Focus on Physical Activity

Why did NCA purchase snowshoes? Why are mountain bikes on order? Why do we have recess a couple times per day? Because physical activity is good for students! Students are allowed and encouraged to burn off excess energy here at NCA in the form of physical activity. Sleds are stacked in the hallways and snowshoes are hung on the walls. In the matter of a couple weeks at NCA, the ODAC group took a snowshoe hike through the Warner Creek Natural Area, elementary students took a tubing trip, high school students took their snowshoes around the property with our Superintendent, and sleds were abundant on the hill at least twice per day! Physical activity strengthens the heart and lungs, controls weight, keeps arteries and veins clear, and wards off diabetes. Children are more focused in the classroom when they get to play outside which leads to more efficient learning.

 

