



NEWS RELEASE

FOR IMMEDIATE RELEASE

Communications

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**TORONTO CATHOLIC
DISTRICT SCHOOL BOARD
TRUSTEES 2018-2019**

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The Toronto Catholic District School Board educates more than 91,000 students from diverse cultures and language backgrounds in 194 Catholic elementary and secondary schools, serving close to half-a-million Catholic school supporters across the City of Toronto. As the world's largest publicly funded Catholic school system, we educate students in an inclusive learning community rooted in the love of Christ, where they are challenged to grow in grace and knowledge and to lead lives of faith, hope and charity.

At Toronto Catholic we transform the world through witness, faith, innovation and action.

Media Advisory:

TCDSB Schools Participate in *Into Kids' Health* (IKH) Student Leadership Event

Event Details:

- The IKH Initiative is a partnership between Toronto Public Health, Toronto Catholic District School Board and TDSB
- The key messages of this program include 10-5-2-1-0: 10 or more hours of sleep, 5 or more vegetables & fruit, 2 hours or less of screen time, 1 hour or more of physical activity and 0 sugar-sweetened drinks.
- Within the IKH initiative, public health staff work with schools, supporting the implementation of an action plan based on an intensive assessment; connecting with local partners; engaging parents and student leaders and; providing funds to support activities.
- Approximately 300 students from 16 TDSB and 9 TCDSB schools will be attending this leadership event intended to:
 - Engage students with an inspirational kick-off by *Ted Termertzoglou*, leader in the development of health and physical education curricula and role model/advocate on the value of movement
 - Motivate students to champion health within their school
 - Meet new school contacts and showcase school activities
 - Learn hands-on skills in planning leadership activities
- Superintendent and Trustees will be invited by the participating schools

Time: February 27, 2019 from 10:00am-2:00pm

Location: The Hangar at Downsview Park (75 Carl Hall Road)

9 TCDSB Elementary Schools Involved: St. Wilfrid, St. Jude, St. Dunstan, Our Lady of Fatima, St. Francis de Sales, St. Charles Garnier, St. Maria Goretti, St. Martin de Porres, St. Jane Frances

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