



News Release

Students collaborate to enhance wellness

For immediate release – October 25, 2019

Student “Wellness Champions” from Red Deer Catholic Regional Schools gathered on October 23 for a day of collaboration on the topic of student leadership. Approximately 120 students from across the division gathered at the Collicutt Centre in Red Deer to take part.

Sessions focused on active living, nutrition, and mental health. Representatives from Alberta Health Services also took part in leading sessions.

“The Wellness Champion meeting was a great way for student leaders to connect with each other and collaborate on initiatives around health and wellness. Each school has developed their own Wellness Action Plan, which will be the focus of their school year. The Action Plans are based on current wellness initiatives, strengths, overcoming challenges and collaboration. We look forward to supporting our schools with their initiatives,” said Char Andrew, Health and Wellness Coordinator at Red Deer Catholic Regional Schools.

Students also had the opportunity to present their Action Plans to other students and staff and received positive feedback. Students were thrilled to participate and are eager to bring new ideas back to their classmates.

Red Deer Catholic Regional Schools serves over 10,455 students in 21 schools in Red Deer, Sylvan Lake, Rocky Mountain House, Innisfail, and Olds. It also supports the learning of over 600 students in a Home Education Program. The Division is committed to serving children and parents with a complete offering of learning opportunities delivered within the context of Catholic teachings and within the means of the Division.

News Release

For more information, contact:

Communications Department
Red Deer Catholic Regional Schools
P: 403-343-1055 Ext. 310147
E: communications@rdcrs.ca
W: www.rdcrs.ca

--- 30 ---