

Communications Office

Peterborough County-City Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
(705) 743-1000, ext. 391
www.pcchu.ca



FOR IMMEDIATE RELEASE

St. Peter's Secondary School Gets Into the Olympic Spirit Thanks to Healthy School Grant

*Students Participate in 2010 Olympic Active Living Games
January 5, 6 & 11*

Tuesday, January 5, 2010, Peterborough

Thanks to a \$1000 Healthy School Grant provided by the Peterborough County-City Health Unit, more than 280 students will take part in the 2010 Active Living Olympic Games at St. Peter's Secondary School starting today.

"This is an exciting event that combines physical activity with student leadership opportunities in a creative way. It is designed to help grade eight students discover the great opportunities available at St. Peter's Secondary School," said teacher Kathy Garvey, who supervised the organization of the multi-day event. Grade 11 students from the Health for Life class at St. Peter's planned the Active Living Games for more than 250 grade eight students from area feeder schools to give them an interactive way to experience their future high school environment while promoting fitness, sportsmanship and school involvement. The grade eight students will take part in a wide range of mock Olympic events, including curling, bobsleigh, speed skating, hockey, snowboarding and cross-country skiing, as well as witnessing a re-enactment of the torch run.

"We are delighted to see this Healthy School Grant funding put to such good use," said Anne Gallant, School Health Liaison with the Peterborough County-City Health Unit. "The students have done a great job touching on the key components of a healthy school through these Olympic Games, including high-quality instruction and programs, a healthy physical environment, a supportive social environment and community partnerships."

The Health Unit's Healthy School Grants program for secondary schools provides grants of up to \$1000 to support student-driven projects that focus on public health themes, such as:

- Healthy eating;
- Physical activity;
- Substance and alcohol use prevention (including tobacco);
- Injury prevention; and
- Mental health promotion.

For more information about the Healthy School Grants initiative, please visit www.pcchu.ca.

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For further information, please contact:
Brittany Cadence, Communications Officer
(705) 743-1000, ext. 391