

Success Story

**DOUGLAS PARK COMMUNITY
ELEMENTARY – Langley, BC**



Action Schools! BC

Douglas Park Community Elementary, a Langley school of more than 200 students, has been a registered Action School since 2007. Action Schools! BC is a framework for action, providing diverse daily physical activity, physical education and healthy eating opportunities in six Action Zones.

Students at Douglas Park participate in various physical activities throughout the school day. After participating in an Action Schools! BC Classroom Action (Physical Activity) Workshop, teachers are more aware of integrating activities into the classroom and have more creative ideas about how to do so. The complimentary Classroom Action Bins that accompanied the workshop (filled with CDs, DVDs, posters, skipping ropes, grippers, bands, bean bags, and balls) support the provision of action breaks throughout the day. School favourites include skipping, BrainDance, games with the dice, and dancing and juggling activities with scarves. The special needs classes especially enjoy activities with the scarves because it gives the students more time to throw and catch compared to a ball.

When weather permits, the whole school goes on a Friday afternoon walk/run and students' families are also invited to join in on the fun. On rainy days, teachers will often combine two classes and play the Cool Aerobics for Kids CD or the 6 Fit Kids' Workouts DVD from the bins, to get their classes active. Teachers are also learning how to create and use indoor circuits.

Douglas Park hosted an Action Schools! BC Classroom Healthy Eating Workshop, and received the complimentary Healthy Eating Action Packs containing teaching resources and equipment. Students enjoy playing games with the Who am I? Flashcards and Fruit and Veggie Colour Champions Bingo, which expose them to a variety of different vegetables and fruit. They also learn how to grow vegetables and fruit as they are linked with Kwantlen University College and have access to six garden beds in their School of Horticulture's on-campus garden. Twice a

week teachers and students walk to Kwantlen to dig, plant, harvest, and taste some of the vegetables and fruit they've learned about in the classroom. The school received the \$300 Action Schools! BC's Healthy Eating School Food Grant and bought vegetables and fruit for tasting and making salads. Teachers also have regular leafy vegetable tastings for students – red cabbage is a school favourite!

Staff and family members keep students at Douglas Park Community Elementary excited about healthy living activities. Having access to a school garden is what first got them started along this path, and Action Schools! BC has helped them to continue by widening their scope of activities for healthy eating and daily physical activity. By taking advantage of all that Action Schools! BC has to offer, Douglas Park is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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