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**ÉCOLE ÉMILIE-TREMBLAY “FIRE BALLS” BURN UP CABIN FEVER**

WHITEHORSE – Students in Grades 1 - 6 at École Émilie-Tremblay are taking part in a fun and intensive year-round physical education program geared to increase students’ fitness levels and boost their attention spans in the classroom.

“Our ‘Boules de feu’ or ‘Fireballs’ program at École Émilie-Tremblay helps keep our students in top shape during the winter months – the program also helps to reduce cabin fever,” Hélène Saint Onge, principal at École Émilie-Tremblay, said. “Studies show that an active body inspires an active mind and we are certainly seeing those benefits with the Fireballs program at our school.”

Teachers and students at École Émilie-Tremblay began the Fireballs program in the fall with jogging twice a week and, with the coming of winter, they transitioned to winter sports such as skiing to keep activity levels up. These sports activities are complemented with regularly scheduled physical education instruction.

“I commend École Émilie-Tremblay and all of our other schools that work hard to incorporate active living into the curriculum,” Education Minister John Edzerza said. “Health is an important component of lifelong learning.”

“We find that the students are really getting into top physical shape and they are also focusing more on their studies through the Fireballs program,” Saint Onge said.

Please visit [www.francoeducation.yk.ca/ecole/](http://www.francoeducation.yk.ca/ecole/) for more information on activities and programs at École Émilie-Tremblay.

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**Media is invited to meet the Fireballs at Mount McIntyre on Friday, Feb. 17 at 10:30 a.m. where they will be cross country skiing.**

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