



Media Release

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Children's Rights More Important than ever on National Child Day

BURLINGTON – Sunday, November 20 is **National Child Day** and Our Kids Network is encouraging all sectors of society to put children first by celebrating and respecting children's rights. The [Canadian Child Care Federation](#) has selected *Article 24, the right to enjoyment of the highest attainable standard of health*, as the theme for National Child Day this year.

"Good nutrition, physical activity and a positive outlook all add up to good health for kids," says Our Kids Network director, Elena DiBattista. "Here in Halton, we know that children could have better nutrition and be more physically active. We also know that 38 percent of Ontario students say they feel constantly stressed."

Good health is a prerequisite for positive outcomes for children and youth and physical and emotional health are equally important. Children and youth are two of the groups most affected by health concerns. In some areas of Halton, families face poverty and a lack of access to adequate services and supports that can lead to health challenges.

"Our Kids Network partners work together to help children, youth and their families attain a healthy lifestyle," says Ms. DiBattista. "Our partner agencies coordinate their efforts to ensure families have access to services and programs that address all aspects of positive and healthy child development including nutrition, physical activity and mental and emotional health."

[National Child Day](#) was proclaimed by the Government of Canada on March 19, 1993 to acknowledge the adoption of the United Nations *Declaration on the Rights of the Child* in 1959 and the UN adoption of *Convention on the Rights of the Child* in 1989.

Article 24 of the United Nations [Convention](#) on the Rights of the Child states:

"States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. States Parties shall strive to ensure that no child is deprived of his or her right of access to such health care services."

[Our Kids Network](#) is a Halton-wide partnership of organizations and agencies serving children and youth. Guided by research, the network provides leadership for planning, integrating and aligning services and supports so all children thrive.