

## Fitness Friday Celebration

On Friday, June 15<sup>th</sup> the teachers, educational assistants and students of St. Andrews Elementary School gathered in the soccer field to run with local marathon runners, Dr. Paula Keating and Mr. Paul Comeau. The sunshine added to the excitement as the students participated in a run accompanied by these two local athletes and by all school staff who walked, jogged or ran. The staff knew the importance of being positive role models and got right into the spirit of things. The students were very proud to show off their running abilities at this celebration of their year long fitness program called "Fitness Friday". At the beginning of the last Physical Education class of each week the students participated in this running program. Mr. Williston, the Vice Principal stated that the grades K-2 students began running for 1 minute at a time while their classmates cheered them on and by the end of the year they had increased their endurance so that they were able to run for 4 minutes or more. The grade 3-5 students began by running 2 minutes and they increased to more than 6 minutes by the year's end.

Dr. Keating and Mr. Comeau have participated in many marathons with their most recent one being the Boston Marathon. They brought their medals along to show to the students and answer questions while the students enjoyed a banana for a snack. Dr. Keating encouraged the students and staff by speaking about the benefits of running and being physically active. The physical education teachers saw great improvement in the students' cardiovascular fitness and plans are already in the works to enhance this program next year. Congratulations to everyone involved in this initiative!

