

West Colchester Consolidated Elementary held their Christmas Concert on Dec. 13

Photos are from the afternoon dress rehearsal. (Harrington Photos)



Grade 5 & 6 students sing Grandma Got Run Over by A Reindeer during the WCCS Christmas Concert.



WCCS Grade 3,4,5 Class singing "I Want a Hippopotamus for Christmas".



Olivia Pugsley, Larissa Johnson and Erin Miller did a great job as the emcees for the Christmas Concert.



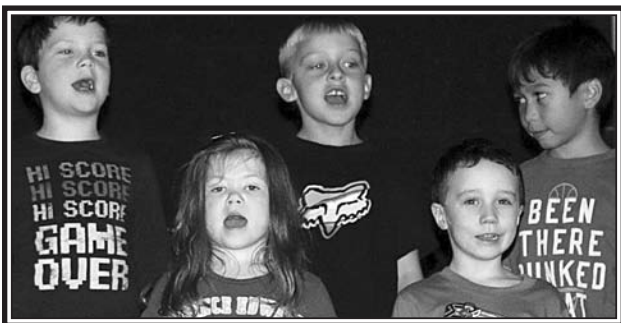
The Primary to Grade 6 Classes at West Colchester Consolidated took to the stage together to sing Welcome Christmas and Feliz Navidad during the Christmas Concert on Dec. 13th.



Left to Right- Abby Taylor, Sierra Aitchison-Patriquin and Alexis Morse.

Debert Playschool Christmas Concert - Sunday, Dec. 17 at the Debert Legion

(Harrington Photos)



Left to Right- Colby Fisher, Rein Aitchison-Patriquin, Caden Elliott, Keira MacBurnie and Gregory McFadyen



Gage T and Creelynn did a great job welcoming everyone to the concert as Emily (left) looks on.



Front (l to r)- Hamish, Parker, Kenzie, Gage M, Vaden; Back (l to r) Creelynn, Ian.



Christopher Benvie did a great job during his performance of the Happiest Christmas Tree.



Emily, Zoey and Bradon singing Rudolph.



Stella, Leah and Hamish singing We Wish You a Merry Christmas.



Primary, One and Two Classes singing the Happiest Christmas Tree.

Exercise: Do You Need It?

By *Chris Urquhart*

Exercise: Do you need it if you're slim? (being a chubby person this is not my question!)

Physical activity is an important part of a healthy lifestyle, whether you need to lose weight or not. Why exercise? Regular exercise: Boosts your stamina; Improves your mood; Reduces your

risk for chronic diseases, such as diabetes and high blood pressure; Keeps your mind sharp and Improves fatigue.

So what are you waiting for? Get moving today. If you plan on making walking part of your regular exercise routine, walking is the best exercise. Remember to wear bright clothing so you can be seen and walk facing the traffic.

You may want to lose some weight or tone up but not by being a new bumper for some truck! Think safety and be smart!

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