

✓ ENGAGES
STUDENTS IN
PROVIDING DPA

✓ OVER 850
STUDENT
LEADERSHIP
WORKSHOPS
HAVE BEEN
CONDUCTED



Action Schools! BC™

“I think the workshop was great fun and I'm looking forward to showing the rest of the school what I've learned.”

STUDENT LEADER

Student Leadership Training

Registered Action Schools are eligible for one Action Schools! BC Student Leadership Training session per school year.

Outdoor Physical Activity

Grades 4 to 6 student leaders (up to 20 selected by the school) are provided with 2 hours of playground game leadership training. Schools determine when and how the student leaders will provide more opportunities for more children to be more physically active on their school playgrounds.

COMPLIMENTARY RESOURCES:

- skipping ropes ■ Chinese jump ropes
- sidewalk chalk ■ playground balls
- wristbands ■ Recess Revival
- Active Playgrounds Book (F) ■ Tag Book (F)

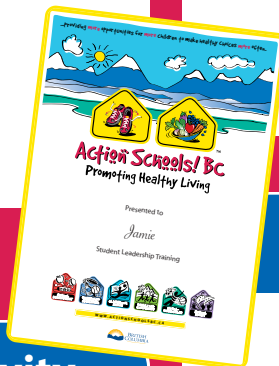
Indoor Physical Activity

Grades 4 to 6 student leaders (a small leadership group or one class) are provided with up to 2 hours of classroom workout leadership training. Student leaders work in teams to create and practise aerobic sequences of movements to music that can be shared with younger students.

COMPLIMENTARY RESOURCES:

- 6 Fit Kids' Workout DVD
- Crazy Frog Dance CD ■ Kids Into Action CD
- Head-to-Toe Stretch Poster

STUDENT LEADERSHIP CERTIFICATES



Tri-Mentor Physical Activity

Grades 9 to 12 student leaders are trained to lead playground games during recess and lunch at feeder elementary schools and to provide the mentorship to selected elementary leaders to continue the playground activities once the high school mentors leave.

COMPLIMENTARY RESOURCES:

- skipping ropes ■ Chinese jump ropes ■ sidewalk chalk
- playground balls ■ wristbands ■ Recess Revival
- Active Playgrounds Book (F) ■ Tag Book (F)
- Jump2bFit and Chinese Jump Rope DVDs

Healthy Eating

Grades 4 to 6 student leaders (up to 12 selected by the school) are provided with 2.5 hours of healthy eating leadership training. Student Leaders will learn how to lead tracking, tasting, and learning activities that promote healthy eating.

COMPLIMENTARY RESOURCES:

- Action Schools! BC Dance Cards
- All our Fruits and Vegetables Book ■ bracelets
- Growing Vegetable Soup Book
- Healthy Eating Student Leadership Booklets
- Sip Smart! BC Drink Cut-outs ■ Smart Fruit and Veggie Songs CD ■ Veggie and Fruit Fun! Activity Booklets
- Who am I? Flashcards ■ Colourful Choices Poster

Action Schools! BC Support Team

1.800.565.7727

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Success Story

STUDENT LEADERSHIP

**RANDERSON RIDGE ELEMENTARY
AND DOVER BAY SECONDARY**
Nanaimo, BC



Action Schools! BC

Lynn Brown, an Action Schools! BC Regional Trainer and teacher at Randerson Ridge Elementary (a school of more than 300 students in Nanaimo) has found a unique way of incorporating students in physical activities across all grades through the use of Action Schools! BC resources. Action Schools! BC is a framework for action, providing diverse physical activity, physical education and healthy eating opportunities in six Action Zones.

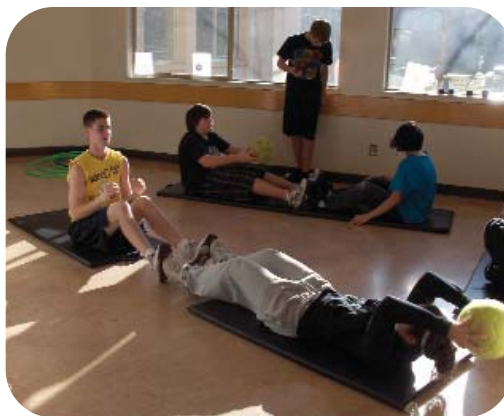
Randerson Ridge hosted an Action Schools! BC Classroom Action (Physical Activity) Workshop. The workshop's complimentary accompanying Action Bins filled with teaching resources and equipment (including CDs, DVDs, posters, skipping ropes, grippers, bands, bean bags and balls) are used by teachers daily in classrooms as well as by Lynn for her student leadership programming. Lynn taught a group of grade 7 student leaders how to create their own personalized physical activity circuit (including primary games, outdoor games, and strength and conditioning exercises from the Action Schools! BC Get Strong 101 DVD). The leaders lead younger students through various physical activities during three 30 minute periods of daily physical activity throughout the week.

Building on the success of student leadership at Randerson Ridge, Lynn started working with students at Dover Bay Secondary. A group of grade 12 students learned

the exercises from the Get Strong 101 DVD found in the Action Schools! BC Action Bins and were then assigned to work with the grade 9 students in the school's grade 9 Health and Career course. Over a 6 week period, the grade 9 students were inspired to be physically active by the grade 12 leaders. By participating in the Get Strong 101 Circuit (with the leaders), and wearing pedometers to track their improvements, the grade 9 students became more aware of the benefits of physical activity.

Lynn's program, similar to the Action Schools! BC Tri-Mentorship training, in which high school students are taught to teach younger students various games and physical activities, proved to be a great way of involving students from kindergarten to grade 12 in healthy living activities and received media attention from a local newspaper. Action Schools! BC workshops including Student Leadership Workshops and Tri-Mentorship training are available to all registered Action Schools.

With the help of the Action Schools! BC resources and support, Lynn's student leadership idea became a reality. By taking advantage of all that Action Schools! BC has to offer, Randerson Ridge and Dover Bay are excelling at integrating healthy living through student leadership into the fabric of their school community in unique and creative ways.



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