

## **Healthy School HSN Report**

Date: June 5, 2013  
School Name: Gabriola Elementary  
School District: Nanaimo-Ladysmith #68  
Contact Name: Eileen Jubinville  
Contact Email: [erjubinville@sd68.bc.ca](mailto:erjubinville@sd68.bc.ca)  
Phone Number: 250-247-9342

Gabriola Elementary is located in a mixed economic community on a southern Gulf Island near Nanaimo. It is a small rural school, with an enrolment of 166 students from Kindergarten to Grade 7. There are 8 divisions; the two focus classrooms consist of a Grade 1 and a Grade 5/6 class. There is significant community involvement in the school. This community values healthy living. Students are involved in many physical activities, both in-school and outside school. Healthy lunches are prevalent in all classrooms.

Our goal was for younger students to participate in a variety of physical activities led by senior students and teachers. Our intention was to improve student attitudes towards physical activity and encourage choices that would make them more active.

Activities were centered on students having connections within their own classroom, their buddy classroom, and school community. Students were engaged in setting criteria for being physically active. Daily discussions on responsible decision making and respectful behaviour occurred to foster awareness of healthy relationships and school connectedness. The senior class participated in a Leadership Workshop through Action Schools BC, then led activities: Jump Rope for Heart, and outdoor activity stations in the Spring months for buddy classes.

In initial class discussions, senior students helped teachers understand the learning needs and physical requirements of our students. By teacher role modeling, encouragement, and peer mentoring, expectations were clear for students of what active participation looked and sounded like during activities. Opportunities to participate were provided and led by the older buddies in the Spring months. Teachers were able to provide opportunities to connect students through facilitation of buddy activities within the classroom and on the playground.

Learning Intentions were established, discussed and shared with buddies. The initial discussions demonstrated many students could improve their healthy living expectations. Through teacher facilitation, learners developed what they wanted their activities to be like. Thoughtful feedback was done through class discussion and after the activities, which reflected the learning intentions. Students reflected on their participation which also included self-evaluations.

We continued to promote fitness during class time, scheduled gym time, buddy time, recess and lunch breaks and extra-curricular time. A variety of equipment has been available before and after school, as well as during recess and lunch breaks.

Gabriola promotes students' health and well-being. We hope to equip students with tools necessary to make wise choices in terms of:

- Healthy living (physical health, nutrition, proper hygiene, hydration)
- Fitness through daily physical education, PE, noon hour activities, DPA.
- Appropriate behaviour as set out in the Code of Conduct

Students are encouraged to bring healthy snacks and lunches and not consume chips, pop, candy, and energy drinks during the school day. Healthy snacks are available throughout the day for any student. Gabriola participates in the BC Vegetable and Fruit Program.

Partnerships were developed within the school (2 teachers worked collaboratively to promote active living and healthy relationships within the school). We continued our partnership with Nanaimo Parks and Recreation (swimming and skating lessons); a local gymnastics club(Flipside); and the Gabriola Golf Club.

Many multi-age groupings were observed being physically active before and active school, as well as during the recess and lunch breaks. Senior students appear more and more confident in leadership roles. Providing students with the knowledge, training, equipment and resources enabled them to lead and participate in physical activities, modeling positive attitudes towards healthy living, thus contributing to a comprehensive healthy school.



“Having music made it like a party!”

“Jumping is fun!”

“They helped me skip, I haven’t skipped before.”



"It was fun to teach the little kids."