

Educational Gym

Jan. '09

The ideology of the Educational Gym is to improve the overall health and welfare of students at Alexander Galt. The Galt Athletic Committee and the staff at large, firmly believe that the Greeks had it right all along. A healthy body allows the development of a healthy mind. Students today live a very sedentary lifestyle and consequently their physiological growth is generally compromised. Therefore the athletic committee has initiated a program structure that will engage students in physical activity once a cycle, (nine days) from January 13th to May 27th. We hope to implement a once a week scenario in the school year, 2009 – 2010.

The athletic committee conducted research and collected data indicating the physical condition of a growing number of Canadian youth is deteriorating. Once considered the diseases of the elderly, examples of overweight to obesity, diabetes, heart disease and many forms of cancer now plague our youth. Lifestyle choices are the main culprit, when considering the cause therefore we sought to engage our youth with physical activity to improve their overall health.

It is felt that many positive repercussions will occur, as a result of the “Educational Gym” implementation. Clearly overall health is first and foremost. Other benefits include increases with academic statistical improvement, school attendance, school climate, school enrolment, more competitive sports teams and higher graduation percentages. We feel that the drop out rates will fall significantly as well.

Funding is our main obstacle. Presently we are funded by FRIJ (Fond Régional d'Investissement Jeunesse – Estrie). We are entertaining the idea of a capital campaign, while actively pursuing foundations, who provide grants to worthy causes. This is objective is ongoing.

The Galt Athletic Committee believes the “Educational Gym” does have merit and value. We hope to extend the physical activity concept throughout the Eastern Township School Board, as soon as we are able to.

Morgan Quinn
Galt Athletic Com. Chair
Alexander Galt RHS