

Spotlight on Health & Safety



February - Heart Health

During the month of February, Peace River School Division (PRSD) is promoting heart health. PRSD believes that students are more engaged in learning when they are happy and healthy. PRSD provides opportunities for all students to take part in physical education programs, extra-curricular activities and encourages healthy eating. For parents who may be looking for healthy lunch ideas, Alberta Health Services has many nutritional resources and ideas for creating healthy school lunches at:

<https://www.albertahealthservices.ca/nutrition/Page2914.aspx>

In partnership with “Project Brock” PRSD installed Automated External Defibrillators (AED) in all schools and PRSD sites. Even strong and healthy people can be at risk of “Sudden Cardiac Arrest” and having an AED on-site can save a life. Learn more about AEDs by viewing a short video on Alberta Education's website here:

<https://education.alberta.ca/health-and-safety/aeds/everyone/aed-video/?searchMode=3>