

Success Story

ALBION ELEMENTARY
Maple Ridge, BC



Action Schools! BC

Albion Elementary, a school of more than 500 students in Maple Ridge, has been registered with Action Schools! BC since 2005. Action Schools! BC is a source of practical and relevant professional development, curriculum-linked resources and support for teachers in physical education, daily physical activity (DPA) and healthy eating, and leadership training and resources for students.

Over the years, healthy living has become part of Albion's school culture and is promoted on a daily basis before, during and after school by staff, students, and parents. A dedicated group of teachers, led by teacher and healthy living champion Nancy Kelvin and supported by Action Schools! BC Master Trainer and past district Healthy Living Coordinator Debbie Keel, provides creative and diverse daily physical activity, physical education, and healthy eating opportunities in many ways including:

- **Attending Action Schools! BC DPA workshops** (such as juggling, yoga, classroom workouts, and dance) and using the accompanying complimentary bins of resources and equipment in classrooms, Physical Education (PE), and on the playground.
- **Using the Premier's Sport Awards Program (p.s.a.p.)** manuals and crest skills challenges to teach sport skills to students in PE and recognize their achievements. The Orienteering and Track and Field Manuals are favourites.
- **Taking advantage of the healthy eating services** available to BC schools including the Action Schools! BC

Classroom Healthy Eating Workshop and corresponding Healthy Eating School Food Grant (which Albion has used to buy blenders to make nutritious smoothies), and the BC School Fruit and Vegetable Nutritional Program.

- **Engaging parents** in events that encourage school spirit while promoting healthy living such as Jump Rope for Heart, the Walk for Water, Canucks Day, tree planting, the Terry Fox Run, etc.
- **Providing Action Schools! BC Indoor Student Leadership.** All the grade 5 students learned how to create and then lead aerobic sequences in younger classes either after recess or lunch.
- **Supporting physical activity before and after school and during recess and lunch** through clubs and intramurals. Skipping, cross country, track and field, floor hockey and volleyball (which was organized and officiated by grade 7 students)



were the most popular. After school hip hop classes and bootcamp were also offered by donation with funds raised going to Canuck Place Children's Hospice. Student interest was so great that the school's large gym and multi-purpose room were needed!

Albion's staff understands and values the physical, mental and social benefits that healthy living has on the students. By taking advantage of the services offered by Action Schools! BC and the many organizations that support school health in the province, Albion Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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