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durham.ca/health

An Accredited



September 2026

Dear Principal,

The Durham Region Health Department, in collaboration with Durham Region's local municipalities and the Oshawa Mary Street YMCA, is pleased to announce that the Grade 5 Action Pass will once again be available to Grade 5 students across Durham Region.

The Grade 5 Action Pass provides free access to public swimming, public skating, and a variety of drop-in recreation programs at participating locations. The pass can be used an unlimited number of times from September 2026 to August 2027, helping students stay active while supporting their physical, mental, and social well-being.

We are seeking your support in sharing information about this opportunity with Grade 5 students and their families. To assist schools, we have developed the following resources accessible at durham.ca/TeachHealthyRoutines:

- SchoolMessenger text
- School newsletter article
- Student morning announcements
- Parent information letter
- Promotional poster and postcard

We kindly ask that schools share the materials provided through their usual communication channels and display the promotional poster in a visible location for Grade 5 students.

Together, we can help reduce barriers to recreation and encourage children to build lifelong healthy habits.

For additional information, visit durham.ca/ActionPass. If you have questions, please contact your Public Health Nurse or the Durham Health Connection Line at 311 or 1-800-841-2729.

Thank you for your continued support of student health and well-being.

Sincerely,

Tara Wheeler, RN
Durham Region Health Department



If this information is required in an accessible format, please contact 1-800-841-2729.

