

Communications Office

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



FOR IMMEDIATE RELEASE

Peterborough County-City Health Unit Announces Healthy School Grants Available for 2010-2011

Project Grants Available for Healthy School Initiatives

Thursday, May 27, 2010, Peterborough

The Peterborough County-City Health Unit is inviting applications from local elementary schools to its Healthy School Grants program to support creative healthy school initiatives.

"We are very pleased to offer an opportunity again this year for local schools to seek project funding to engage students in healthy school activities," said Anne Gallant, the Health Unit's School Health Liaison. "The activities supported by these grants are very important because schools can be an environment that supports the health of students. Schools should be a place where the healthy choice is the easy choice."

As part of its commitment to foster healthy schools, the Health Unit awards funding to a variety of health-related projects through the Healthy School Grants program. 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, while cooking clubs and school gardens provide a healthier physical environment at school. Many projects involve community partnerships, and provide opportunities to build curriculum connections. Last year, more than \$3500 was awarded to 18 schools across Peterborough City, County and local First Nations.

To be considered for funding, projects for the 2010-11 school year must be relevant to individual school communities and involve students in a meaningful way. Projects also must focus on one of the following health topics:

- injury prevention (including bullying and sun safety)
- substance misuse prevention
- healthy eating
- physical activity
- student wellness and mental health

NEWS RELEASE

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As a bonus opportunity, Peterborough-area schools can apply for a School Travel Plan Project and receive a \$1000 grant for healthy school activities. A maximum of two School Travel Plan projects will be funded. School Travel Planning uses a community-based approach that is effective in getting more children to walk and bike to school thereby reducing traffic congestion at schools, improving air quality, decreasing climate change impacts, and improving student physical fitness and alertness.

To apply for a Healthy School Grant, teachers and principals are encouraged to download the 2010-2011 application form from www.pcchu.ca or contact Anne Gallant at 743-1000, ext. 314 or email agallant@pcchu.ca. Successful recipients will be announced by June 25th, 2010. For information about School Travel Plan projects, please contact Jill Ritchie at 743-1000, ext. 331 or jritchie@pcchu.ca.

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For further information, please contact:

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