

INSIDE TORONTO (YORK GUARDIAN): Northern Spirit Games comes to Archbishop Romero

Dust off your snow shoes and brush up on your spear throw because the Northern Spirit Games are coming to a school near you.

The Toronto Catholic District School Board is hosting its eighth annual Northern Spirit Games this month. The games consist of 10 indoor and outdoor activities based on traditional First Nations, Métis and Inuit sports and activities that are still practiced in northern communities. Included are snow shoeing, rope skipping and spear throw.

Each activity focuses on agility, strength, and endurance and will be run by trained secondary student leaders from the hosting school.

The games will happen at five TCDSB sites over a period of five days starting Feb. 21, including Archbishop Romero on Feb. 28.

More than 1,400 students from grades 4 to 6 will be participating across the city.