



# Action Schools! BC

## Promoting Healthy Living

### Top 10 Complimentary Support Services for 2011/2012 School Year

Please review details 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 Workshops for Teachers (Grades K to 7 and Middle School):

- **NEW** – Full Day Kindergarten – Physical Activity and Healthy Eating (2-3 hours)
- **NEW** – Classroom Action Healthy Eating with a focus on increasing vegetable and fruit consumption, reducing sugary drinks and sodium intake, and enhancing media awareness (2.5-3 hours)
- Classroom Action (2.5-3 hours)
- Supporting DPA – Daily Physical Activity (2 hours)
- Classroom Action Refreshers (2-3 hours)

Choose a combination of:

- Brain Builders (1 hour)
- Building your School's Action Plan (30 mins)
- Chair Aerobics and Classroom Workouts (1 hour)
- Circuits and Stations (1 hour)
- Dance (1 hour)
- Guidelines for Food and Beverage Sales in BC Schools Support (30 mins)
- Healthy Eating (1 hour)
- Juggling (30 mins)
- Outdoor Games (1 hour)
- Yoga (30 mins)

Classroom Action (Physical Activity) Bins and refresher-specific resources or Healthy Eating Action Packs are complimentary with workshops and available for purchase – contact office. See Action Pages! online to order specific resources.

#### 2 \$300 Healthy Eating School Food Grant

Available annually. Application online under Support and Resources.

#### 3 Action Plans – submit your school's annual Action Plan for a bin or pack of your choice. Contact office to be emailed a blank Action Plan or school's past plans.

#### 4 Half-Day TToC – per school, per year – release a teacher for Action Schools! BC training, a planning session, to organize the equipment or resources, or request a trainer for in-class training. Details online.

#### 5 Healthy Living Day with a Trainer

Book a trainer for a day of healthy living activities including: Student Leadership training, action planning, food and beverage sales guideline planning, staff activity at lunch, an after school workshop, organizing equipment and resources, mentoring teachers, etc.

#### 6 Student Leadership Training

- **Healthy Eating, Indoor Physical Activity or Outdoor Physical Activity Training** (Grades 4 to 7 or Middle School) (1 per year): involves training a select group of 10 (healthy eating only) or 20 students to be healthy living leaders in their schools. Schools receive resources, equipment, and certificates. Details online.

- **Tri-Mentor Student Leadership Training** – involves training secondary school students to teach younger students or for their own development and volunteer hours. Details online.

#### 7 TToC Action Bags and Workshops

Teachers Teaching on Call are eligible for an Action Bag of physical activity and healthy eating resources/equipment upon completion of a workshop. Contact office for details.

#### 8 Supplementary Resources – Contact office to replenish your physical activity and healthy eating posters or receive a French or Aboriginal resource package. Go online to download Action Schools! BC DPA Pages! (one Daily Physical Activity idea per page), or Health Matters Newsletters to complement your school newsletter.

#### 9 Success Stories – share your school's story and have it showcased on the Action Schools! BC website. Contact office and we will write it for you.

#### 10 eNews Sign-Up – Sign up online or by email for Action Schools! BC's bi-monthly practical and relevant eNews.

