

# ALLSTATE DONATES \$10K TO COMMUNITY LIVING CENTRAL YORK

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The Allstate Newmarket Agency has donated \$10,000 to Community Living Central York.

The money will go toward funding programs that support individuals with a developmental disability. With programs including literacy, cooking, wellness, employment, supported living and more, Community Living Central York aims to enable those living with a developmental disability to achieve their fullest potential.

The donation is part of a national program where Allstate agencies across the country are giving over \$210,000 to local charities in support of community CO-



Justin Greaves/Torstar

Community Living York South staff Vicki Gignac comforts Danny Shannon during the kickoff of United Way of Greater Toronto's 2019 fundraising campaign with the first-ever Show Your Local Love Day.

VID-19 recovery and relief efforts.








Community Living York South is a not-for-profit organization that provides support services to children, youth, adults and se-

niors who have an intellectual disability and live in south York Region. Support is also provided to the families of individuals with developmental disabilities.

## A SAFE RETURN TO SCHOOL STARTS WITH YOU

We all have a role to play in keeping schools safe and open. Make sure your family is prepared for a safe return to school this fall.

### Reminder to:

-  Get vaccinated if born in 2009 or earlier
-  Complete online screening tool daily
-  Wear a face mask or covering
-  Practice physical distancing
-  Monitor your health
-  Stay home and get tested if unwell
-  Wash your hands often



Got questions? We have the answers at [york.ca/safeatschool](http://york.ca/safeatschool)



## Five reasons to participate in scholastic sports

Many kids are introduced to sports at an early age. Though young children may enjoy the recreational aspect of playing sports, a serious passion for a particular sport may develop as children reach high school. Such passions can be encouraged, as participating in sports can be highly beneficial for young people.

**1. Learn resilience:** Compared to generations past, when children may have had jobs during the school year, today's children do not have many demands placed on them beyond schoolwork and maybe some light chores around the house. The average student may use sports as a way to learn about and overcome challenges. Participating in sports can teach kids how to recover from setbacks (being the losing team) or dealing with adverse situations (sports-related injuries).

**2. Improve fitness:** School sports require ongoing physical activity, which is advantageous to children in an age when lifestyles are increasingly sedentary. A report from the National Federation of State High School Associations found that when female students are given

more opportunity to engage in athletics in high school, their weight and body mass improve. Sports can help students overcome the negatives of sedentary lifestyles.

**3. Relieve stress:** Exercise in any shape or form can help relieve stress. The camaraderie that develops within a team setting also can boost self-esteem and help some students overcome any feelings of isolation they may confront during adolescence.

**4. Boost brainpower:** School sports may work the body but they also benefit the brain. A report from the Institute of Medicine indicates children who are physically active show greater attention, have faster cognitive processing speed and perform better on academic tests than those who are sedentary.

**5. Develop confidence and leadership skills:** A study from Cornell University says teens who played sports developed stronger leadership skills and developed better confidence. That can work in a team or solitary setting, and translate into skills that serve a person well throughout life. (MCC)



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