



Over 700 young Quebec First Nations athletes showcasing student success and healthy lifestyle habits assemble at the PEPS

May 9, 2019 — Quebec City — The First Nations Education Council (FNEC) is proud to announce the official opening of the **12th edition of its Inter-school Games**. The competitions will be taking place until May 12, 2019 at Laval University's Pavillon de l'éducation physique et des sports (PEPS).

Since its inception, in 2008, this friendly competition has grown in popularity. When the Inter-school Games were held for the first time, 140 athletes and chaperones took part. Over **700 young athletes between the ages of 10 and 18** will be representing **22 First Nations schools in 16 communities** across Quebec at this year's Games including the Innu community of Pessamit for the very first time.

Through this sporting event, the FNEC aims to promote physical activity and generate a positive influence on student health, well-being and education. Year after year, the Inter-school Games attract hundreds of participants in a single location to compete in four sports: **floor hockey, volleyball, basketball and track and field**.

Impetus for the Inter-school Games

A study carried out by the FNEC revealed that the majority of its 22 member communities were without a sports and recreation policy, and that half of them had no programs of that kind in place due to a lack of funds and infrastructure.

In response to these findings, and to encourage student success and healthy lifestyle habits, the FNEC decided to create a regional sports event: the First Nations Education Council Inter-school Games.

A wonderful partnership has grown over the years among students, schools and the FNEC. Schools have used participation in the Games as an incentive for students to stay in school by encouraging school attendance and commitment to fitness training, as well as improving academic performance.

In addition to the sports competitions and official ceremonies, participants will be given the opportunity to take part in social and cultural activities throughout the weekend including a drum making workshop and a dance.

Organizing a gathering of this size requires considerable financial resources. That is why the FNEC is pleased to highlight the generous contribution made by its major sponsors:



Come encourage our young athletes! Visit the Games website at www.inter-schoolgames.com to see the complete schedule of events.

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