



Action Schools! BC

Promoting Healthy Living

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

Action Schools! BC is a positive response to the current crisis in children's health. According to Canada's Report Card 2008 on Physical Activity for Children and Youth, 90% of Canadian children and youth are not meeting Canada's Physical Activity Guidelines. Further, only 23.3% of Canadian children aged 2-17 eat 5 or more servings of vegetables and fruit per day, as recommended by Canada's Food Guide (2005).

Action Schools! BC is making a difference. Results from the **Action Schools! BC – Physical Activity and Physical Education** pilot proved the initiative increased the physical activity level of students, and contributed to improvements in their bone health, heart health, dietary requirement awareness, and academic performance. Results from the **Action Schools! BC – Healthy Eating** pilot proved the initiative was effective at changing the pattern of vegetable and fruit consumption of school children in Grades 4 to 7.

Action Schools! BC Vision

- Healthy living is integrated into the fabric of our schools and is maintained through partnerships with family and community.
- Long-term, measurable and sustainable health benefits are achieved.

Action Schools! BC promotes the creation of inclusive and diverse physical activity, physical education and healthy eating opportunities throughout the school day. The **Action Schools! BC** framework for action, focused on six Action Zones, integrates the efforts of teachers, administrators, families and community practitioners to provide **more** opportunities for **more** children to make healthy choices **more** often.

Activate your school with Action Schools! BC

Action Schools! BC materials and resources have been developed to empower teachers as healthy living role models and support them in providing quality physical activity, physical education and healthy eating opportunities. Registered schools benefit from Classroom Action Bins and Packs containing equipment and teaching resources, teacher in-services, and the ongoing support of the **Action Schools! BC** Support Team.

There are more than 1,500 registered Action Schools in BC. This is well on the way to the goal of impacting every Kindergarten to Grade 7 and Middle School class in the province.

"Action Schools! BC has revolutionized our school."
(EDUCATOR)

"Action Schools! BC has really raised the profiles in two areas: one in the students becoming more physically active; and two in the kind of food they eat."
(ADMINISTRATOR)

"This has totally changed her idea of food. She will actually eat a banana after school instead of cookies which are both available."
(PARENT)

"Action Schools! BC helped me a lot because before I wasn't that active. And now I am the activist kid in the whole family."
(STUDENT)

"Great delivery, informative, enthusiastic and doable. Finally a workshop we can actually implement immediately."
(WORKSHOP PARTICIPANT)



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