

# Success Story

DALLAS ELEMENTARY  
Kamloops/Thompson



Action Schools! BC

Linda Comeau is a grade one and two teacher at Dallas Elementary School in Kamloops. Linda has a passion for promoting active, healthy living. In September 2006, Linda was introduced to Action Schools! BC and recognized the value it could have in her class. Linda began to integrate classroom exercises, yoga, Chinese skipping, and dance routines into her daily schedule. She found her students loved the movement and the scheduled activity had a positive effect on their school work as well. Because of all the benefits she saw from physical activity, Linda wanted



to expand her program to include more members of the school community. In October, she started the Dallas Thunderhearts skipping team. The team has been practising twice a week and is consistently reaching new levels of success. Although Linda is not a skipper herself, she used the resources from the Action Schools! BC Classroom Action Bin to help teach many of the tricks and skills to the students. She showed the video to the students and challenged them to complete the tricks on their own. The students loved the challenge and worked together on their own time to help each other overcome obstacles.

Linda's skipping program has positively impacted students at Dallas Elementary, as well as throughout the district. The team now has 18 members from grades 4 to 6, including girls and boys. Many members of the team are not involved in any other extra-curricular physical activity, yet love the opportunity to be active through this program.

Skipping has become one of the most popular pastimes on the playground at Dallas. At recess and lunch, students from all grades are outside practising the different tricks



and skills they've learned from the skipping team. There are even "Thunderhearts in Training" in the primary classes, who consistently practise with the goal to join the Thunderhearts in the future.

The Thunderhearts have also visited various schools throughout the district to share their enjoyment of skipping with others. The team has performed for eight elementary schools and one high school and has led two workshops with other elementary schools to help build skipping teams in their schools. Feedback from teachers in these schools indicated what a positive impact the Thunderhearts had, and how skipping has grown in popularity since their workshop.

Linda wants to continue to expand the team and develop their skills. In the spring of 2007, the team raised money to bring two world class skipping team members to Kamloops for a skills workshop. In addition, Linda is looking into taking the team to Abbotsford to participate in a skipping-leadership seminar to build their capacity to teach other students skipping skills. The enthusiasm Linda has demonstrated in promoting healthy living through the skipping team is infectious and has motivated the students at Dallas and across the district to be more active.



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