

# Success Story

**ARCHIBALD BLAIR ELEMENTARY**  
Richmond, BC



## Action Schools! BC

Archibald Blair Elementary, a Richmond school of 250 students, has been registered with Action Schools! BC since the summer of 2004. Action Schools! BC is a framework for action, providing diverse physical activity, physical education and healthy eating opportunities in six Action Zones.

Staff at Archibald Blair are enthusiastic about physical activity and healthy eating and the many benefits the students enjoy. This enthusiasm was enriched by the Action Schools! BC Classroom Action (Physical Activity) and Healthy Eating Workshops where teachers gained practical ideas about how to integrate healthy living into the classroom and into their school. The complimentary Action Bins that come with the Classroom Action Workshop are filled with teaching resources and equipment helping teachers achieve curriculum outcomes while students have fun being active every day. School favourites include dancing, skipping, and indoor and outdoor circuits.

Not only are students active in the classroom, they also engage in many school-wide events. Annually, students participate in Jump Rope for Heart – a skipping and fundraising event that teaches children the importance of healthy living and social responsibility. Another school-wide event at Archibald Blair is the Pumpkin Run. Each fall, students put their names into a draw for a chance to win one of 10 pumpkins as extra inspiration to stay active. They are eligible to win if they complete an outdoor circuit

set up by staff, using resources and equipment from the Action Schools! BC Action Bins.

Upon the completion of the Action Schools! BC Healthy Eating Workshop, staff at Archibald Blair place a large focus on Healthy Eating. In October, students each bring in their favourite vegetable to collectively make vegetable soup. In February, they each bring in their favourite fruit to share

and contribute to the Friendship Salad – a medley of different fruits to be shared in the classroom. In 2010, staff and students explored new and exciting ways to eat pumpkin. They made pumpkin soup, baked pumpkin seeds, and ate chunks of roasted pumpkin as a Halloween treat. Using resources from the Classroom Healthy Eating Action Pack, teachers lead their



classes through songs about each of the five colour categories of vegetables and fruit. They also played games with the Who Am I? Flashcards to increase students' exposure to a variety of vegetables and fruit.

The enthusiasm of staff at Archibald Blair about Physical Activity and Healthy Eating is clearly reflected by student engagement in a more active lifestyle and trying new vegetables and fruit at school. By taking advantage of all that Action Schools! BC has to offer, Archibald Blair Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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