

**Ministry of Education**

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March 2, 2009

Dear Principal,

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

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 lots of ways schools can become healthier—and all schools can participate. If you have participated in the past, it is easy to do again. You can expand on previous years' activities or you can choose to develop a different one. The important thing is for your school community to do something healthy.

Visit [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools) for tips and ideas on how to get started. You can download a poster, read about activities other schools have started—and share your own success stories to inspire others. We sent you some helpful tools in November; some of those resources are also available on the website.

To participate, visit the website and download the application form. Then send your completed application to your school board so they can submit it by April 16, 2009.

We hope your school will commit to becoming 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.

Margarett R. Best  
Minister of Health Promotion

c: Student council chairs  
School council chairs  
Regional offices