

Success Story

ALEXANDER PARK ELEMENTARY
Golden, BC



Action Schools! BC

Alexander Park Elementary, a school from Golden of more than 200 students, has been registered with Action Schools! BC since 2006. Action Schools! BC is a framework for action, providing diverse physical activity, physical education and healthy eating opportunities in six Action Zones.

Teachers at Alexander Park have participated in numerous Action Schools! BC Classroom Action (Physical Activity) and Healthy Eating Workshops in which they learned how to integrate physical activities and healthy eating lessons into their classrooms each day. The workshops' complimentary accompanying bins filled with teaching resources and equipment (including CDs, DVDs, posters, skipping ropes, grippers, bands, bean bags and balls) have helped teachers build a repertoire of classroom activities. Students' favourites include dancing to the 65 Energy Blasts DVD and Cool Aerobics for Kids CD, and playing games with scarves and bean bags. Students are also active outside during recess and lunch with skipping ropes and ball games.

In 2009, Alexander Park took advantage of the Classroom Action Refresher Workshops which elaborate on the activities in the Classroom Action Workshop. Schools can custom design a refresher session by choosing from a list of options ranging from Brain Builders and Yoga, to Dance and Juggling. Alexander Park booked two Refresher Workshops, Supporting Daily Physical Activity and Yoga. Since the workshops, Laurie McDougall, an Action Schools! BC Regional Trainer and leader of the school's Action Team,



has organized physical activity stations in the school's gymnasium with an Olympic and Paralympic theme. The school also received a grant for 50 yoga mats and a lunch time yoga club was launched in which a group of grade 3 students lead others through various poses.

After attending the Action Schools! BC Healthy Eating Workshop, focused

on increasing vegetable and fruit consumption, teachers became more aware of the importance of promoting healthy snacks. Physical activity and healthy eating practices come together on Friday mornings when parents serve fruit after the students and staff complete their weekly run or walk. Alexander Park also took advantage of the Action Schools! BC Healthy Eating School Food Grant to host several blender and tasting parties.

Celebrations are a common occurrence at Alexander Park, and family and community members are always invited to join in the fun. In 2009, parents joined the school in an Olympic torch walk through the community with torches hand-made by students. Alexander Park also organizes family fun days incorporating physical activities.

Staff at Alexander Park value the benefits that physical and healthy eating activities have brought to their school, and continue to grow through partnerships with families and community members. By taking advantage of all that Action Schools! BC has to offer, Alexander Park is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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