

## Mount Bruno Daycare



Mount Bruno Daycare in collaboration with the RVCLC are pleased to announce that today, Oct. 20<sup>th</sup>, 2015, we launched the BOKS program (Build Our Kids' Success) this morning with 29 participants. BOKS is a free before-school physical activity program that combines structured play, physical activity, team games and short talks on nutrition to create life-long healthy habits. It is supported by the Public Health Agency of Canada and the Reebok Canada Fitness Foundation.

Mount Bruno Daycare will be running this program on Tuesday and Thursday mornings. Each session will begin at 7:10 am for a duration of 40 minutes.

We would to welcome Jordan Pelletier, a student from Champlain College, who will be volunteering with us and the BOKS program this fall-winter. If any parents would be interested in participating and or volunteering with the BOKS program, kindly contact me at [gciccarelli@rsb.qc.ca](mailto:gciccarelli@rsb.qc.ca)

Thanks to Lynn Rizzuto, Regional Coordinator for the BOKS program for animating our first session. Thanks also to Brian Peddar (RVCLC), Jordan Pelletier, Cheryl Hutton and our participants.

For more information on BOKS please go to [www.bokskids.ca](http://www.bokskids.ca)

