

**Communications Office**  
Peterborough County-City Health Unit  
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(705) 743-1000, ext. 391  
[www.pcchu.ca](http://www.pcchu.ca)



## FOR IMMEDIATE RELEASE

# Peterborough County-City Health Unit Announces 2011-12 Recipients of Health School Grants

### *Ten Area Elementary Schools Receive New Funds To Support Healthy School Initiatives*

**Friday, September 16, 2011, Peterborough**

The Peterborough County-City Health Unit announced today that ten area schools will receive project grants to support healthy school initiatives.

The Health Unit awarded 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: a healthy living and media literacy project with intermediate girls at St. Paul's Elementary School in Norwood; and a healthy eating project that will make curriculum and the new Kawartha Pine Ridge District School Board nutrition policy come alive for students at Prince of Wales Public School.

Healthy school projects provide an opportunity to actively engage students, building positive connections between students and their school community. "Many of the projects we will support this year involve students as leaders and mentors in their school", said Anne Gallant, School Health Liaison at the Health Unit. "Research shows that school connectedness is a strong protective factor for students' health and well-being."

Healthy schools are built on a foundation of quality instruction, a healthy physical environment, a supportive social environment and community partnerships. Healthy School Grant projects for 2011-12 involve students in a meaningful way, and provide opportunities for child and youth development. Projects such as student-led intramurals build supportive social environments where students can develop leadership skills and playground conflicts are decreased. Cooking clubs and school gardens provide a healthier physical environment by increasing the availability healthy food choices for all students. Many of the projects awarded Healthy School Grants involve community partnerships, and provide opportunities to build curriculum connections.

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

### Elementary Healthy School Grants: 2011-12

School	Project
Apsley Central Public School	<b>Promoting Physical Activity Through Intramurals and Outdoor Play</b> Grade 7 and 8 students will plan and run intramurals and outdoor activities at recess for students in primary and junior grades.
Armour Heights Public School	<b>Pathways to Success Student Workshop</b> Grade 7 and 8 students will help to plan and participate in a day of healthy and positive learning activities that foster interests and skills. Students participate in designing the content for the day; community presenters are recruited, building linkages between school and community.
Adam Scott Intermediate School	<b>Healthy Living Club</b> Grade 7 and 8 students will learn to make fast, nutritious snacks and lunches, and participate in fun physical activities at the after school club. Participating students will plan and implement activities in shared decision-making with adults.
Buckhorn Public School	<b>School Garden</b> Each class will grow vegetables in a class garden, harvest produce with curriculum connections and use the food for class celebrations and community events. Students will initiate and lead planning and implementation of the project.
Immaculate Conception Elementary School	<b>Active Winter Play Day</b> Students will have the opportunity to participate in a school-wide winter play day.
Prince of Wales Public School	<b>Healthy Nutrition Project</b> Curriculum and the new nutrition policy will come alive for students as they learn to prepare healthy lunches, modeling healthy food choices and promoting efforts to follow the nutrition policy.
Rhema Christian School	<b>I Love To Cook</b> JK-SK students will learn to make healthy food choices by participating in a simple cooking class, visiting the farmer's market and using the Dairy Farmers of Ontario "Power to Play" curriculum for healthy eating and physical activity. A workshop for other teachers wishing to implement the project will be presented.
St. Paul's Elementary School (Norwood)	<b>Healthy Body-Healthy Image</b> Students will participate in planning a workshop/after school program for Grade 7 and 8 girls to include physical activity, healthy eating and media literacy activities.

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St. Paul's Elementary School (Peterborough)	<b>Healthy Eating, Healthy Play</b> The Student Leadership Council will develop and implement intramural activities and healthy eating seminars for junior and intermediate students.
St. Teresa Elementary School	<b>Physical Activity Promotion</b> Grade 8 students will introduce and lead "Takraw", a non-traditional intramural game, and a walking program using pedometers. Daily Physical Activity (DPA) support will be provided to primary grades, including "DPA buddies" to partner junior and intermediate students with primary grades.

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### For further information, please contact:

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