



Hundreds of Grade 5 students will engage in virtual Grow Kids event

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With a priority on health and wellness for students, this year the Grow Boy and Go Girl Committees have combined forces, under the umbrella of Grow Kids, to offer Grade 5 classes in each Division a virtual event. In the safety of their cohorts at school, on Wednesday, May 5 all Grade 5 students in Red Deer Public Schools and Red Deer Catholic Regional Schools will have the opportunity to participate in Grow Kids.

Grow Girls, with a focus on staying active, and Grow Boys, with a focus on promoting and supporting healthy development, have brought together hundreds of Grade 5 students for years. With COVID-19, this year will look different. Both Divisions have been able to collaboratively align our conference sessions to encompass the ideas of responsibility, respect, connection, relationship, movement, creativity and positive well-being.

“Although it looks different this year, it is important that we continue to support the health and wellness of students in both Divisions through this newly imagined virtual and interactive event,” said Division Coordinator Purnima Lindsay at Red Deer Public Schools. “We are excited to offer this virtual event to all our Grade 5 students.”

“We are looking forward to making this a great day for our students, even though this year will look a little bit different,” said Sean Grainger, Vice Principal at Joseph Welsh Elementary School.

This year’s theme is “Hope is an action word.” During the virtual event, there will be multiple sessions offered to students on four main topics including:

- Connection and relationship
- Creativity
- Move your body
- Positive well-being

“This event provides students the opportunity to be engaged in one to two sessions in each category, led by instructors that specialize in each topic,” said Vice-Principal, Erika Pottage, at Red Deer Catholic Regional Schools.

“Each session will include interactive videos that can also be accessible to staff once the conference is over. It is a great opportunity to have these videos as resources for movement breaks and other activities in the classroom far beyond the virtual conference.”



For more, visit growkids.ca.

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