



# NEWS RELEASE

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For Immediate Release

April 18, 2007

## DSBN SCHOOLS PROMOTE HEALTHY LIFESTYLES

District School Board of Niagara students have risen to the Ministry challenge to participate in the “**Healthy Schools Recognition Program**”. As part of their Education Month activities, students from 33 elementary schools and 14 secondary schools are learning about the benefits a healthy lifestyle can have on learning through participation in a variety of activities to make their schools healthier places to learn.

Students are participating in Daily Physical Activity programs and are walking, jumping rope, swimming and exercising their way to becoming fitter. Healthy eating programs are being introduced, cooking programs offered so students can learn how to prepare heart healthy food, and tips are being sent home to parents to encourage healthy lifestyles.

Bullying programs and workshops to raise awareness of bullying and cyberbullying issues are being offered and the Peer Activity Leaders group (PALS) program is being introduced in many schools.

Schools who have accepted this challenge from the Ministry of Education and Ministry of Health will receive a “Healthy Schools Pledge” certificate which can be displayed as a public declaration of a healthier school.

For additional information, you can go to the Ministry of Education’s website [www.edu.gov.on.ca](http://www.edu.gov.on.ca) or click on the Healthy Schools link on the Ministry of Health Promotion’s website at [www.mhp.gov.on.ca](http://www.mhp.gov.on.ca)

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