



Limestone
DISTRICT SCHOOL BOARD

Algonquin & Lakeshore
Catholic District School Board



Kingston Gets Active
28 Division Street
Kingston, ON K7L 3N6
www.kingstongetsactive.ca
info@kingstongetsactive.ca

September 2023

Dear Parents and Guardians of Grade 9 Students:

A healthy mind and body have an important impact on learning and the quality of life for everyone, staff, and students alike. We support physical activity in our schools and would like to encourage this lifestyle with all our students.

Current data indicate that if physical activity patterns do not change, this generation may have a shorter life span than ours. To help achieve our goal of having our students become more physically active, Kingston Gets Active in partnership with all our communities (Loyalist Township, Town of Greater Napanee, Township of Central Frontenac, City of Kingston, Township of South Frontenac, Township of Stone Mills), are encouraging an active lifestyle through an *ActivPass*. All grade 9 students can use their Student Card as their *ActivPass* or pick up an *ActivPass* from their main school office. With this pass students have free access to participating recreation centres for public swims, skates, curling or gym use. **The schedule of all the recreation centres and times that are available from September 25, 2023, to August 31, 2024 can be found at www.kingstongetsactive.ca** after September 26th.

Our overall objective is to make our children healthier and improve learning through physical activity. We hope your child will take advantage of this unique opportunity that has been provided by our many community partners and Kingston Gets Active.

Sincerely,

Limestone District School Board, Algonquin and Lakeshore Catholic District School Board
& Kingston Gets Active