

# Success Story

**KIDSTON ELEMENTARY**  
Okanagan Valley, BC



**Action Schools! BC**

Kidston Elementary, an Okanagan Valley school of more than 300 students, has been registered with Action Schools! BC since 2004. Action Schools! BC is a framework for action, providing diverse physical activity, physical education and healthy eating opportunities in six Action Zones.

The **School Environment Zone** focuses on making healthy choices the easy choices by creating healthy living policy supporting safe and inclusive school environments. Staff at Kidston engage in professional development opportunities that promote healthy living such as the Action Schools! BC Classroom Action (Physical Activity) Workshop. This workshop, which provides creative, alternative ideas to integrate physical activity throughout the day, is accompanied by Classroom Action Bins filled with teaching resources and equipment.

The **Scheduled Physical Education Zone** supports the BC Ministry of Education's prescribed learning outcomes. Students at Kidston have Physical Education twice every week and are exposed to a variety of new sports. According to Tama Corday, the school's Physical Education teacher, students have participated in fencing, Zumba dancing, curling, golf, ultimate frisbee, cricket, rugby, highland dancing, and more. Also, for the past two years, grade 4 to 7 students have participated in the Sportfit program, matching their physical abilities and interests to the top three summer and winter sports that fit them best.

The **Classroom Action Zone** provides daily physical activity and healthy eating activities that can be integrated throughout the school day. At Kidston, physical activity is made easy through the creation of a stations room in which activities from the Action Schools! BC Classroom Action Resource and equipment from the bins are organized into a circuit. Strength and conditioning activities using the

bins' grippers and bands are most popular.

The **Family and Community Zone** fosters the development of partnerships with families and community practitioners. Parents are encouraged to join students and teachers at family dances, a winter carnival, and on trips to the pool, skating rink, and ski hill. Furthermore, students participate in the Terry Fox Run, Hoops for Heart, and Jump Rope for Heart every year and community sport organizations are often brought in for demonstrations.

In the **Extra-Curricular Zone**, students, staff, and families are encouraged to engage in healthy living before and after school, and during recess and lunch. The school has hosted an Action Schools! BC Outdoor Student Leadership Workshop in which a Regional Trainer taught 20 students how to lead outdoor games such as hopscotch, four square, tag and long rope skipping. Since the workshop, student leaders have activated the school playground through refereeing soccer games and playing Chinese jump.

Kidston Elementary also promotes healthy living in the sixth Action Zone, the **School Spirit Zone**. Kidston's leadership group runs many whole school activities such as monthly school spirit days, sock hops, and fundraising events. During the 2010 Winter Olympic Games, Kidston held its own version of the games – the Olympics at School – featuring sledding, skating, and curling.

Kidston's dedicated staff, committed to collaborating with students, families, and community practitioners, have succeeded at integrating physical activity into their school on a daily basis. By taking advantage of all that Action Schools! BC has to offer, Kidston Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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