



Action Schools! BC

In The Zone!

With Family and Community

issue one

As an Action School we have joined more than 1,500 elementary and middle schools across the province who are committed to improving the health of BC's children. With support from families and the community, we have made a commitment to improving children's health by integrating physical activity and healthy eating messages into the fabric of our school environment.

According to the Action Schools! BC 18 month pilot study, 45% of students were not meeting health guidelines for physical activity.

Dr. McKay, 2004



Pilot Participant Insights ...

"The kids are more aware of exercising. And it is good for them, they are more excited. They are more encouraged and I think the staff has played a huge role."

Action Schools! BC Parent



"Getting students fit, getting them doing things — it has helped with their learning, it has helped with their self-esteem, it has helped with the whole climate in the school."

Action Schools! BC Administrator

Action Packed Ideas

Action Schools! BC encourages the development of partnerships with families. Together, schools and families can offer a wealth of resources and opportunities to promote and encourage healthy living. Here are a few simple ideas to get your family

In The Zone!



- Eat at least 5 servings of fruits and veggies a day
- Be an active living role model by joining in playground games with your children, and leaving the car at home when going on short trips
- Take an 'adventure walk' to explore the community or a nearby park
- Support school events and activities (e.g. join the PAC or ask to join our school's Action Team)



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