

## **INVITATION**

### **GRADE 5 STUDENTS IN PLATEAU MONT-ROYAL TO EXPERIENCE A NOISE-FREE DAY**

**Montréal, May 12, 2005** — On May 17, Grade 5 students at Louis-Hippolyte-Lafontaine primary school in Montréal will spend a day practicing activities that make less noise. They will learn about communicating with signs, working and interacting in teams without talking, soundproofing their classroom walls, muffling the feet of their chairs, and moving quietly in the hallways.

This initiative is part of Noise Awareness Week, which is organized by the Ordre des orthophonistes et audiologistes du Québec (OOAQ). Activities will also include an information booth set up in Complexe Desjardins on May 17, 18, and 19. The school administration, and specifically Grade 5 teacher Ian McMurray, did not hesitate in agreeing to take part in this campaign fostering wellness, respect for others around them, an environment that is more conducive to learning, and good health in general. After all, education also includes learning human and social skills.

“The aim is to make the children aware of the many sources of noise to which they’re exposed every day, as well as the importance of hearing and the effects of noise, including interference with learning and stress,” said OOAQ President and Executive Director Louis Beaulieu. “We also want them to understand that they have an individual responsibility to stay healthy and to improve the quality of life for themselves and for the community. Education is the best form of prevention.”

In preparation for the noise-free day, the students received a visit from audiologist France Lacombe. They took noise readings in different settings around the school in order to learn how a sound-level meter works, and also participated in planning the activities for their noise-free day on May 17. They were also taught simple ways of cutting down on everyday noise, such as turning down the volume or spending less time listening to television or a portable stereo, turning off any noisemaker when they are no longer using it, and playing less noisy games.

Any media interested in covering the noise-free day for Louis-Hippolyte-Lafontaine school students should contact SHC Public Relations, at (514) 287-9811. Ask for Josée-Michelle Simard at extension 13, or Alexandra Hodgson at extension 25.

#### **About the OOAQ**

The OOAQ’s mission is to protect the public in the area of human communication disorders, where its members practice. More than 1,300 speech therapists and close to 250 audiologists belong to the Order.