 and 26.

QUESTIONS?:

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