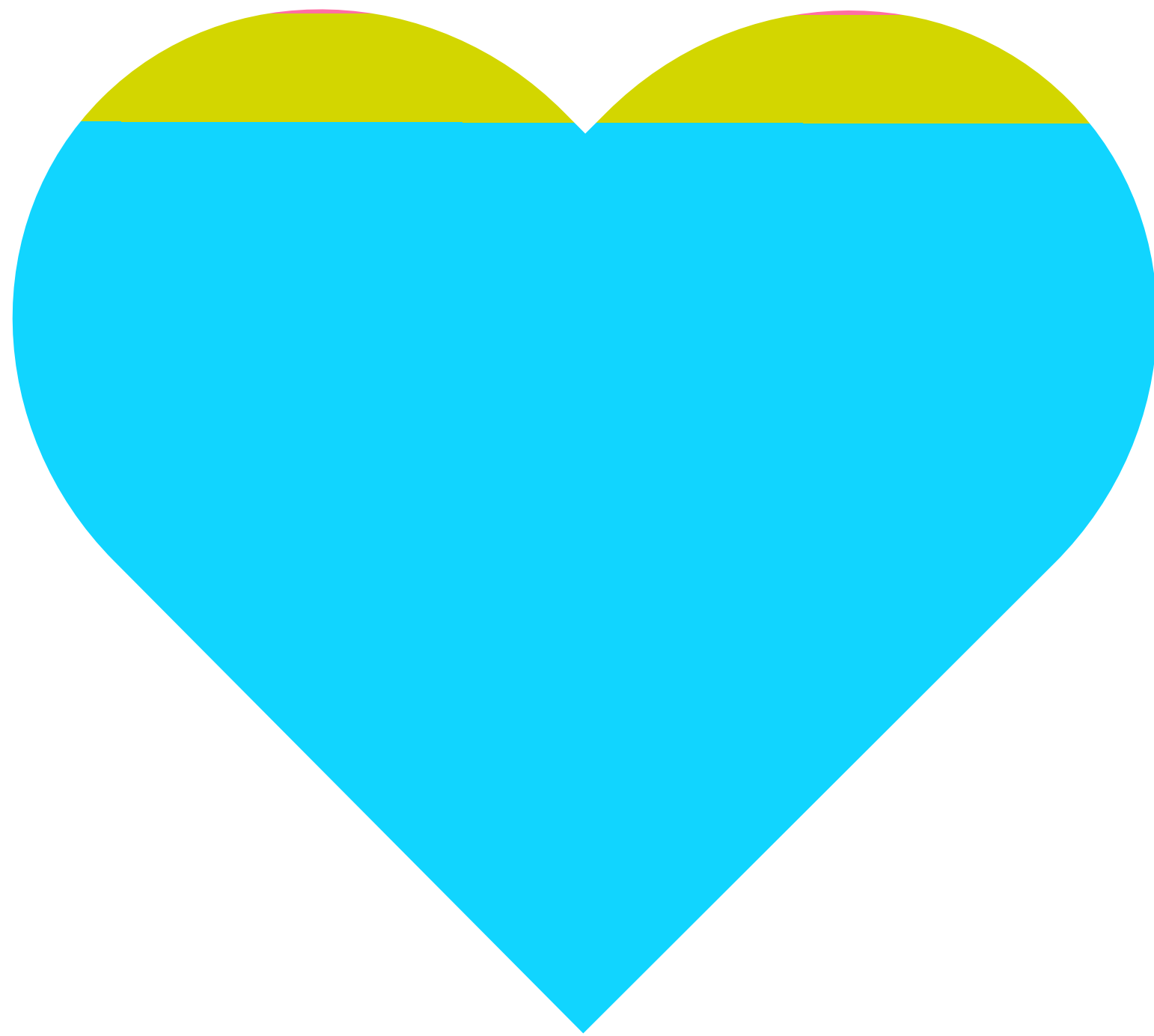


W.J. Baird

CK Public Health Wellness Grant 2018-2019

Wellness Week



2

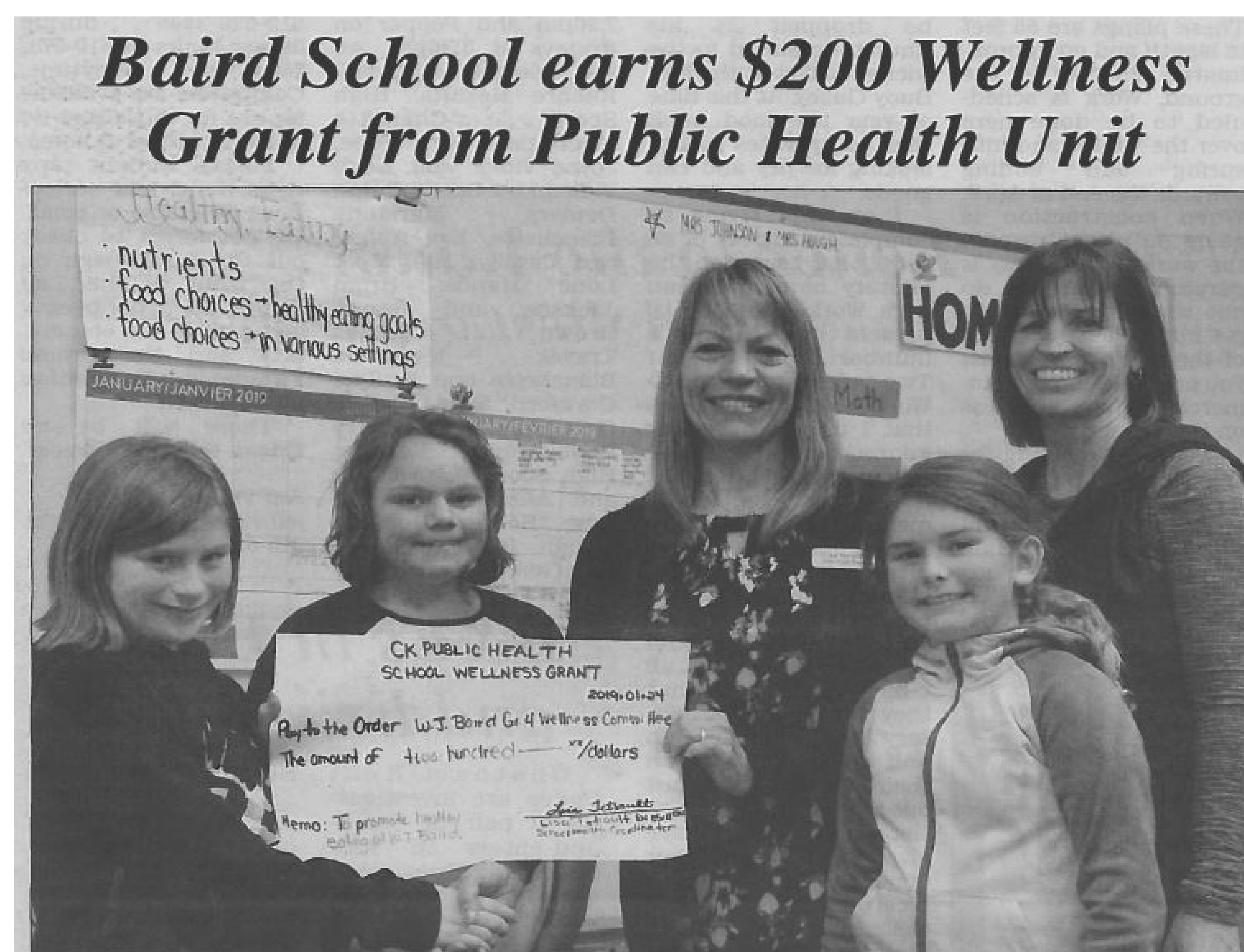
staff organizers

25

student leaders

210

people took part



"I learned it is always good to eat healthy at any place. I enjoyed the planning and prepping. I would enjoy being on a wellness committee again next year."

"Wellness week was a tremendous success... I especially enjoyed seeing students try food that they had never been exposed to. Some funny faces were seen, but many discovered that eating healthy is not only a good choice; it's a delicious one as well."

"Wellness week was good because it let us learn a lot of information about eating healthy. The food sort was easy for me but it helped me understand the new Canada's food guide. The grade 4s did a great job."

