



Waterloo Catholic  
District School Board

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## News Release

March 12, 2015  
For immediate release

# Catholic Board's Healthy, Active Living Consultant Wins Major National Award

## Kathy Doherty-Masters honoured by Physical Health & Education Canada

**Waterloo Region, ON** – The Waterloo Catholic District School Board's Healthy, Active Living Consultant, **Kathy Doherty-Masters**, has received the prestigious **Health Promoting School Champion Award** from **Physical Health & Education Canada (PHE Canada)**.

### QuickFacts

- ✓ PHE Canada has been Canada's premier professional organization for physical and health educators since its inception as the Canadian Physical Education Association (CPEA) in 1933.
- ✓ The PHE Canada Health Promoting Schools Champion Award recognizes an individual, group or organization for their exemplary contribution to the development, promotion and/or implementation of Health Promoting Schools. Only one award is presented annually.
- ✓ Nominee(s) can be from any sector (i.e., teachers, administrators, public health professionals, school board consultants, parent councils, volunteer agencies, not-for-profit groups, police, social services, etc.) and must have worked collaboratively with others to create a Health Promoting School environment. Nominee(s) must also be shown to have made a positive impact in the area of Health Promoting Schools – with demonstrated results that show their impact (e.g. policy development, supportive environments, etc.).
- ✓ Kathy has been a teacher with the WCDSB since 1987 and has served as Healthy, Active Living Consultant since 2008. In addition to her role as HAL Consultant Kathy also teaches at Holy Rosary CES in Waterloo.

### Quotes

"The root to Kathy's success as a healthy schools champion is that she truly believes that healthy kids are better learners and go on to achieve greater success. Kathy strongly believes that health and academic success are linked. With this belief system, she has been able to go above and beyond to translate this passion into action in her community. Her actions have targeted the four pillars of comprehensive school health – she has enhanced teaching and learning opportunities related to health in classrooms, she has recognized and advocated for changes in a school's physical and social environment, she has been a strong advocate for new programs, and policies to support healthy schools (e.g., board-wide school nutrition policy), and she has been a champion for her school board in terms of collaborating with community partners (e.g., public health, municipalities, and other community groups)."

~~ **Nomination for Kathy Doherty-Masters**

"Kathy has always been a champion for healthy living and eating in our board. She has been the driving force behind our board's nutrition policy, this came out years before the province mandated one. She led the way in creating the "Exercise in Disguise" program and resources to support DPA programs in our school. Kathy has also been the champion of our PALS program which promotes physical activity and inclusion of all students while playing in the school yard; this program has been shared and picked up by many other school districts. These board wide initiatives are just the tip of the iceberg for all that she has done to promote health and wellness board wide".

~~ **Paul Gladding – Principal, Holy Rosary CES**

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## Related Links

[PHE Canada](#)

[WCDSB Elementary School Food & Nutrition Policy](#)

The Waterloo Catholic District School Board, representing more than 100,000 Catholic school supporters, operates 52 schools and five adult education facilities serving more than 40,000 elementary, secondary and continuing education students in Waterloo Region – continuing a 179-year tradition of quality, inclusive, faith-based education. Follow us on Twitter: **@WCDSBNewsWire - #WCDSBAwesome.**

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