



News Release

Winter Walk Day

For immediate release –February 5, 2020

Today, schools throughout the division participated in Winter Walk Day. This annual event encourages people across Alberta to be active outdoors in winter.

Red Deer Catholic Regional Schools is committed to a comprehensive school health approach that promotes health, well-being, and the ability to learn by supporting healthy eating and physical activity.

“We want to encourage people to be active outdoors, not just in the summer, but in the winter too! We feel this day is beneficial because it teaches students to be physically literate in all the seasons that Alberta offers,” said Health and Wellness Coordinator, Char Andrew at Red Deer Catholic Regional Schools.

“It is important for students to get outside, explore and enjoy some physical activity every day. Part of the Pre-Kindergarten curriculum is to go outside daily and explore everything that nature has to offer us,” said Courtney Kelahear, pre-kindergarten teacher at École Camille J. Lerouge School.

Red Deer Catholic Regional Schools serves over 10,310 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.

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