



Action Schools! BC

Promoting Healthy Living

Action Schools! BC Complimentary Support Services for 2010/2011 School Year

Please review details online and email or call in your request.

www.actionschoolsbc.ca or info@actionschoolsbc.ca

1.800.565.7727 or 604.738.2468

1 Physical Activity Workshops for Teachers

(Grades K to 7 and Middle School):

- NEW - Full Day Kindergarten (2 hours)
- Classroom Action (2.5-3 hours)
- Supporting DPA- Daily Physical Activity (2 hours)
- Classroom Action Refreshers (2-3 hours)

Choose a combination of:

- Brain Builders (1 hour)
- Building your School's Action Plan (30 mins)
- Chair Aerobics and Classroom Workouts (1 hour)
- Circuits and Stations (1 hour)
- Dance (1 hour)
- Juggling (30 mins)
- Outdoor Games (1 hour)
- Yoga (30 mins)

2 Healthy Eating Workshops for Teachers

(Grades K to 7):

- Classroom Action Healthy Eating Workshop with a focus on vegetable and fruit consumption (2-3 hours)
- Classroom Healthy Eating Refresher Workshop (2 hours)

Classroom Healthy Eating Action Packs are complimentary with workshops and are available for purchase. Details online.

3 \$300 Healthy Eating School Food Grant

Available annually. Application online.

4 one Half-Day Toc - per school, per year -

to release a teacher for Action Schools! BC training, a planning session, to organize the equipment room or request a trainer for in-class training. Details online.

5 Student Leadership Training

- Indoor or Outdoor Training - Grades 4 to 7 or Middle School (1 per year) - involves training a select group of 20 students to be physical activity leaders in their schools. Schools receive resources, equipment, and certificates. Details online.
- Tri-Mentor Student Leadership Training - involves training secondary school students to teach younger students or for their own development and volunteer hours. Details online.

6 NEW TToC Action Bags and Workshops

Teachers Teaching on Call are now eligible for an Action Bag of resources/equipment upon completion of a workshop. Contact office for details.

7 Resources - Action Schools! BC physical activity and healthy eating posters may be replenished annually.

French resource packages are also available. Contact office for details.

8 DPA Pages! - one Action Schools! BC DPA idea per page

e.g., Skipping, Circuits, Exercising with Bands, Juggling, School-Wide Activities, etc. Posted online.

9 Success Stories - share your school's story and

have it showcased on the Action Schools! BC website. Contact office and we will write it for you.

10 eNews Sign-Up - Sign-up online or by email for

Action Schools! BC's bi-monthly practical and relevant eNews.

