

September 17, 2020

Dear Parents/Guardians,

We are writing to inform you that the annual St. Patrick's/Dawe Run will be cancelled this school year, as we follow the guidelines from Alberta Health to keep students and safe both healthy and safe.

Currently, [Alberta Health](#) has gathering restrictions of 200 people for outdoor events. In the past, the St. Patrick's/Dawe Run brought together approximately 6,000 Grade 4-12 students from across Central Alberta. Participants could run or walk 3 or 5 kilometres following a scenic route through the river valley from Heritage Ranch to Great Chief Park in hopes to create community and sportsmanship. This organized run promotes fitness, while accommodating both the recreational and competitive runner.

We understand this event is a highlight for many students and staff, and although it has been cancelled this year, there is still much happening to promote health and wellness in our schools.

At Red Deer Catholic Regional Schools we are committed to a comprehensive school approach that promotes health, wellbeing, and the ability to learn by supporting healthy eating and physical activity. This includes:

- Prioritizing health, wellness and physical education in all of our schools.
- Ensuring mental wellness supports are available for all students. We have a [Model of Student Support](#) team that focuses on the "whole child," this team helps create wrap-around services for students.
- Continuing with staggered recess each day, by rotating through different outdoor spaces.
- Looking for opportunities to support the curriculum delivery of physical literacy and nutrition in our schools.
- Building healthier school communities through our Wellness Champions. These leaders facilitate activities related to health and wellness within the school community. The goal is to bring a culture of wellness for all students by promoting active living, healthy eating and mental wellness in schools.
- Continuing to participate in community events virtually, such as the Terry Fox Run.
- Collaborating with our community partners to offer more opportunities for students and families, such as recreation passes.

Thank you for your continued support. God bless,



Kathleen Finnigan
Acting Superintendent of Schools