

OUR LADY OF LABRADOR

Our Lady of Labrador registered this year for an online active living initiative called Wonder Fresh Fitness Challenge for daily active living, every day through class activities. School sports teams and sporting events are active throughout the year. They also offer a program for students called BE CLEAN, By Exercising Children Learn to Eliminate Alcohol & Narcotics.

The Breakfast Program is offered three mornings per week with parent volunteers. Posters related to anti-smoking and active living have been placed on bulletin boards and around the school. Presentations on healthy lifestyles are offered with plenty of healthy eating opportunities throughout the year.