

Success Story

MAPLE RIDGE AND PITT MEADOWS (SCHOOL DISTRICT #42)



Action Schools! BC

Maple Ridge and Pitt Meadows (School District #42) is committed to healthy living. Each school has a champion staff member who promotes physical activity and healthy eating to teachers and students. Through support from Action Schools! BC, they are able to book a wide variety of professional development opportunities for teachers and healthy living leadership training for students, as well as provide teachers with curriculum linked resources in physical education, physical activity and healthy eating. All elementary schools in the district are registered with Action Schools! BC and they each promote healthy living in different ways across Action Schools! BC's six Action Zones.

School Environment – Schools are encouraged to create a culture of healthy living and one way schools do this is by educating staff through Action Schools! BC physical activity and healthy eating workshops.

Scheduled Physical Education – Teachers build up their Physical Education (PE) repertoire through resources listed in the Action Pages!

(downloadable at www.actionschoolsbc.ca) like the Premier's Sport Awards Program (p.s.a.p.). A teacher at Golden Ears Elementary uses circuits as a way to practise skills taught in PE – a gymnastics circuit and the Kids into Action (KIA) circuits are popular.

Classroom Action – Teachers provide daily physical activity and healthy eating opportunities in class time in many ways. Most schools have one Action Schools! BC Classroom Action (Physical Activity) Bin in every class and several Classroom Healthy Eating Action Packs which are used for physical activity and healthy eating breaks. Some schools have dedicated a multi-purpose room (at Whonnock Elementary it is called the Action Schools! BC Room) to physical activity for classes to rotate through. Laity View Elementary books the Action Schools! BC Indoor Physical Activity Student Leadership Training each year and then teachers sign up to have the leaders visit their classes to lead workouts.

Family and Community – Schools benefit from partnerships with family and community facilities. A teacher at Eric Langton Elementary who is a BCRPA group fitness instructor leads workout sessions for the whole school and also offers fitness programming for teachers after school. Community experiences are provided at all of the schools such as snowshoeing and bike riding at Highland Elementary; golf and rock climbing at Alexander Robinson Elementary; curling at Fairview Elementary; and skiing and snowboarding at Whonnock Elementary.

Extra-Curricular – Physical activity and healthy eating is promoted before, during, and after school, and at recess and lunch. Many schools book the Action Schools! BC Student Leadership Training on Outdoor Games and have student leaders share hopscotch, four square, skipping, and Chinese jump rope at recess and lunch. Active transportation to and from school is encouraged, as well. Yennadon Elementary invited a speaker to present the benefits of biking to parents and created Biking to School Fridays in June.



Student Leadership at Laity View Elementary

School Spirit – Schools use events to further promote healthy living while having fun. Many participate in fundraising events like Jump Rope for Heart. Others, like Maple Ridge Elementary, use school assemblies to showcase dance and cup stacking. Davie Jones Elementary hosts an annual Me to We Conference led by student leaders in which guest speakers (the fire department, SPCA, Action Schools! BC, etc.) lead sessions on community responsibility and healthy living. Webster's Corners Elementary uses the Action Schools! BC Healthy Eating School Food Grant to purchase vegetables and fruit for their Smoothie Day, Summer Fun Day, and Fruit and Veggie Challenge.

By taking advantage of the services offered by Action Schools! BC and the many organizations that support school health in the province, the schools in the Maple Ridge and Pitt Meadows School District are excelling at integrating healthy living into the fabric of their schools' communities in unique and creative ways.

