

**Ministry of Education**

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January 14, 2011

Dear Student Council 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 you have taken part before, we encourage you to maintain the tradition. You can expand on previous years' activities, or you can choose to develop a new one. The important thing is to do something healthy. To receive recognition your 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 helps with learning and success in school, and provides academic, social, emotional and physical benefits. The recognition program helps students take their health into their own hands and gives them the tools they need to lead active, healthy lives in the future.

Planning a healthy project or activity for your school is a great way for students to get involved with the school community. I encourage you to work with your school council, school staff and local organizations to develop activities.

Remember, your school can participate in a range of healthy activities. Visit [www.ontario.ca/healthyschools](http://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 and school councils to encourage their involvement. I hope your school 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