

Success Story

TAYLOR PARK ELEMENTARY
South Burnaby, BC



Action Schools! BC

Taylor Park Elementary, a South Burnaby K to 7 school of nearly 400 students, has been a registered Action School since 2005. Action Schools! BC is a framework for action, providing diverse physical activity, physical education and healthy eating opportunities in six Action Zones.

Staff at Taylor Park recognize the benefits of active living and healthy eating and are dedicated to supporting healthy living practices in their school each and every day. Action Schools! BC promotes healthy living in BC schools through complimentary workshops and support services. Teachers at Taylor Park have participated in the Action Schools! BC Classroom Action and Healthy Eating Workshops in which they learned how to integrate physical activities and healthy eating lessons into their classrooms.

In addition to three Physical Education periods, students are engaged in 75 minutes of daily physical activity in their classrooms each week. A wide variety of activities (from tai-chi and dance to skipping and indoor and outdoor circuits) keeps interest piqued. The Action Schools! BC Classroom Action Bins, filled with teaching resources and equipment (such as CDs, DVDs, posters, skipping ropes, grippers, bands, bean bags and balls), are also used in classrooms on a daily basis.

The school's student leadership group also contributes to school-wide physical activity. The group attended an Action Schools! BC Indoor Student Leadership Workshop and now leads fitness routines for younger students through a buddy system.



Healthy Eating is also actively promoted at Taylor Park. Examples of this include using the resources in the Action Schools! BC Healthy Eating Action Packs to support an increase in vegetable and fruit consumption, encouraging students to bring green vegetables as a snack on St. Patrick's Day, and hosting a healthy breakfast with parents using funds provided by the Action

Schools! BC Healthy Eating Food Grant. Many students participate in a daily hot lunch program that strives to be nutritious and serves milk every day. Additionally, water fountains are located throughout the school, and in many classes students are encouraged to keep water bottles on their desks.

To further support healthy living at Taylor Park, staff engage families and have developed partnerships with community practitioners. Parents receive healthy living updates from teachers and are invited to help out with several of the school spirit activities that take place each year (such as the Terry Fox Run, Jump Rope for Heart, and monthly themed runs). The school is tightly linked to Burnaby Parks and Recreation and puts on a number of events such as floor hockey and soccer tournaments.

Staff at Taylor Park have chosen to make physical activity and healthy eating a priority in their school, and it is their dedication to this commitment that makes them successful. By taking advantage of all that Action Schools! BC has to offer, Taylor Park Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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