

Wellness Coalitions Support Healthy Living in Schools

Creating living healthy schools requires support from many partners, both from within the school setting and from the community. Within the Eastern School District there are two *Wellness Coalitions*, supported by Eastern Health and made up of various community, government, and school-based groups, that have come together to promote wellness activities in their communities – including their school communities. Both the *Eastern Regional Wellness Coalition* and the *Wellness Coalition-Avalon East* have schools included in their membership and have been busy promoting the living healthy message.

The *Eastern Regional Wellness Coalition* offered to their members the community grant program again this past fall (The Eastern region covers all areas from Port Blandford to Holyrood including the Bonavista and Burin Peninsulas, Placentia and Trinity-Conception areas). A number of grants were awarded to community groups including nine schools. These schools will use this funding to support their healthy living activities and/or programming with their students and staff throughout the winter months.

In November, the *Wellness Coalition-Avalon East* purchased *Fit Kids* © DVD trios for all elementary schools within their region (The Avalon East region includes the St. John's and Mount Pearl metropolitan areas, Bell Island, Conception Bay South, the Southern Shore to St. Shotts, and Torbay to Portugal Cove). The trio contains a collection of physical activity energizers, mini work outs, and strength and conditioning exercises that can be used in the classroom or gymnasium setting. So, have a look around for your DVDS and get your school moving!

Both *Coalitions* certainly look forward to working with all of our school members in 2008!

For more information or to sign up your school, visit:

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www.easternwellnesscoalition.com

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