



April, 2010

Parents and Teachers,

Healthy daily habits and routines can help improve classroom learning, test scores and overall student success. Every student can benefit throughout the year but it can be especially important for grades three and six students as they head into EQAO testing time.

The attached *Health = Success in Learning* chart can help parents and students track healthy habits that will help improve student's success in school. Between **Monday April, 26 and Sunday May 23, 2010**, students in grades three and six with help from their parents are challenged to track their healthy habits and work to increase the number of check marks on the chart every week. Schools can also use this tracking for all their students, all year round. Families can share their success stories on-line and enter into a draw for prizes.

Important Dates:

- ✍ **April 19th to April 23rd 2010** - packages sent home with students this week
- ✍ **April 26th to May 23rd 2010** - families participate in the challenge at home
- ✍ **May 24th to June 7th 2010** - students and their families are encouraged to go on-line to share their success stories and enter the prize draw at www.york.ca/healthyschools
- ✍ **Week of June 7th 2010** - winners are determined and the Public Health Nurse will contact the winning schools about delivering prizes by the third week of June

How to help support *Health = Success in Learning*

Parents – learn more about healthy family habits and encourage children to participate. Be a role model for these healthy habits

Teachers – send home the *Health = Success in Learning* chart and include healthy habits learning in classroom activities through out the challenge and through out the year

Healthy Schools Committees – organize school wide activities to encourage healthy habits now or any time of the year

More information is available through your Public Health Nurse or visit:

www.york.ca/healthyschools

You may also call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933