

Success Story

LIGHTHOUSE CHRISTIAN ACADEMY
Victoria, BC



Action Schools! BC

Lighthouse Christian Academy, a K to 12 school of approximately 130 students located in Victoria, 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 and to support teachers in implementing Daily Physical Activity, Physical Education and Health and Career Education Curricula.

Staff at Lighthouse Christian promote a model called SHARE, representing five broad categories of education – **Skills, Health, Arts, Relationship, and Environment**. They are very enthusiastic about Action Schools! BC and have hosted Classroom Action Workshops and Healthy Eating Workshops to further enhance the health category in their SHARE model. These workshops, along with their complimentary Classroom Action Bins and Classroom Healthy Eating Action Packs filled with teaching resources and equipment, have increased awareness about daily physical activity and healthy eating as well as provided teachers with new ideas on how to get their classes moving and eating healthy. Classroom Action favourites include Cool Aerobics for Kids, Get Strong 101, and Chinese Jump Rope.

The school has also hosted a Tri-Mentor Student Leadership Workshop for older students, where grade 9–12 students are trained to lead playground games during recess and lunch. Since then, Lighthouse Christian hosts a school-wide buddy program in which each student leader

buddies up with two younger students and leads them through a variety of fun activities. Every day at recess, the student leaders encourage their buddies to engage in physical activity in the playground. Students annually participate in a broom bash fundraiser where they cut broom at Mill Hill Regional Park. In 2009, the students cut 3/4 of a ton of broom! Other fun recreational activities

include Tae Kwan Do classes, rugby, soccer, cross-country running, hiking, and camping. Last year a group of students and staff hiked the Juan de Fuca Trail along the coast of Vancouver Island.

Healthy Eating is also a priority to staff and students, and has been incorporated into the Health and Career Education unit. Favourite resources from the Classroom Healthy Eating

Action Pack used with elementary students include the Who am I? Flashcards, the Action Schools! BC Colourful Choices Poster and lesson plans from the Classroom Healthy Eating Action Resource. Senior high school students use the Brand Names Food List to plan food available for concession and for their hot lunch program.

Staff and students at Lighthouse Christian Academy work together to ensure Daily Physical Activity and healthy eating is consistently a focus in their everyday lives. By taking advantage of all that Action Schools! BC has to offer, Lighthouse Christian Academy is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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