



Action Schools! BC

# In The Zone!

with the School Environment

issue two

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. By integrating physical activity and healthy eating into our school environment, we have made a commitment to improving children's health.

*According to Action Schools! BC research, positive experiences in school contribute to voluntary involvement in physical activity during free time.*

McKay, H., 2004



## Action Packed Ideas

Action Schools! BC aims to make healthy choices the easy choices by creating safe and inclusive school environments, and supporting healthy living policy. Here are a few simple ideas to get your school environment **In The Zone**.



- Support school and Parent Advisory Council initiatives and policies around healthy living and healthy food choices.
- Dropping your kids off at school? Stop a block early and encourage them to walk or run the rest of the way.

## Action Schools! BC Insights ...

"Excellent initiative to develop physical activity and the joy of exercise in a school community with adults and children!"

Teacher Participant

## Action Packed Resources

- Interested in Walk to School Day and Walking School Bus programs? Visit the Resources and Links page of [www.waytogo.icbc.bc.ca](http://www.waytogo.icbc.bc.ca) for school transportation ideas.
- The Directorate of Agencies for School Health (DASH), [www.dashbc.org](http://www.dashbc.org) provides information on Breakfast for Learning and other nutrition initiatives.
- Get the family on the move with pedometers! Visit [www.stepscount.com](http://www.stepscount.com) for more information.



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