

Communications Office
Peterborough County-City Health Unit
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FOR IMMEDIATE RELEASE
Thursday, November 17, 2011, Peterborough

Health Unit Intramural Program Workshop Helps Youth Leaders Shine

Intramurals Key to Promoting Youth Development and Healthy Schools

Today 85 students from eight elementary schools across Peterborough County and City took part in an action-packed leadership workshop for intramural peer leaders who want to foster healthy students and healthy schools.

"This is a wonderful opportunity for students and staff to learn how to plan and deliver exciting intramural activities that everyone can take part in," said Anne Gallant, School Health Liaison with the Peterborough County-City Health Unit. "Intramural activities not only increase students' physical activity during the school day, they also connect students to school in a positive way while offering program leaders the chance to develop important skills."

During the morning session, workshop participants stretched their leadership abilities through interactive activities with City of Peterborough Recreation staff, and heard from special guest Peterborough Petes player Joey West on the importance of being active and involved at school. The Health Unit presented the Peterborough Petes organization with an award recognizing their commitment and work promoting tobacco-free sport and recreation. To learn more about the important role of sport in preventing tobacco use amongst youth visit www.playlivebetobaccofree.ca

Today's workshop was organized by the Peterborough County-City Health Unit, with participation from the City of Peterborough Recreation Department, the Peterborough Petes, and Steve Friesen from Raise the Bar Intramurals in Guelph. The goal of the day was to support and educate student leaders and school staff about intramural program options for elementary schools. Intramurals offer students a wide range of benefits, including increased physical activity, a boost in self-esteem and self-worth, and the chance to have fun. Student leaders play a key role in the planning, implementing, and sustaining intramural programs, helping to build a healthier school environment.

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During the workshop, students and their advisors worked with Health Unit youth staff to learn exciting games to take back to their school. The day wrapped up with a showcase of resources, more dynamic games and a guided planning session with Steve Friesen to ensure that each school left with a plan for their school intramural program.

The workshop was geared to Grade 7 and 8 students, with participants representing both the public and separate school boards.

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For more information contact:

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