

APRIL

MONTHLY ANNOUNCEMENT RESOURCE GRADES 6-12

PLAY: THE BUSINESS OF CHILDHOOD

ADAPTED FROM AN APPLE SCHOOLS RESOURCE



Announcement #1:

Did you know that being active/playing is important for all of us regardless of our age? Playing helps us de-stress after a busy day or a day where we sit a lot, like during class. Lunch time is a great opportunity to go outside and get active. What are your favorite activities? Make some time to be active today!



Announcement #2:

Be active each day! Being active helps us use lots of energy and refresh our minds so we can focus during class and learn. Don't forget to boost up your energy by having a healthy snack and a drink of water before heading out to do some activity. Do you have a favourite healthy snack that you eat before being active? Bananas, apples, cheese, and yogurt are all energy boosting foods. AND don't forget to drink some water!!



Announcement #3:

Did you know that youth aged 12-18 should get 60 minutes of moderate to vigorous activity every day? Getting active means moving enough to make you breathe hard and sweat a bit! Strength training is also recommended at least 3 times per week. Movement improves your health. It helps your grow stronger, do better in school and feel happier. Take some time to be active today!



Announcement #4:

Did you know that Wednesday April 22nd is Earth Day? Being outside is a great way to enjoy and appreciate our Earth! Being in nature has many benefits- boosting our mood, improving our memory, and allowing us to be more physically active. It can increase our creativity and help us sleep better at night. Even 10-15 minutes per day can be helpful. Take some time today to enjoy being outside!!



Announcement #5:

Did you know that spending time outside being active is also a great way to spend time with family and friends? With longer days and warmer weather, a great way to have fun with your family is by hitting the PLAY button after school! Spend some time being active. Play a sport, go for a bike ride or a run with your family or friends today!



Announcement #6:

Do you know what it means to be sedentary? Being sedentary means sitting for long periods of time, driving in a bus or car to school, watching television or playing sit down video games. Sedentary activities can be hard on your body and your mind. Let's make a change and aim to be active for at least 30 minutes after school. Go for a walk, play a sport or challenge a friend to an after-school game of hoops. Every step counts!

