

Ministry of Education

Assistant Deputy Minister

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Toronto ON M7A 1L2**Ministère de l'Éducation**

Sous-ministre adjoint

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Memorandum To: Directors of Education
Supervisory Officer, James Bay Lowlands Secondary School Board
Director, Provincial Schools Branch

From: Barry Pervin
Assistant Deputy Minister

Date: January 21, 2014

Subject: Physical Activity in Secondary Schools Grant Application (Deadline February 14, 2014)

To further support the continued efforts of school boards and secondary schools to offer programs and activities that promote healthy active living and student well-being, we are pleased to announce the Physical Activity in Secondary Schools Grant program, offered through the Safe Schools and Student Well-Being Branch at the Ministry of Education. The application form is attached.

The Physical Activity in Secondary Schools Grant is intended to:

- Increase the number of secondary students participating in physical activities outside of instructional time;
- Provide funding of up to \$20,000 per project (\$10,000 per year for two years) for a total of approximately 50 projects. Allocations for 2013-2014 must be expended by August 31, 2014 and allocations for 2014-2015 must be expended by August 31, 2015.

Application and Funding

- Grant applications must be submitted by February 14, 2014 to Healthy.Schools@ontario.ca.
- A selection committee will evaluate submissions based on the criteria identified in the application.
- All applicants will be notified about the status of their funding proposals by February 28, 2014.
- Successful applicants will receive a Transfer Payment Agreement that must be signed and returned electronically to the Ministry of Education by March 10, 2014.
- Successful applicants will be required to complete both an interim and final report for the ministry.

The ministry intends to share exemplary practices resulting from these grants. Participants may be requested to share exemplary practices with schools and school boards across the province. More details will follow from the ministry on sharing opportunities.

Benefits of Physical Activity on Student Achievement and Well-Being

It is widely acknowledged that physical activity is essential to students' healthy growth and development. In addition, research explicitly recognizes that student achievement and well-being are intrinsically linked.

Key facts:

- Based on the most recent measured data, 28 per cent of Ontario children and youth are overweight or obese ([Canadian Community Health Survey, 2004](#)).
- As students get older they are less likely to participate in regular physical activities. By Grade 10, only 19 per cent of male, and 11 per cent of female students are physically active for at least 60 minutes a day (Health Behaviours in School-Aged Children, 2011).
- Research suggests that regular physical activity and vigorous play among youth can actually boost brain activity and contribute to academic achievement (Hillman, Erickson, and Kramer, 2008; Sattelmair and Ratey, 2009).

If you have any inquiries or require any assistance completing the application form, please do not hesitate to contact your regional office.

I encourage you to share this funding opportunity with your networks, and thank you for your ongoing commitment to healthy schools and student well-being.

Original signed by

Barry Pervin
Assistant Deputy Minister
Leadership and Learning Environment Division

Enclosure

c: Kathy Verduyn, Director
Field Services Branch

Denys Giguère, Director
French-Language Education Policy & Programs Branch

Education Partnership Table members

Healthy Schools Working Table members