

June 3, 2013  
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## Healthy Schools Year End Report

Ranch Park has been involved with the Healthy Schools Network over the past few years. Our inquiry has been focussed on student connectedness, more specifically student leadership at the grade 4/5 levels.

This year, as part of the Transition Trials Initiative, we involved staff, students and parents in the inquiry process. We used the framework provided by DASH BC.

The beginning stage involved forming a committee. Eight staff, two parents and the grade 5 class were involved. The staff and parents focussed on becoming an "Exemplary Health Promoting School" and the students focussed on the Healthy Eating Aspect, more specifically the Breakfast Program. The staff and parents met on a monthly basis and the students on a weekly basis.

During one of our Pro D Days the staff met and completed both the HATS Assessment and the HLPS matrix. We found the matrix to be more beneficial as it highlighted our strengths and areas of concern as they aligned with the HLPS Aspects and CSH Pillars.

Our areas of strength primarily surrounded Active Living. Areas of concern were found in Healthy Eating, Healthy Practices and Healthy Relationships. The following are some examples of what we did to address these areas of concern. Our matrix will be attached as a more complete version of action items.

**Healthy Eating:** Classes implemented the Action Schools BC! 5-2-1-0 Program

**Healthy Relationships:** Staff assumed the role as supervisors for each the Student Leadership Service Teams

**Healthy Practices:** Used Restorative Practices in dealing with student conflict and a new Sign in/Sign out procedure for parents/guests was implemented.

Lastly, we held a school-wide health conference offering students workshops from each of the four aspects: orienteering, yoga, zumba, healthy eating, playground games and WITS Program. The day was a success.

### **Our plan for next year:**

Fully implement the WITS Program through our Family Grouping meetings

Follow the Ministry Food Guidelines: provide parents with alternative ideas for celebrations

Continue with our focus on becoming an exemplary Health Promoting School

We thoroughly enjoyed the experience with Transition Trial. It gave our entire community a vision and a direction to move forward. The matrix was a great visual for all. We use this matrix as a reporting tool and a source of conversation during staff and PAC meetings. The HPS initiative will be continue an area of focus for Ranch Park next year.

Thanks again for all your support!

### Ranch Park 2012-2013 Healthy Living Performance Standards Matrix

<b>HLPS Aspects CSH Pillars</b>	<b>Healthy Eating</b>	<b>Active Living</b>	<b>Healthy Relationships</b>	<b>Healthy Practices</b>
<b>Teaching And Learning</b>	-Action Schools BC: Healthy Eating: 5-2- 1-0 Program -Canada's Food Guide Interactive Program -Dairyland Sip Smart -Healthy School Conference	-Quality Daily Physical Education: 3-4 x/wk (30-45 minutes) -Daily Physical Activity -Provincial Sport Orgs: Tennis, Golf, Ringette, Curling -Healthy School Conference	-Personal Best Program -Charles Best Volunteers -Classroom Buddies Program -Pen pals -Healthy School Conference -Kindergarten: Purposeful Play	-WITS Program -Social Detective -Fins Friends -Heart Smart -Friendship Circles -School Wide Expectations
<b>Social and Physical Environment</b>	-Action Schools BC: Healthy Eating -Breakfast Club -Hot Lunch Program -Lunch Lady	-Extracurricular: Multisport (K-3), Biking, Volleyball, Basketball, Dance/Yoga, Track and Field, Como Lake Relays, Fencing, Sport Stacks -Community: Skate/Swim -Power Up -Monthly Runs -Kilometre Club -Sports Day: Sept/June -Intramurals -Challenges: Off the Screen and onto the Green, Walk/Bike to School, Take Parent for a Walk	-Student Leadership -Green Club -Student Council -Leader in Me -Family Groups -School Productions/Choir -Extracurricular: Bricks4Kidz, Mad Science, Art, Scrapbooking, Theatrix -PAC Events: Pancake Breakfast, Family Movie Night, Fun Fair, Pumpkin Carving, Family Fun Run -Welcome to Kindergarten Night - Family Fun Run - School Garden	-WITS Program -Westcoast Recess -Play First Lunch -Restorative Practices
<b>Healthy School Policy</b>	-Ministry of Health School Food Guidelines -Canada's Food Guide	-Ministry of Education IRP Recommendations: PLOs, Time -Canadian Society for Exercise Physiology (CSEP) Recommendations	-School Code of Conduct -District Policies and Code of Conduct	-School Code of Conduct -District Policies and Code of Conduct -Safe School Policy: Doors, Sign in procedure -ERASE Bullying
<b>Partnerships And Services</b>	-Action Schools BC! -BC Agriculture: Fruit and Veggie Program -BC Dairy Foundation -Lunch Lady -Hot Lunch Program -Cobbs Breads	-After School Programs: Community Facilitators -PHE Canada -Jump Rope for Heart -Terry Fox Foundation -DASH BC -Action Schools BC! -Provincial/National Sport Orgs -ParticipACTION	-Middle Years Development Instrument -After School Programs -PAC Events -Charles Best Leadership Students -DASH/PHE Canada Initiatives -SD43 Recycle Initiatives -Guided Reading with Parents -SD43 Aboriginal Education	-RCMP School Liaison -Ministry of Education

