

Examples of activities and projects supported by the CHSSN-CLC grant.

- 1) Nutrition education classes for Elementary students, culminating in a family friendly cookbook for healthy snacks with the student's pictures included.
- 2) Grooming of snowshoe trails around the school for students and the community. Integration of trails into school fitness program. Purchase of snowshoes for students to participate.
- 3) Community Gardening project – Teaching students about vegetables and growing food. Used grant to hire a local community group to facilitate implementation and building outdoor grow bins. During the summer – local day camps took turns tending the garden. Great success was reported.
- 4) Healthy eating/cooking workshops for high school students. Grant paid for a nutritionist, chef and healthy food.
- 5) Development of a Wii program – lunch time program to get kids moving. Intergenerational program with students working with seniors to teach them how to use the technology.
- 6) Healthy Life skills development aimed at high school students that will be leaving home for CEGEP.