

# Success Story

LINDSAY PARK ELEMENTARY  
Kimberley, BC



## Action Schools! BC

Lindsay Park Elementary, a K to 3 school of 138 students in Kimberley, has been registered with Action Schools! BC since 2006. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

Kimberley is located in the highly recreational Kootenay region of BC. Lindsay Park Elementary is surrounded by a wealth of accessible community facilities, and students are provided with opportunities to swim, skate, and downhill and cross-country ski. The staff have always emphasized the importance of physical activity to their students and registered with Action Schools! BC to further support healthy living within the school community. The school booked an Action Schools! BC Classroom Action

Workshop which focuses on how teachers can integrate physical activity into classrooms, multi-purpose rooms or outdoor areas throughout the school day. The workshop supports schools in meeting the Ministry of Education's Daily Physical Activity mandate by providing innovative physical activities that complement physical and health education and build healthy bodies and minds. According to Doreen Sharpe, a Grade 3 teacher at Lindsay Park, the teachers were inspired by the workshop and soon

began activating their classrooms using the Classroom Action Bins of teaching resources and equipment provided.

The bins are still used on a daily basis and the 65 Energy Blasts DVD, Bounce-at-the-Bell Poster and Yoga Kit for Kids are the most popular resources. In the winter, a school-wide aerobic session using the dance CDs and DVDs gets students and staff moving in the gym every

Monday to Thursday from 2:00-2:15. The Grade 3 class is split into rotating groups of four that take turns choosing the music and leading the rest of the students and staff through the dances. The students are proud to be leaders and love the responsibility. In the spring and fall, students participate outside utilizing the school's Action Schools! BC playground circuit, or as part of the school's running club. Parents are

also closely involved, often joining in on the club's runs.

According to Ms. Sharpe, Action Schools! BC has provided teachers with ideas, resources and equipment to fully implement Daily Physical Activity. By taking advantage of all that Action Schools! BC has to offer, Lindsay Park Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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