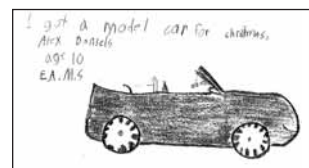


Congratulations!!

Congratulations to all winners for the My Favourite Christmas Present / New Years Resolution contest! All entries were fantastic! Thanks again!

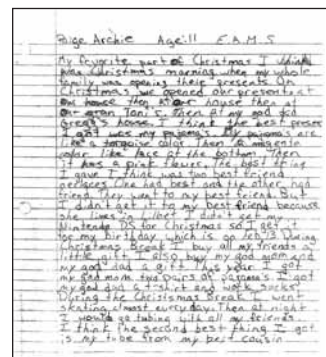
Kateri Charlis, Alicia McGrath-Hulbert, Chehalis School; Charles Joseph, Tia Konig, David Hoy Elementary; Paige Archie, Alex Daniels, Eliza Archie Memorial School; Dylan Wesley, Jamieson Gawa, Kispiox School; Skyler McLeod, Merritt Central Elementary; Toni Mitchell, C-Jay Alfred, Alicia Vantunen, Moricetown Elementary; Beau Laslo, Holly Laslo, Queen Mary Elementary



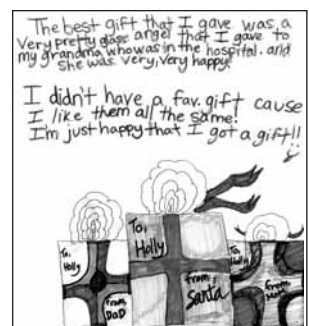
Alex Daniels,
Eliza Archie Memorial School



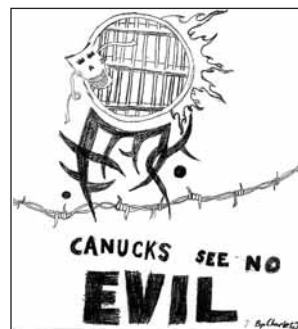
C-Jay Alfred,
Moricetown Elementary



Paige Archie,
Eliza Archie Memorial School



Holly Laslo,
Queen Mary Elementary



Charles Joseph,
David Hoy Elementary



Kateri Charlis,
Chehalis School



Beau Laslo,
Queen Mary Elementary

My New years resolutions are to do my best work at school. At home, I will help my dad cook super. At play, I will play respectfully.

Skyler McLeod,
Merritt Central Elementary

My Favourite Christmas Present: My name is Tia and my favourite present was my Oma's Love and sharing her love with my sister Sam and I.



Alex Daniels,
Eliza Archie Memorial School

Dear: K.G Coyote
I'm writing about my New Years resolution and it is to work harder in school and in class - that's one of my resolutions. I have some more resolutions. One of my other resolutions was to listen to my Mom and DAD. I will also clean up my room and do all of my chores.
Sincerely:
Toni Mitchell
Moricetown Elem. Grade 5

Toni Mitchell,
Moricetown Elementary



Alicia McGrath-Hulbert,
Chehalis School



Alicia Vantunen,
Moricetown Elementary



Jamieson Gawa,
Kispiox School



S E V E N T H G E N E R A T I O N

March 2007

Happy Spring Seventh Generation Club Members!

Spring is here, and summer is just around the corner. It's the perfect time to get outside, soak up some sun and breathe in the fresh air.

This newsletter is all about how the sunshine can help you to stay healthy. Since it's getting warmer outside, you can start playing outdoor sports and games to get the physical activity your body needs to stay fit and your mind needs to help you concentrate and succeed in the remaining few months of the school year.

We also talk about the way your body benefits from the sun itself and how too much sun exposure can be harmful. As with everything, getting the

right balance

is important to staying healthy. Since you will be spending all that time exercising and playing in the warm sunshine, remember to make sure you get enough water. Your body uses water in almost everything it does and without it you won't be able to exercise properly, think clearly, or stay healthy.

So get outside Seventh Generation Club Members and catch those rays!

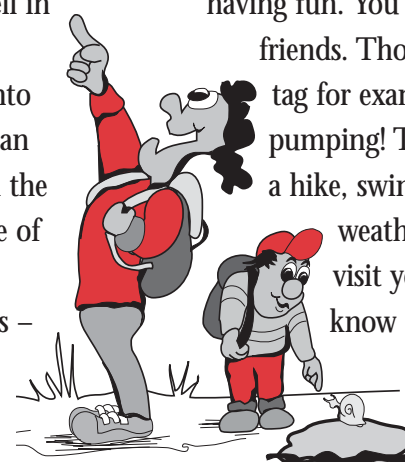


Fun in the Sun!

Regular physical activity is important to keep your body fit and healthy and may even help you to concentrate better, do well in school and help you to sleep properly. Since we are coming into spring and summer, when you can take part in outdoor activities in the sunshine, getting your daily dose of exercise is even easier. The most important thing about exercise is - make it fun!

Exercise doesn't have to be

boring. Sports such as soccer, basketball, and baseball are great ways to get exercise while having fun. You can also play games with your friends. Those that involve running, like tag for example, will really get your heart pumping! Try taking your parents out for a hike, swim or bike ride, or if the weather is warm, walk to school or visit your friends - before you know it, you'll be active without even realizing it.



HIGHLIGHTS:

- Canucks Corner
- Sun or no sun?
- Water!
- Contest
- Congratulations!

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If you have any questions, or would like to see something included in upcoming newsletters, write to the Editor at the address above, or send an e-mail to: seventhgen@fnesc.ca

The Seventh Generation Club is created in partnership with:



CLUB



CANUCKS CORNER



New Canucks on the Block

We would all like to live long, happy and healthy lives so we have the chance to reach our goals and make our dreams come true. One way to make sure we do this is by staying in shape! The Canucks work very hard to stay incredibly fit so that they have the energy to take on all of their opponents. They do this not only by exercising, but by getting lots of rest, eating properly, and making time to have fun! These are all features of a well balanced lifestyle.

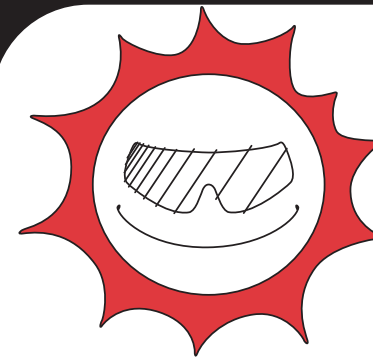
Last month we learned all about goals and the importance of goal setting. Goals are important in your plan to stay healthy too! You can make a goal to eat your vegetables at dinner or work extra hard on your drills at hockey practice. Getting healthy doesn't have to be boring either. It's as easy as going outside at recess and playing with your friends. This increases your daily activity, and gets you on your way to being happier and healthier. Daily physical activity has been a part of all the Canuck players' lives, ever since they were as young as you! If the Sedin twins hadn't made sure to stay in shape as they grew up

playing minor hockey, they never would have had the opportunity to play in the NHL.

You probably already exercise a lot without even knowing it! Playing hopscotch is exercising, so is riding your bike, and walking home from school! So if you already do these things, you're doing great! This shows you just how fun and easy exercising can be. You can never get too much exercise, so challenge yourself to get more!

Not only will it help you stay healthy, but it will also help you to heal faster if you get sick or injured. For example, Canucks forward, Ryan Kesler, is healing really well from his hip surgery because he has made a point of staying in shape.

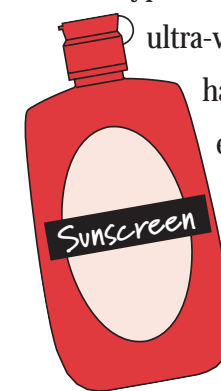
Staying fit and healthy is an important part of living a long and happy life. Simply increasing your daily physical activity, eating well, and getting lots of sleep will help you get sick less often and have more energy so you can have more fun! Who could say no to that!? So go out at recess and play soccer, or get your family together for a neighbourhood game of capture the flag. You'll get fit, and you'll have fun doing it.



Sun or No Sun?

The sunshine is great for making it easier and more fun to get fit, but did you know it also helps to make sure our bodies get enough of something they need? The sunshine is one of our main sources of vitamin D, which helps our bones stay healthy and helps to prevent many diseases. You can get vitamin D from food sources, such as milk, but traditionally the sun was how our bodies made sure we had enough of this important nutrient.

Be careful though because you *can* get too much of a good thing. Harmful types of light from the sun, called



ultra-violet light (UV) is harmful to our skin – everyone's experienced painful sunburns but it can be more serious and even cause skin cancer.

Remember to use sunscreen if you are going to be outside in the hot sun for an extended period of time, or in the middle of the day when the sun is at its hottest.

Source: <http://www.safekids.co.uk/VitaminDAndSunExposure.html>



One of the most important elements to being healthy is making sure you drink enough water. Most people need between 6 to 8 cups of water a day to be healthy, but if you are exercising or playing outside in the warm sunshine, you probably need more.

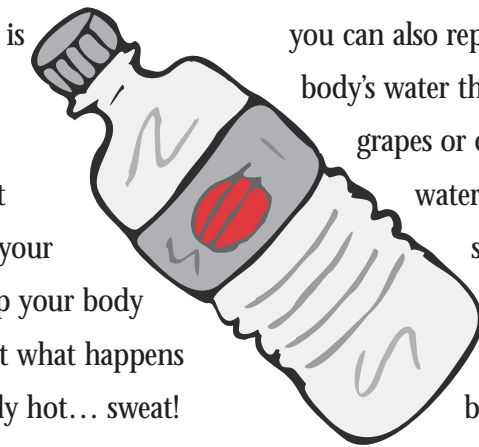
Why is water so important? Believe it or not, your body is about two-thirds water. Water is involved in almost every function of your body. It helps keep your body cool – think about what happens when you get really hot... sweat!

Water helps to transport nutrients into your body cells and transport waste out; it helps with digestion; it lubricates your joints and acts like a cushion to protect your organs. You even lose water every time you

breathe. Because water does all that, and more, you use a lot of it, so it's important to make sure you drink enough to keep your body going and stay healthy.



The best way to get enough water is to drink it straight out of the glass, but you can also replace some of your body's water through foods, like grapes or celery, that have a high water content. Beware of soft drinks and high sugar fruit drinks – often they cause your body to lose more



water because of the other ingredients they contain rather than replenishing the water you need. Clear, cool water in a glass is the best way to go!

Source: <http://www.mayoclinic.com/health/water/NU00283>

Contest

We want you to tell us all about your favourite outdoor activity. Send us a letter or a drawing describing your favourite outdoor sport, favourite place to hike, or anything else you enjoy doing to get exercise outside.

Submit your entry by April 23, 2007.