

Success Story

ELIZA ARCHIE MEMORIAL SCHOOL
Canim Lake, BC



Action Schools! BC

Eliza Archie Memorial School, a school of 16 students located 25 minutes outside of 100 Mile House, has been an Action School since 2006. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living while achieving academic outcomes. The school is part of the Canim Lake First Nations community, which prides itself on its ongoing pursuit for all members to lead physically active, healthy lives. Principal Barb McLeod attended a First Nations Health Forum where she decided to register her school with Action Schools! BC to support the community's active living goals.

Action Schools! BC resources provide a framework for action, supporting diverse physical activity, physical education and healthy eating opportunities in six Action Zones. An Action Schools! BC Regional Trainer has visited the school several times and provided in-services for staff and other community members on how to integrate physical activity and healthy eating into the school day. The Trainer also taught student leaders how to lead indoor and outdoor physical activities for younger students. The school received Action Schools! BC bins containing teaching resources and equipment to energize staff and students.

The school has since embraced all that Action Schools! BC offers, and is successfully delivering more than 30 minutes of physical activity each day. Every morning after the bell rings, all students and staff join together to play a sport (floor hockey or soccer), do circuit training, or get active with one of the aerobic or BrainDance DVDs or CDs provided by Action Schools! BC. Due to the popularity of these activities the school has purchased TVs and DVD players for every classroom. The bins are used daily in classrooms, the gym, and a multi-purpose room which has been dedicated to physical activity – scarf juggling and Chinese jump rope are favourites. The staff room also features Action Schools! BC



resources and posters, a constant reminder to be active. Student leaders have become experts in the activities they were taught. Four square and hopscotch are so popular that courts were painted in the gym and outside.

Staff promote healthy eating in many ways, including: using the lessons from the Action Schools! BC Classroom Healthy Eating Action Resource to learn about increasing vegetable and fruit consumption, reducing sugary drink and sodium intake, and raising media awareness; teaching about traditional First Nations cooking; offering a school breakfast program featuring fruit tasting; and registering with the BC School Fruit and Vegetable Nutritional Program.

The school works very closely with members of the local community. Canim Lake is engaged in a community-wide fitness program in which Action Schools! BC is an integral component. The Community Recreation Coordinator, responsible for the program, spends two lunch hours every week at the school organizing circuits using equipment from the bins. With the Coordinator's advice, the community built several cross country trails which the students use for skiing and snowshoeing. A dance-a-thon and skip-a-thon brought the community together to move, and skipping ropes from the bins are sent home with students to further involve caregivers. According to Barb, everyone in the school and community is talking about physical activity and Action Schools! BC has raised awareness about the importance of healthy living and the enjoyment in leading an active life. Their success stems from the passion and dedication of the community, school staff, and Barb, who won a Sport BC Community Sport Hero Award for her volunteer work and dedication to physical activity. By taking advantage of all Action Schools! BC has to offer, Eliza Archie Memorial School is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.

