

Ministry of Education

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January 14, 2011

Dear PIC Chair,

We know great things are happening in Ontario's schools to promote health and well-being. Over the last four years, more than 2,200 schools have pledged to undertake more than 8,800 healthy activities through the Healthy Schools Recognition Program. Participating schools received a certificate and pennant in recognition of their commitment.

Once again, we want to recognize that work. The recognition program encourages students, school councils, school staff and community partners to engage in healthy activities.

Participation is easy. If schools have taken part before, we encourage them to maintain the tradition. They can expand on previous years' activities, or choose to develop a new one. The important thing is to do something healthy. To receive recognition the school principal, school council chair and a student representative (where applicable) will work together to complete the acceptance form.

Research shows that a healthy school environment enhances learning and success in school, and provides academic, social, emotional and physical benefits. The recognition program engages students by helping them take their health into their own hands and providing them with the tools they need to lead active, healthy lives in the future.

Planning a healthy project or activity for a school is a great way for students to get involved with the school community. I encourage your committee to support and promote the program in your local schools.

Remember, your school can participate in a range of healthy activities. Visit www.ontario.ca/healthyschools to:

- Find tips and ideas to help your school community be healthier
- Use the search tool to learn what other schools have done
- Read success stories from other schools — and share your own to inspire others
- Learn more about the Healthy Schools Recognition Program application process

Schools are asked to submit their pledge by April 8, 2011.

I am also writing to principals, school councils and student councils to encourage their involvement. I hope your schools will commit to becoming healthier by participating in the Healthy Schools Recognition Program for 2010/11.

Sincerely,

A handwritten signature in black ink that reads "Leona Dombrowsky". The signature is written in a cursive style with a large, flowing 'L' and 'D'.

Leona Dombrowsky
Minister of Education