

Success Story

RIVERSIDE ELEMENTARY
Maple Ridge, BC



Action Schools! BC

Riverside Elementary, a K to 7 Maple Ridge school of more than 100 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. In its five years as an Action School, Riverside has been very successful in promoting healthy living to its students through the combined efforts of administrators, teachers, families and community practitioners.

Shortly after registering, Riverside booked its first Action Schools! BC Classroom Action Workshop for teachers. This workshop supports the integration of physical activity throughout the school day and is enhanced with complimentary Classroom Action Bins filled with teaching resources and equipment. Since this workshop, Riverside has continued to benefit from the support services available through Action Schools! BC and has also booked the Classroom Healthy Eating Workshop and Student Leadership Training on outdoor games. Supplementary equipment and resources were also sent with these workshops.

One action of particular interest was the assignment of an empty classroom to a space dedicated to Daily Physical Activity (DPA). Principal Tanya Dailey asked local Action Schools! BC Master Trainer and District 42 Healthy Living Facilitator Debbie Keel to design a DPA room (now named the **ACTION ROOM**) that would be user-friendly, require no prep, and provide a variety of creative strength, endurance

and flexibility activities using resources and equipment from the Classroom Action Bins. After the room was set up, the school used its Action Schools! BC half day TOC funding

so teachers could spend time familiarizing themselves with the room under the guidance of Ms. Keel. Now teachers simply bring their class into the room, hand out equipment, and begin moving! The room contains everything needed for a 10-30 minute DPA break and includes more than 25 activities such as Bounce-at-the-Bell, skipping, dance, aerobic workouts (student-led, following a DVD, or voice prompts on a music CD), yoga, strength and conditioning, BrainDance, and the Head-to-Toe Stretch. Teachers and students can choose their own activities or try one of three circuits: the Kids into Action Circuit, the Get Strong 101 Circuit, or a student-led circuit.

The **ACTION ROOM** is one of the many ways that the dedicated and enthusiastic staff at Riverside provide diverse opportunities for physical

activity through the school day. By taking advantage of all that Action Schools! BC has to offer, Riverside Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.

Contact the Action Schools! BC Support Team for detailed information on Riverside Elementary's Action Room or to book an Action Schools! BC Regional Trainer to assist with the creation of your school's Action Room.



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