



FOR IMMEDIATE RELEASE

Students at St. Patrick School in Cobalt Embrace P.A.L.S Program

Northeastern Catholic District School Board, February 4th, 2008: Students from grades four to six at St. Patrick School, Cobalt, received training from the Temiskaming Heart Health Project to implement the P.A.L.S. program. This initiative provides the skills and knowledge to the selected student leaders to “plan and lead fun and safe activities on the playground”.

P.A.L.S. focuses on increasing physical activity, decreasing conflict and reducing bullying incidents on the playground, and providing leadership opportunities for students.

The selection process to become a P.A.L.S. leader included:

- An information assembly for all students in grades four to six;
- The P.A.L.S. supervisors meeting with each classroom; and
- Preparing an outline specific to the school community on how the program would run and to answer any other questions.



A number of schools in Peel first piloted the initiative and found that their students had increased their physical activity a great deal. The students were occupied and participated in less disputes due to the organized activities and they discovered that they could "make bullying stop" through this program. Participating students also found that they learned valuable leadership and organizational skills.

The students at St. Patrick School look forward to making this project a success within their school throughout the school year.