

Success Story

PACIFIC WAY ELEMENTARY
Kamloops, BC



Action Schools! BC

Pacific Way Elementary, a school of 274 students in Kamloops, has been registered with Action Schools! BC since 2004. Action Schools! BC is a framework for action providing diverse daily 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 Pacific Way participate in professional development opportunities by hosting Action Schools! BC workshops such as the Classroom Action (Physical Activity) and Classroom Healthy Eating Workshops. These workshops, along with the complimentary Action Bins and Healthy Eating Action Packs received with the workshops, have enabled staff to engage students in a variety of activities that promote healthy living throughout the day.

The **Scheduled Physical Education Zone** supports the BC Ministry of Education's prescribed learning outcomes. Students at Pacific Way participate in Physical Education three times per week and are exposed to a variety of sports including gymnastics, snowshoeing and dance. Students have also participated in SportFit – an education program that tabulates each student's 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 Pacific Way, Daily Physical Activity is often facilitated through student leaders who have participated in Action Schools! BC's Indoor and Outdoor Student Leadership Training where they learned aerobic activities and outdoor games. The student leaders lead

younger students through different Action Breaks with enthusiasm. Teachers lead school wide activities using the equipment and resources provided in the school's Action Bins. Students engage in Snacking and Learning Activities when healthy snacks are delivered to the classrooms twice a week, as part of the BC School Fruit and Vegetable Nutritional Program.

The **Family and Community Zone** fosters the development of partnerships with families and community practitioners. Students and parents go on trips to recreational centres and parks around the community where they can swim, skate, golf and ski.

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. During the 2010 Winter Olympic Games in Vancouver, Pacific Way held its own version of the Paralympic Games featuring sledge hockey and circuits for the visually impaired.

The school's staff also promote healthy living in the **School Spirit Zone**. Students participate annually in the Terry Fox Run, Hoops for Heart, and Jump Rope for Heart. Other school-wide activities include monthly school spirit days, sock hops, and many fundraising events, such as Halloween for Hunger – a campaign collecting non-perishable food items instead of candy for Halloween to donate to local food banks.

The dedicated staff at Pacific Way are committed to collaborating with students, families, and community practitioners to ensure daily physical activity and healthy eating at school are a priority. By taking advantage of all that Action Schools! BC has to offer, Pacific Way Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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