



Algonquin & Lakeshore
Catholic District School Board



Kingston Gets Active

28 Division Street

Kingston, ON K7L 3N6

www.kingstongetsactive.ca

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October 2025

Dear Parents and Guardians of Grade 5 Students,

A healthy mind and body are essential to learning and improving the overall quality of life for everyone, including staff and students. As a school community, we support physical activity and encourage all our students to adopt an active lifestyle.

Research indicates that without changes to current physical activity patterns, this generation may face a shorter life span than previous ones. To help address this, Kingston Gets Active, in partnership with local communities (Loyalist Township, Town of Greater Napanee, Township of Central Frontenac, City of Kingston, Township of South Frontenac, Town of Gananoque, and Township of Stone Mills), is promoting an active lifestyle through the ActivPass.

All grade 5 students at your school will receive an ActivPass, which provides free access to participating recreation centers for activities such as public swims, skates, curling, or open gym use and youth connection programs where available. A full schedule of participating recreation centers, activities, and times for **October 2, 2025, to August 31, 2026**, will be available at www.KingstonGetsActive.ca after October 2nd.

Grade 5 students were selected for this initiative for several reasons. Research shows that physical activity levels begin to decline in children as early as age 9. Children who aren't active enough miss out on the numerous benefits of physical activity, such as positive impacts on growth, development, and mental health. Active children experience improvements in self-esteem, mood, and behavior, as well as reduced risks of cardiovascular disease and enhanced academic performance. Grade 5 students are at an age where they are becoming more independent but still enjoy family activities, making this the perfect time to encourage physical activity.

Our goal is to make our children healthier and improve learning through increased physical activity. We hope you and your child take full advantage of this fantastic opportunity, made possible by Kingston Gets Active and our many community partners. For more information, please visit www.KingstonGetsActive.ca.

Sincerely,

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