



**McCaig Elementary**

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AN ENGLISH  
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**A BILINGUAL  
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November 30, 2017



## Movement Week

**Movement Week** at **McCaig** will be held over three days on the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> of December 2017. The aim of **Movement Week** is to get the children thinking about the importance of remaining active throughout their lives and the need to balance their active and sedentary time.

During **Movement Week** many activities will be taking place to inspire the children, including; leaders-led playground games, active acting, lunchtime yoga/aerobics and classroom bursts of activity.



**McCaig** will also be reintroducing **BOKS**, a FREE activity program run before school to prepare a child's body and mind for the day. BOKS provides parents with an opportunity to exercise with their child before school starts. The **BOKS** program will run from 8:10 - 8:40 am every Tuesday and Thursday for 12 weeks. Kim St-Pierre, 3-time Olympic medalist in women's hockey, will be launching **MOVEMENT WEEK** during the first BOKS session on the 5<sup>th</sup> December.

Richard Mason  
Principal  
McCaig Elementary

