

Ministry of Education

Ministère de l'Éducation

Ministry of Health Promotion

Ministère de la Promotion de la santé



November 5, 2008

Dear Student Council President,

We are writing to tell you about the Healthy Schools Recognition and to encourage you to help create a healthier learning environment at your school.

Now is the perfect time to build on previous successes, or decide how to get involved for the first time.

The Healthy Schools Recognition Program encourages students, school staff, school councils and community partners to engage in healthy activities. Over the last two years, more than 1,700 schools pledged to undertake more than 4,600 healthy activities. They received a pledge certificate and pennant to be displayed in the school as recognition of their commitment.

Participation in the Healthy Schools Recognition Program is easy. If you have already participated, it is even easier to do so again. You can expand on previous years' activities, or you can choose to develop a different one. The important thing is to do something healthy.

There are a range of healthy activities your school can do. 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
- discover more about programs like the "Eating Well Looks Good on You" pilot project
- find a list of healthy dates for inspiration
- read success stories from other schools — and share your own to inspire others.

To apply, visit the website and download the application form. Schools should apply by April 16, 2009.

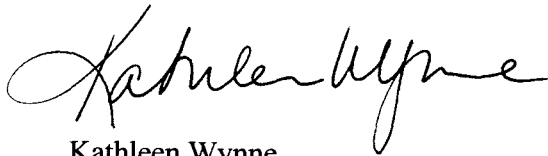
Be creative. Remember, there are many ways to promote a healthy learning environment. Activities highlighting the importance of physical activity, healthy eating, bullying prevention, personal safety, substance use and abuse, and mental health can all be counted towards your school's participation.

There are great benefits to participating in the Healthy Schools Recognition Program. When you are healthy, you are better able to learn. And developing healthy habits now, means you are more likely lead healthy, active lives in the future.

Planning a healthy project or activity for the school is also a great way for you to get involved with your school and community. We encourage you to work with school staff, parent groups and local organizations to develop activities and promote the Healthy Schools Recognition Program in your community. We are also writing to your principal and to school councils to encourage their involvement.

We hope your school will commit to becoming healthier by participating in the Healthy Schools Recognition for 2008/09.

Sincerely,



Kathleen Wynne
Minister of Education



Margarett R. Best
Minister of Health Promotion