

## Healthy Schools Year-End Story Template

**June 6<sup>th</sup>, 2013**

**George Elliot Secondary School**

**SD#23**

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**Our Healthy School Team Consisted of Vice Principal - Kevin Auclair,  
Teachers - Darci Ramsey, Jason Beck, Daphne Brown,  
Students- Amber Coles, Joella Kosellbella, Trevor Johnson, Mackenzie Moore,  
Mary Reiner, Taylor McRae**

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

We started our year looking at the four pillars and using discussing what the students felt the pressing issues were. Two things came up, #1- mental health and #2 - DPA. The students have DPA on their ministry report card but it is blank. So...we did some thinking. At the same time I was approached with a movement leadership (Fitness Knowledge Course) delivery opportunity and asked the kids if they were interested in learning more about movement and the barriers that exist to fitness. That got them excited as we were able to get a certification process in place while tackling health issues within the school.

As they discovered more about the barrier to and benefit of movement they decided that a DPA initiative would be the plan. They discovered the mental health benefits of physical movement. They also found out through previous surveys and on the street interviews that not everyone knew about Daily Physical Activity and that only a small percentage of the population actually moves enough in a day. After discussion, potential methods of delivery the idea of a daily walk came into light. With the research backing the benefits of walking, it was easy to bring this idea to the admin for approval. A small group of teachers volunteered to take part in the Walking Pilot Project and the Movement Leaders, being the Healthy Schools Students Council students, agreed to be the leaders of the walk.

For eight weeks, and each afternoon at 1:30, classes went for a walk. One student selected and mapped out a route that incorporated our movement through a local walking trail by our school. There are various sculptures and a mural in this location. Our school librarian also thought it would be a great idea to track this walk and with the help of one of our math teachers, they tracked and displayed an eight week walk to Peru. A massive map in the foyer displayed and tracked our big adventure. After week four, eight more teachers asked if their classes could join us.

At the end of the eight weeks our Rec Leadership class held a WRAP-It up lunch where we celebrated our journey with a nutritious wrap lunch and healthy give-a-ways.

The journey continues...the pilot group plus the other joiners (probably 70%) of the school population has agreed to continue to walk daily. We have 2.5 hr classes and the break both serves as a physical recharge and a mental break.

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Highlights from the Walk- surveys are being conducted by Grade 9 math students and here is a snap shot of the most noticeable results so far.

### Gr 10+ Females who walked 3+ times per week indicated

#### **During Walk**

Increased Social Communications without technology  
Perception of Happiness while walking

#### **Post Walk**

Noticed Improvement of Self Perceived levels of physical Health  
Better mood

### Both the Females and the Males of All Grades

During Walk - increased social communications

Recommendations for the walk next year are either indicated as **agree or strongly agree**.

#### **Post Pilot**

Classes are still walking and want to make sure waking continues next year, new routes are being discussed...

Healthy Schools Council is being discussed as a policy...

DPA Pilot Certificates will be added to the final reports to support those that are needed grad requirements.

### **Reflections (what worked well, what would you do differently next year?)**

Our Healthy Schools Team met to discuss the continuation of movement education with a focus on "what to do when the weather does not permit walking"

Right now training movement through Flexibility and short videos that provide movement leadership are the next plans of action. They are demonstrating and LOVING all the attributes of a being a learner

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