



Windsor-Essex Catholic District School Board

MEDIA ADVISORY



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**For Immediate Release
January 13, 2010**

O.L.P.H. GETS MOVING PUNCH GYM SHOWS STUDENTS NEW WAYS TO GET HEALTHY & ACTIVE

Getting kids excited about exercise can sometimes be a daunting task. However, officials at Our Lady of Perpetual Help Catholic Elementary School have found a creative way to get students exercising and having fun while they're doing it. Healthy Active Living Teacher, Teresa Laporte, has scheduled in a two-day visit from Rob Santarossa owner of Tecumseh's Punch Kettlebell gym. Rob, with the help of some trained leadership students, will lead all classes, JK through to Grade eight, through forty minute sessions. There will be ten stations for students to navigate that are comprehensive, challenging, creative and most importantly, fun! Come on out and watch the excitement – maybe even try it yourself – if you dare!

DATE: Thursday, January 14th, 2010

TIME: 9:15 a.m. - 9:55 a.m. (training of leadership students)
10:00 a.m. - 2:30 p.m. (all other students)

LOCATION: Our Lady of Perpetual Help Catholic Elementary School, 775 Capitol Street, Windsor

All media are invited to attend this event.

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