

Healthy Schools Year-End Story Template

Date: June 13, 2014

School Name: Pleasant Valley Secondary School

School District: 83

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Tell us about your Healthy Schools Team (i.e. who was on it? How many students? Other teachers? Partners?): Students: Tyra Gilbert, Clare Agassiz, Marina Lee, Aurora Cox

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

P.V.S.S Salad Mondays:

Our school decided that we would like to implement healthy eating and educate the student's/staff on the importance of healthy eating/portion sizes. Just because something is healthy doesn't mean it can't be tasty!

Every Friday our "Health is Wealth Team" makes up ballots with 4 different salad types to choose from and a box to submit the ballot once you've selected which salad you prefer. The salad that receives the most votes is then served, free of charge, in the student centre at lunch time.

The two teacher facilitators purchase the necessary ingredients for the salad and meet with the rest of the team on Monday morning to prepare them.

This not only promotes healthy eating within the school, but it also provides student's with the knowledge to go home and create this same meal at home. It also allows for different social groups to be in the same room and socialize with one another rather than staying isolated in their own groups.

Healthy living is a combination of nutritional choices, keeping active and most importantly, being happy with who you are and the choices you make!

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

The staff and students loved having FREE salad on Mondays and we usually ran out after 10 minutes! The students looked forward to being able to vote on which salad they wanted and they offered up suggestions of salads they would like to see on the list.

For next year, the girls would like to start their healthy initiative earlier in the year and to provide more information to the students. It would be fun to incorporate physical activities school-wide such as a three-legged race or potato sack race, fun relays to encourage more involvement. Also, it would be great to recruit more members.

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Marina Lee and Tyra Gilbert preparing Greek Salad.