

Healthy Schools Story Template

Date: June 1st, 2013

School Name: Bert Ambrose Elementary

School District: School District #60, Peace River North

Contact Name: Charleen Barr, Corinne Tacey

Contact Email/Phone Number: 250-785-2321

Tell us about your Healthy Schools Team (i.e. who was on it? How many students? Other teachers? Partners?): This year our team included 8 Grade 5 students, our principal, Doug McCracken, the Grade 6 teacher, Charleen Barr, and Corinne Tacey, a Grade Two teacher.

Share Your School Story! Tell us about what happened and how it went!

We wanted to see if involving students, as leaders, on the “Healthy School Committee” would increase student interest and involvement in making healthy choices. In particular, we were hoping to increase the involvement of the intermediate students.

It should be noted that our school has a very active student body. Most of the intermediate students in the school participate on school sports teams, and many students are involved in sports or dance activities outside of school time as well. The Grade 6 students take a leadership role in the school, by, amongst other things, planning and leading school wide “Daily Physical Activities”, and by taking care of all of the recycling for the building. The older students are also working on an iPad pilot project this year and each student has an iPad to use as a learning tool in his/her classroom. Because the older students are so busy, we recruited Grade 5 students to be involved in the “Healthy Living Committee”. During the year, the committee met to plan “Healthy Snack Challenges”. The student committee members decided on which groups would challenge each other, they selected prizes, created posters, made announcements, and collected data regarding numbers participating in each challenge. A spreadsheet, giving participation information, is attached.

The highlight of the healthy living focus was a “Healthy Living Conference” which was held on the last day before spring vacation. Teachers signed up to host healthy living sessions. Students at the school signed up for the sessions they wished to participate in. The day started by having the student body in the gym to hear a brief keynote presentation. A local athlete and Crossfit instructor, Tara Madigan, spoke to the students about the importance of healthy eating and activity habits. She taught two types of Crossfit dodgeball using some of our students as players. Members of the “Healthy Living Committee” introduced the keynote speaker and, at the end of the presentation, they led in a thank you to Tara. After the keynote, students started moving to their sessions. The committee members helped younger students find their sessions. At the end of the day, everyone in the school got to eat a healthy snack consisting of fresh veggies, homemade hummus, and some fresh fruit. The snacks were prepared, by students, in one of the adult-led sessions. Funds given last year by the HSN were used to pay for the snacks.

The weather was very cold on the day of the conference and the ability of staff members to adapt outdoor activities to indoor alternatives was greatly appreciated.

Some video clips of the day are being sent to the HSN. We are very excited that the

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video clips were created by the Grade 5 members of our committee. The Grade 5's worked with the Grade 6 iPad users in Mrs. Barr's class to create the videos! The video clips show the enthusiasm the students had for the "Healthy Living Conference".

Reflections (what worked well, what would you do differently next year, where are you going next in the learning?)

As mentioned, the "Healthy Living Conference" went really well. Even some staff members who previously were reluctant to participate are now positive about the event.

Next year, we would like to think about how to include more of the older students in the committee. We would like to continue to incorporate the use of iPads and other technology in the project.

Here are two URLs for links to movie trailers that our grade 5 students made of our Healthy Living Day:

<http://www.youtube.com/watch?v=bJ4c3tAxOGs>

<http://www.youtube.com/watch?v=RzG8xOFleO8>