



News Release

RDCRS will receive \$20,800 grant for staff and student wellness

For immediate release – December 9, 2019

We are pleased to announce that Red Deer Catholic Regional Schools (RDCRS) will receive a \$20,800 grant from the Alberta Healthy School Community Wellness Fund through the University of Alberta's School of Public Health and the Government of Alberta that will go towards staff and student wellness.

"Our hope is that this grant will provide staff and students with support for health and wellness. This year we want to focus on staff wellness, collaborate with other school divisions on supporting our students and build positive relationships within our community," said Health and Wellness Coordinator, Char Andrew at Red Deer Catholic Regional Schools.

Andrew supports the health and wellness of students and staff by:

- Offering a variety of fitness classes/wellness sessions for staff and students
- Working to provide schools with information that supports the quality nutrition in the school communities
- Collaborating with Alberta Health Services and other school divisions

"We are thankful for this grant, as it allows our division to continue to focus on staff and student wellness. Staff and students who are supported in a healthy environment are better able to achieve the goals of education," said Superintendent, Dr. V. Paul Mason at Red Deer Catholic Regional Schools.

For more information on the Alberta Healthy School Community Wellness Fund, please visit:

<https://www.ualberta.ca/alberta-healthy-school-community-wellness-fund/about-us>

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Red Deer Catholic Regional Schools serves over 10,480 students in 21 schools in Red Deer, Sylvan Lake, Rocky Mountain House, Innisfail, Blackfalds 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.

For more information, contact:

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