

Ministry of Education

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March 2, 2009

Dear School Board,

March is Nutrition Month — a good time to think about taking better care of our health. This year, why not encourage your schools to help create a healthier learning environment?

The Healthy Schools Recognition Program encourages staff, students, school councils and community partners to engage in healthy activities.

Participation is easy and the benefits are clear. When students are healthy, they are better able to focus on learning and more likely to have a healthy and active lifestyle in the future. Participating schools receive a pledge certificate and pennant to be displayed in the school as recognition of their commitment.

There are many ways schools can become healthier and, if they have participated in the past, it is easy to do again. Schools can expand on previous years' activities or choose to develop a different one. The important thing is for the school community to do something healthy.

We invite you to visit www.ontario.ca/healthyschools for tips and ideas on how you can encourage your schools to get started. They can download a poster, read about activities other schools have started—and share their own success stories to inspire others.

To participate, schools visit our website and download the application form. Schools are to send their completed applications to their school board, so that you can submit them by April 16, 2009.

We hope your board will encourage all elementary and secondary schools to become healthier by participating in the Healthy Schools Recognition Program for 2008/09, and we wish you all the best for a healthy and active 2009.

Sincerely,

Handwritten signature of Kathleen Wynne in black ink.

Kathleen Wynne
Minister of Education

Handwritten signature of Margaret R. Best in black ink, with a long horizontal line extending to the right.

Margarett R. Best
Minister of Health Promotion

- c. Chairs of District School Boards
Supervisory Officers and Secretary-Treasurers of School Authorities
Directors of Education