

# Success Story

**RAFT RIVER ELEMENTARY**  
Clearwater, BC



## Action Schools! BC

Raft River Elementary, a school of 300 students located an hour and a half north of Kamloops in Clearwater, has been registered with Action Schools! BC since 2004. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

Since registering, the staff at Raft River have received training on how to integrate diverse physical activity and healthy eating activities throughout the school day. The Action Schools! BC Classroom Action (Physical Activity) Workshop and Classroom Healthy Eating Workshop and the corresponding bins of teaching resources and equipment are available to all registered schools. Teachers use the equipment and implementation ideas learned on a daily basis to help students build healthy bodies and minds.

Each day at Raft River Elementary begins with a school-wide 5-10 minute physical activity led by students or teachers over the PA system. Jody Schilling, the prep teacher at Raft River whose schedule includes one block a week for Action Schools! BC planning, assists with choosing the music for the activity breaks. She also visits each classroom periodically to teach students the moves used in the morning and review activities in the teaching resources and equipment provided in the bins.

Ms. Schilling and her colleague Mrs. Bishop organize the school's annual "Action Schools! Week" which takes place in the winter (visit [www.bclocalnews.com/bc\\_thompson\\_nicola/clearwatertimes/community/38788414.html](http://www.bclocalnews.com/bc_thompson_nicola/clearwatertimes/community/38788414.html) to view a related news article). Each day is dedicated to a different activity that promotes healthy living. Monday is Aerobics

Day and students participate in 30 minutes of aerobics in the gym. Tuesday is Indoor Track Meet Day, and Wednesday focuses on snow safety. Thursday is Healthy Snacking Day, and the school uses funding received through the Action Schools! BC Healthy Eating School Food Grant to purchase ingredients for students to make fruit smoothies and "snack monsters" using fresh apples and grapes. On Friday, dance teachers from Kamloops provide lessons for students focusing on creative dance and BrainDance.

Raft River Elementary excels at providing extra-curricular

and school spirit opportunities for students. Sports teams, open gym time before school starts, and a skipping club allow students to be physically active before and after school, and during recess and lunch. The skipping club uses the Action Schools! BC skipping ropes and Jump2bFit resources from the bins to practise and perform routines for the whole school twice a year, and as a kick-off to



Jump Rope for Heart Day. In the winter, students cross-country ski once a week using the class sets of primary and intermediate skis purchased by the Parent Advisory Council and many classes go skating at the local rink. The school also participates annually in the Terry Fox Run, a bike rodeo, a summer fun day, and a nutrition week.

Ms. Schilling credits Action Schools! BC for expanding staff and student knowledge of the importance of daily physical activity and healthy eating. By taking advantage of all that Action Schools! BC has to offer, Raft River Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



Action Schools! BC: 604.738.2468 or 1.800.565.7727 ■ [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca)  
[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)