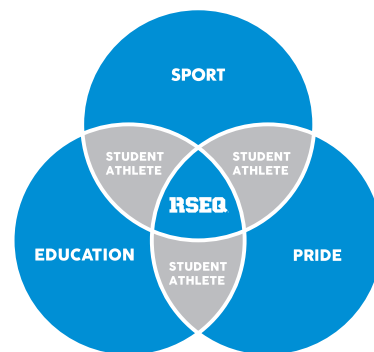




HIGH
SCHOOLS



The ISO-ACTIF school valuing program aims to recognize schools that take action in promoting a healthy and active lifestyle for students.

In order to gain certification, high schools are evaluated according to the following criteria:

ISO-ACTIF CRITERIA

SPORT AND PHYSICAL ACTIVITY

1. Time devoted to physical education and health classes.
2. The offer of a complementary sport program.
3. Participation numbers and rates in RSEQ interscholastic sports.
4. Participation number and rates in intramural sports.
5. Number of activities valuing sports and physical activity.
6. Individual evaluation of physical fitness.
7. The valuing of sports ethics (3R).

HEALTHY EATING

8. Promoting healthy eating and the development of cooking and nutritional knowledge.

SMOKING PREVENTION

9. Smoking prevention activities.

RECOGNITION AND VALUING

10. The recognition and valuing of playing sports and having a healthy lifestyle habits.

The ISO-ACTIF evaluation form must be filled out between December 1 and June 30 of each year at:

<http://isoactif.rseq.ca/plateforme/>

School will earn a level of certification: participation, bronze, silver, and/or excellence and the chance to be eligible for a contest draw to win a **\$500** gift certificate from CATSPORTS towards purchasing sports equipment.

<http://rseq.ca/viesaine/iso-actif/a-propos/>

**Contact your RSEQ regional jurisdiction to obtain
your ISO-ACTIF promotional material**

A PROJECT FROM:

SPORT. EDUCATION. PRIDE.

RSEQ