



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

BOARD OF EDUCATION

News Release

October 31, 2007

Chills, Thrills and Fitness this Halloween

Kelowna, BC – South Rutland Elementary is turning what would normally be a holiday associated with scary dental decay into a fun fitness opportunity. The Halloween Olympics, taking place this morning and afternoon, include team games and races in the gymnasium.

Principal Doug Amundrud notes that kids love this non-competitive 'indoor track meet'. In addition to being a good way to work off the energy of Halloween candy, it makes fitness fun. Teams are divided into groups each wearing one of the team colours: green, black, white or red. Primary grades participate in the morning session, while intermediate grades play more advanced games in the afternoon.

As always, the principal and staff are very grateful for the assistance of parent volunteers. Their cheerleading and frequent guidance help all children enjoy the day, regardless of their fitness and confidence level.



Photo: Grrrr! Sally Lucas (TOC) strikes a scary pose with student Jacob Orellana-Funes
Photo by Lisa Harrison, Communications Officer, School District No. 23 (Central Okanagan)

QUESTIONS? CONTACT:

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