



# Action Schools! BC

## Promoting Healthy Living

### Action Schools! BC Complimentary Support Services for 2009/2010 School Year

Please review detailed descriptions online and email or call in your request.

[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca) or [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca)

1.800.565.7727 or 604.738.2468

#### 1 Physical Activity Workshops for Teachers

(Grades K to 7 and Middle School):

- Classroom Action – 2.5-3 hours
- Classroom Action Refresher – 2-3 hours
- Supporting DPA (Daily Physical Activity) – 2 hours
- Customized Classroom Action Refreshers. Choose a combination of:
  - Circuits and Stations – 1 hour
  - Brain Builders – 1 hour
  - Chair Aerobics and Classroom Workouts – 1 hour
  - Outdoor Games – 1 hour
  - Dance – 1 hour
  - Juggling – 30 minutes
  - Yoga – 30 minutes
  - Building your School's Action Plan – 30 minutes

#### 2 Healthy Eating Workshop for Teachers with a focus on vegetable and fruit consumption (Grades K to 7) – 2-3 hours

#### 3 \$300 per year Healthy Eating School Food Grant – once a school has had a Healthy Eating Workshop (application is online – no receipts necessary).

#### 4 one Half Day Toc – per school, per year – to release a teacher for Action Schools! BC training, for a planning session, to clean the equipment room or hire a trainer for one half day of in-class training – you decide (details online).

#### 5 Student Leadership Indoor or outdoor Training

(1 per year) – involves a trainer training a select student group to be physical activity leaders in their schools. Schools receive resources, equipment, and certificates. Descriptions online.

#### 6 Tri-Mentor Student Leadership Training

– involves training high school students to teach younger students or for their own development and volunteer hours. Description online.

#### 7 French Resource Packages –

Call to request.

#### 8 Posters – all Action Schools!

BC physical activity and healthy eating posters are available by request yearly – please replenish as necessary.

#### 9 DPA Updated Materials – all

Action Schools! BC materials have been updated to reflect the DPA mandate. Request new staff sets as necessary.

#### 10 DPA Pages! – one Action Schools! BC DPA idea per page (e.g. Skipping, Get Strong 101 Circuit, Exercising with Bands). Posted online.

