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MEDIA RELEASE

For Immediate Release

Students Making a Commotion for Healthier Living

(September 27, 2007) Schools throughout the Eastern School District will be making an extra effort to help students and staff adopt healthier lifestyles when they celebrate *Living Healthy Commotions Day* on Friday, September 28th. The second annual event celebrates wellness programs in schools and promotes the benefits of healthy eating, physical activity and staying smoke free. All Eastern School District offices will also be holding their own Living Healthy Commotion as staff try to "practice what they preach" and be healthy role models.

"We had great success with last year's *Living Healthy Commotions Day*," says Darrin Pike, acting CEO/Director of Education, Eastern School District. "It is so exciting to know that our students, teachers, parents and community partners are embracing the healthy living messages, not only on *Living Healthy Commotions Day* but throughout the entire year."

On Friday, many schools will open their doors to parents and the community to help celebrate and promote healthy lifestyles. Students and teachers will be involved in activities ranging from launching breakfast programs and providing nutritious treats to organizing hikes and sporting events. Activities will be student-organized and most of all — fun!

Statistics show that one in four children in Newfoundland and Labrador is overweight or obese, to which diet and inactivity are major contributing factors. The Eastern School District is currently phasing in its nutrition policy which will eliminate junk food, soft drinks and fried foods from cafeterias and vending machines. Many schools are finding innovative ways to incorporate more physical activity in the school day and, in September 2006, a smoke-free grounds policy was implemented for all schools in the district.

"We are making great strides in our efforts to create healthy attitudes and change behaviours," says Pike. "*Living Healthy Commotions Day* is a one-day kick-off to the school year that acts as a springboard to reinforcing these positive messages throughout the curriculum all year long."

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