

Healthy Schools Year-End Story Template

Date: June 25, 2013

School Name: Burnaby Mountain Secondary

School District: 41

Contact Name: Deena Lewis

Contact Email/Phone Number: deenalewis77@gmail.com or 604-837-3707

Tell us about your Healthy Schools Team (i.e. who was on it? How many students? Other teachers? Partners?):

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

We are lucky at our school that one of our yearly goals is Healthy Schools. I have been a member of this committee for three years. Two years ago I was asked to teach a group of girls that were not succeeding in PE. They were girls that experienced a variety of social and emotional problems at school and at home. The course was to be called Adapted Girls PE 10 with a focus on nutrition, fitness, social & emotional learning, and active participation in hopes to attract more student engagement and success. The first year for me was all about figuring out what these girls did not like about the current PE system and how I could change things under the physical restrictions that existed. This year I wanted the course to be more student driven rather than me making all the decisions. The girls at the beginning of the year were asked to brainstorm all the PE units they liked and disliked. I also asked them to write a story about their most positive and negative PE experiences. The girls were very vocal as to what activities they enjoyed and wanted to be instructed in. Each month I brought out a calendar and asked the girls to assist in building the unit. I also booked a Home Ec. Lab each month so that we could do a foods lab that focused on nutrition. Throughout the year I would ask them if there was something specific they wanted to make and then I went and found a healthy version. The challenge with this class was the size. There were only six girls registered in the class. I also wanted the girls to take more risks with their fitness and I used various tools to get them motivated to be active. I used heart rate monitors, self assessment rubrics, reflections, goal setting, and field trips, and community recreation leaders to improve their active participation.

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

Things that worked well was the monthly calendar. Girls enjoyed having ownership of what they were learning and activities they participated in. The girls also enjoyed many of the field trips and community rec leaders that I found to teach fitness activities that they requested. The girls loved yoga, pilates, zumba, weight room work outs, curling, and nutrition labs. I was disappointed in the turnout at a few of the field trips. The girl's social & emotional state was very positive all year. The girl's attendance was good and participation was moderately active. I would have liked them to have been more vigorous with their activity level and feel that maybe my expectations at the beginning needed to be higher. Next year the course is being offered to all grade 10 girls. I am excited to report that we have enough girls electing to take a girls only PE 10 class next year.