

# Success Story

**HARTLEY BAY SCHOOL**  
Hartley Bay, BC



**Action Schools! BC**

Hartley Bay School, a K to 10 school of 60 students located south-east of Prince Rupert in the remote coastal community of Hartley Bay, has been registered with Action Schools! BC since 2007. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

Hartley Bay has partnered with Action Schools! BC and the BC Children's Hospital through the Brighter Smiles Project, a community-driven model for the prevention and treatment of type 2 diabetes in remote First Nations communities. Hartley Bay is accessible only by air or water, and only when weather permits. While there are benefits to active transportation, walking the system of boardwalks in this carless community has not been enough to protect community members from Canada's physical inactivity crisis and obesity epidemic. The Action Schools! BC model, which engages students, teachers, administrators, families, and other members of the community in promoting the importance of physical activity and healthy eating, will hopefully have a positive impact on the whole community.

Visits to Hartley Bay by an Action Schools! BC Regional Trainer and a member of the Support Team included a Classroom Action (Physical Activity) Workshop and Classroom Healthy Eating Workshop for school staff and parents, and an Indoor and Outdoor Student Leadership Workshop for the student leadership group. Support was provided following a diabetes information session for elders and at a parent



meeting to assist the community in making healthy choices, with a focus on the school. Hartley Bay is now utilizing the Action Schools! BC framework for action to find sports, physical activities and healthy eating initiatives that will succeed in the community. They have engaged

the student leaders to teach playground games and lead classroom chair aerobics, taped playground game templates on the boardwalks, introduced leadership training through SportFit™, implemented Bounce at the Drum, and created a multigenerational walking program using pedometers. To promote healthy eating, teachers are using the Learning, Tracking, Tasting and Snacking Activities from the Action Schools! BC Classroom Healthy Eating Action Resource. These include Crunch & Sip™, which encourages students to snack on vegetables and fruit and drink water throughout the school day, and Re-Think Your Drink, which focuses on making healthier beverage choices. The school collaborates with a local rotary club to fly in cases of apples, and the community has changed menus to include healthier drinks at feasts.

By taking advantage of all that Action Schools! BC has to offer, Hartley Bay School is excelling at integrating healthy living into the fabric of their school community in a unique and creative way.

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