



Kingston Gets Active  
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September 2022

Dear Parents and Guardians of Grade 5 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 of our communities (Loyalist Township, Town of Greater Napanee, Township of Central Frontenac, City of Kingston, Township of South Frontenac, Township of Stone Mills), is encouraging an active lifestyle through an *ActivPass*. All grade 5 students in your school will receive this pass which grants free access to participating recreation centres for public swims, skates or open gym access where available. Queen's Athletic and Recreation Centre gate fee is waived when accompanied by a paying adult or current ARC member (some restrictions apply). **The schedule of all the recreation centres, activities and times that are available from September 26, 2022 to August 31, 2023 can be found at [www.KingstonGetsActive.ca](http://www.KingstonGetsActive.ca).**

Grade 5 students have been chosen for a number of reasons. Research shows that physical activity begins to decrease in children as early as the age of 9 years. Children who are not active enough do not obtain the benefits associated with physical activity. For example, physical activity positively affects the growth and development of children. Physically active children are more likely to maintain a healthy body size and have lower risks of cardiovascular disease. Active children also receive many other benefits including improved self-esteem, mood, behaviour, and academic performance. Finally, Grade 5 students are at an age when they are independent but still enjoy family activities.

Our overall objective is to make our children healthier and improve learning through physical activity. We hope you will take advantage of this unique opportunity that has been provided by our many community partners and Kingston Gets Active ([www.KingstonGetsActive.ca](http://www.KingstonGetsActive.ca))

Sincerely,

Kingston Gets Active