

Success Story

GLENWOOD ELEMENTARY
Burnaby



Action Schools! BC

As a teacher and vice-principal in the Burnaby School District for over 15 years, Wally Kanno has been an exemplary leader in the promotion of healthy living. Currently a teaching vice-principal at Glenwood Elementary, a small Burnaby school, Wally's commitment to the health of his students is evident daily in the classrooms, gym and on the playground, before, during and after school. His dedication to providing diverse physical activity and physical education opportunities has been a key factor in the school's involvement in Action Schools! BC, an initiative which promotes healthy living in six Action Zones. Glenwood is one of more than 1,200 registered Action Schools in BC (40 of which are in Burnaby) and has received the Action Schools! BC Classroom Action Workshop and complimentary Classroom Action Bins filled with playground balls, skipping ropes, bands, grippers and teaching resources such as posters, CDs, DVDs and books. Teachers now aim to integrate 15 minutes of physical activity into their classrooms every day through a wide variety of activities that complement physical and health education.

Not only is Glenwood excelling in the Classroom Action Zone, but Wally and his colleagues are consistently promoting healthy living in the other Action Zones, from Physical Education and Extra-Curricular activities to involving family and community. According to Tammy Wirick, the PE, Athletics and Health Consultant for the Burnaby School District, "Wally is often quietly, behind the scenes working to provide opportunities for the Glenwood students to participate in athletics. Wally recognizes different motivations drive elementary students to participate and in response to this he includes many fun, non-competitive and competitive events". Wally coaches the cross country and track teams, as well as the school's volleyball and basketball teams. High student interest levels

in these activities are a testament to his commitment and enthusiasm – the school's cross country team, open to grades 4 to 7 students, has almost 50% enrollment and the track team boasts 75% enrollment. Although he does not have to take so much on, he loves to coach and feels that he builds positive connections with the students that carry on into the classroom and other areas of school life. He cites the dedicated group of parent volunteers as critical



to the teams' successes – from driving to assisting with coaching, the parents contribute greatly to the school's extra-curricular programming. Wally and the principal of Glenwood, Ernie Kashima, update parents through monthly newsletters which always contain information on community physical activity opportunities, from softball and soccer leagues to mother-daughter yoga classes and the Vancouver Sun Run Marafun. This desire to provide healthy living opportunities for their students during and after school is what makes Glenwood Elementary an outstanding Action School and Wally Kanno a true leader.



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