



VIEW SCHOOL K-12

Grandview School K-12
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Tannis Pulock, Principal
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Dean Kiellars

Dr. Dean Kiellars came to Grandview School in October to present to students from Grandview School and Gilbert Plains Collegiate about healthy lifestyles in regards to nutrition and exercise. In all, about 130 students, from grade 9-12 attended this presentation.

A power point presentation provided students with visual evidence about the need to get active. Current statistics were provided to show the increase of obese children in their generation in part due to the technology era (video games, cell phone use, etc.). Dr. Kiellars took the time to talk about dieting versus exercise and what could be done to help people become more fit and to stay active.

Of great interest to the students was information about performance enhancing drugs. Dr. Kiellars provided pictures during his power point presentation to show some athletes who had taken these drugs. An explanation was provided as to what can be done to become better athletes without the use of performance enhancing drugs.

The use of energy drinks such as Gatorade brought up some discussion and questions from students. A list of suitable and effective recovery beverages and foods was provided.

Dr. Kiellars presented a great deal of information to the students in a way that was meaningful to them. I know that students were following his presentation with interest and were discussing it in the hallways for several days. I would like to take this opportunity to thank the Grandview Resource Council for sponsoring this event.

Marc Giasson.

Vice-Principal
Grandview School