



Community Learning Centre

The RVCLC was pleased to have Lynn Rizzutto come and speak about the BOKS (Build our kids Success) program on Sept 9, 2015.

Lynn is a gym and science teacher with 15 years' experience and did her master's degree in Physical Education Pedagogy.

Boks is a free before-school program that promotes the powerful link between physical activity and increased academic performance. A school can run it but must agree to a minimum two times during the week (in the morning or at lunch) with duration of each session being about 40 minutes.

A day care monitor or volunteer parent can be trained to learn how to facilitate the session. There is a binder to guide you. A typical class starts with a warm-up game, transition into running, relay races or obstacle courses and includes a skill of the week. **Source for this text: Boks brochure; Reebok Canada Fitness Foundation.**

The Public Health Agency of Canada, CFL, Reebok, Dr. John J. Ratey, MD, Clinical Associate Professor of Psychiatry, Harvard Medical School, etc., are connected with this project.

This program has been going on in the USA since 2009 and was launched in Canada last year. I have spent the last 10 days meeting with Principals and some Daycare Supervisors connected with the RVCLC explaining the program and its potential benefits.

The RVCLC is pleased to share that Mount Bruno and Cedar Street Elementary Schools have registered for this program and that we will be arranging for Lynn Rizzutto to facilitate a before school training in the very near future.

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