



April 16, 2015

My name is Cynthia Richards and I am the current President of the Canadian Home and School Federation. We are a volunteer organization, the national voice of parents, promoting excellence in public education as well as the social well being of children and youth.

In January 2009, CHSF along with Breakfast for Learning and Centre for Science in the Public Interest called on the Federal government to launch a national nutrition school meals program to promote learning, good health.

Canadian Home and School Federation has partnered with Concerned Children's Advertisers in the Long Live Kids program. This program provides children with tools for healthy eating, active living and improved media literacy in order to support a balanced lifestyle and achieve optimal health and development.

CHSF Policy Records:

4.1.2 The Federation Policy Statement endorses promotion of Healthy eating habits and regular physical activities for children and their families.

3.2.16 Availability of Federal grants to provinces and school boards for the implementation of programs of daily physical education and the development of a range of physical activities with/ for the school.

The need for good nutrition and physical activity for all children and their families is a great concern to CHSF and our member provinces

Our organization is pleased to support Senator Raines Bill 21 declaring a National Health and Fitness Day which passed into law in 2014.

Regards,  
Cynthia Richards, President  
Canadian Home and School Federation