

## Communications Office

Peterborough County-City Health Unit  
10 Hospital Drive  
Peterborough, ON K9J 8M1  
(705) 743-1000, ext. 391  
[www.pcchu.ca](http://www.pcchu.ca)



**FOR IMMEDIATE RELEASE**

# **Peterborough County-City Health Unit Announces 2009-2010 Recipients of Health School Grants**

***Fourteen Area Elementary Schools Receive New Funds  
to Support Student Health Initiatives***

**Monday, September 14, 2009, Peterborough**

The Peterborough County-City Health Unit (PCCHU) announced today that fourteen area schools will receive up to \$200 each from the 2009-2010 Healthy Elementary School Grants program to support creative student health initiatives.

“We were impressed with our local schools who demonstrated considerable innovation when developing their proposals to engage students in healthy living activities,” said Dr. Rosana Pellizzari, Medical Officer of Health for the PCCHU. “The activities supported by these modest grants are very important because schools are key partners in keeping our youth healthy.”

As part of its commitment to help schools reinforce healthy lifestyle choices among students and teachers, the PCCHU awards funding to a variety of health-related projects through the Healthy School Grants program. Projects are school directed to meet needs that are relevant to individual school communities. A broad range of projects were supported this year, including the “Walk for the Flame” event at Curve Lake First Nations School to celebrate the arrival of the Olympic torch there this winter and a raised garden project for students in wheelchairs at Lakefield District Intermediate School.

Healthy schools are built on a foundation of quality instruction, a healthy physical environment, a supportive social environment and community partnerships. Projects such as student-led intramurals build supportive social environments where students can develop leadership skills and playground conflicts are decreased. Healthy snack programs, cooking clubs and school gardens provide a healthier physical environment by increasing the availability and knowledge of healthy food choices for all students. Many projects involve community partnerships, and provide opportunities to build curriculum connections.

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PCCHU staff will work with the following schools to implement projects, and offer support throughout the school year:

School	Project
Apsley Central Public School	Physical Activity/Daily Physical Activity <ul style="list-style-type: none"> <li>Existing physical education and Daily Physical Activity equipment will be supplemented to promote active living for all students during recess and physical education classes.</li> </ul>
Buckhorn Public School	School and Community Garden <ul style="list-style-type: none"> <li>The school and community shared garden promotes physical activity and healthy eating.</li> <li>A healthy lunch will be held for students to celebrate the success of the garden project ... and enjoy the harvest!</li> </ul>
Curve Lake First Nation School	Walk For The Flame <ul style="list-style-type: none"> <li>The Olympic flame is coming to Curve Lake First Nation! To celebrate this event, a school and community walking program to virtually walk across Canada will be implemented, promoting lifelong physical activity, increasing fitness levels (all students are bused to school) and working towards a collaborative project goal.</li> <li>The project will include a Winter Active Day and healthy snack for students.</li> </ul>
Highland Heights Public School	Dancin' DPA <ul style="list-style-type: none"> <li>Grade 6 students will create short dances to encourage peers in Grades 1-5 to become physically active through dance.</li> </ul>
Kawartha Heights Public School	Nutrition Program for a Healthy Transition to Balanced Day Schedule <ul style="list-style-type: none"> <li>Healthy food choices will be available to all students during the month of September. The project will launch a student nutrition program that will be available for the remainder of the school year.</li> </ul>
Lakefield District Intermediate School	L.D.I.S. Garden <ul style="list-style-type: none"> <li>The school garden project provides healthy food, environmental benefit (attracts pollinators, diverse green space on the school yard), outdoor learning space and physical activity.</li> <li>Raised beds will be added to create accessible gardening for people in wheelchairs, including students from a Learning &amp; Life Skills class at the adjacent high school.</li> </ul>
Millbrook South Cavan Public School	Equity Club <ul style="list-style-type: none"> <li>The project will continue to develop the Equity and Diversity Club that was started in 2008-09 by using Kelso's Choices program to train older students to help mediate problems with younger children. The project will assist in building and reinforcing a strong supportive school culture.</li> </ul>

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<b>Monsignor O'Donoghue Elementary School</b>	Snack Program <ul style="list-style-type: none"> <li>School and community volunteers will prepare healthy snacks for all classes to encourage healthy eating, expose students to a variety of fruits and vegetables, and positively reinforce healthy eating messages.</li> </ul>
<b>Otonabee Valley Public School</b>	Active Play <ul style="list-style-type: none"> <li>Each class will be provided with a tote of equipment to encourage active and cooperative play during recess.</li> </ul>
<b>St. Catherine Elementary School</b>	Fitness Friends <ul style="list-style-type: none"> <li>Students with special needs will be paired with two peer buddies and a staff member to participate in structured physical activity during morning recesses, culminating in a celebration at the end of the year. The program promotes physical activity, increased social interaction, and self confidence for all students.</li> </ul>
<b>St. Joseph's Elementary School</b>	Skipping Ropes 4 Kids <ul style="list-style-type: none"> <li>Students will have access to long beaded skipping ropes to use in developing more complicated routines, and for double dutch skipping.</li> </ul>
<b>St. Martin's Elementary School</b>	Line Painting for Pavement Games <ul style="list-style-type: none"> <li>New pavement at the back of the school offers a great opportunity to have line games painted, providing alternate opportunities for students to be physically active outside of team sports.</li> </ul>
<b>St. Paul's Elementary School (Lakefield)</b>	Fitness Club 101 <ul style="list-style-type: none"> <li>A peer led fitness club will be offered to students in Grades 1-8 three days a week; the idea for a peer led fitness program was identified by students. A jump rope club and a healthy cooking club will be offered the remaining two days a week.</li> </ul>
<b>St. Paul's Elementary School (Peterborough)</b>	Peer Led Intramurals <ul style="list-style-type: none"> <li>Students in Grades 6-8 will lead recess intramural activities in each division during the school year, promoting leadership skills, development of motor skills and increased physical activity.</li> </ul>

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**For further information, please contact:**

Anne Gallant  
 School Health Liaison  
 Peterborough County-City Health Unit  
 (705) 743-1000, ext. 314