



# St. Patrick School

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*"Educating hearts and minds"*



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**NEWS RELEASE**

## **St. Patrick School certified as a silver participant level Ophea Healthy School**

Kapuskasing, ON (June 13<sup>th</sup>, 2016) - This past school year, Ophea's Healthy Schools Certification launched across Ontario, and we are excited to announce that St. Patrick School in Kapuskasing received silver participant certification! We are proud to be part of the 113 schools across the province that were certified as being a healthy school: 54 received gold certification, 37 received silver certification, 16 received bronze certification, and 6 completed as participants.

Ophea's Healthy Schools Certification recognizes and celebrates school communities for promoting and enhancing the health and well-being of students, school staff, and the broader community. Participating schools across Ontario completed the 6-Step Healthy Schools Process, which aligns with the Ministry of Education's *Foundations for a Healthy School* resource. Through a point-based system schools planned their Healthy Schools process over the course of the school year. They outlined the steps needed to achieve certification and applied to be certified as a gold, silver, or bronze.

*"The St. Patrick School healthy schools team (comprised of staff, students and community partners) has been working really hard in order to help eliminate the stigma of mental illness by starting a conversation about mental health and wellness. If 1/5 Canadians will struggle with mental illness at some point in their lives—these are our family members, our friends and ourselves. It is critical that we teach our students how to cope with stress, build self-regulation skills and trying to reduce anxiety will help our students develop a good sense of wellness which is critical for moving forward. Laying the foundation for a healthy, active life now is paramount in order to ensure that our students develop these skills that will last their entire lives. Through this OPHEA certification project, we feel like we have started an important conversation for members of our school community. Our students are more active than they have ever been!" Gretchen Morgan – School Principal*

Over the year our school worked along with community partners such as Porcupine Public Health, NCDSB Supervisor of Mental Health, St. Pat's Catholic School Council, CMHA Mental Health Nurse, Echo Du Nord, Kapuskasing RockBox Cross Fit, Ontario Provincial Police, Northeastern Ontario Family and Child Services (NEOFACS), Donat Brousseau Pool and Kapuskasing Healthy Kids and implemented the following activities:

- Suicide Talk & Online bullying workshops for parents - Fall 2015
- "Be Well" Mental Health Symposium - May 2016

- Tough Kidder triathlon & activities - June 2016

Ophea is a charitable organization that champions healthy, active living in schools and communities through quality programs and services, partnerships and advocacy, and is led by the vision that all children and youth value and enjoy the lifelong benefits of healthy, active living. For further information about Ophea and Healthy Schools Certification please see the website [www.ophea.net/HSCertification](http://www.ophea.net/HSCertification).



Pictured here: a few members of our Healthy School Team receiving our OPHEA silver participant banner. Daley - Gr. 7, Madison S - Gr. 7, Mr. Casonato, Julia Boucher - Gr. 7