

Healthy Schools Story Template

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School Name: Surrey Muslim School

School District: #36

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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!

In the past two years we have continued to expand the range of D.P.A. to better meet the range of activities included in the Ministry of Education Curriculum. Our school is a small school with 155 students. The main part of our school, Gr. 2 to Gr. 7 is located in the same building as the Mosque and our facility is crowded. The other part of our school (Kindergarten and Gr. 1) is located in another location about six kilometres away. There are plans that we may move to a new building in the future, but for the meantime, we use a parking lot for P.E. in good weather. When we are unable to go outside, our classes take P.E. in the underground parkade.

Many of the students do not attend physical activities outside of school time. It is important that they are exposed to and develop a wide range of P.E. skills. This year the students were involved in the research process to see how we could expand the type of activities that we are able to offer. Previously, we only had one good soccer ball that all the classes used. In the past two years we have been able to purchase class sets of balls for soccer. With more individual practice our students have been able to improve their soccer skills faster and there is less wait time. For ball hockey we have been able to purchase a primary set of hockey equipment, as well as intermediate equipment. Before this, half the sticks were broken, not all members of the class could play at one time and hockey activities were limited to intermediate students. As well, we were also able to purchase smaller, fold-up nets for primary students. Last year we added class sets of badminton rackets. We started to teach volleyball skills. We only have a few balls that are soft enough and durable for outside conditions, therefore our ability to practice volleyball skills has been limited.

This year, Grade 5 students were involved in examining the range of activities shown in the Ministry of Education Curriculum. They discussed possibilities for improvement of our D.P.A. The areas that we have previously not been able to offer are mainly listed under gymnastics, games and individual/dual activities. Our school is not able to participate in dance activities for religious reasons. Next the students researched to find out what activities would be appropriate, given our facility limitations. They decided to focus on gymnastics, track and field and game activities. The Grade 5 students looked through the catalogue of equipment to see what activities could be possible. When it came to gymnastics we were unable to find a space in the school or mosque, other than the crowded classrooms, where we could use mats. The newly renovated, downstairs prayer hall, which we used in the past, was no longer available to us. We decided to hold off on buying mats until we find an appropriate place to use them. Instead, we will be using money earned when the Gr. 5's hosted the school hot lunch, to go on a fieldtrip to Surrey Gymnastics Society. Hopefully we will be able to improve our gymnastic activities in the future. This year, we continued to work in partnership with the Surrey Parks and Recreation Department to provide a swimming program for students. We started on this program three years ago, where

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students take the school bus to the Newton Wave Pool, once a month. This has been a beneficial learning experience and our students have enjoyed this immensely. As a start to our track and field program, we were able to buy some hurdles and relay batons. Our volleyball program will be improved because we were able to buy two sets of softer volleyballs so our students can practice their skills. Last year the school purchased a volleyball net that we set up in the gravel parking lot next door. Hard, foam Frisbees have been ordered to enable the development of skills for ultimate Frisbee. At this point we are waiting for the order to arrive, any day, from Spectrum Nasco. With our school budget we are planning to order Yoga DVD's with picture cards and active games we can play in the classroom, when it is raining. The HSN grant has helped us expand the range of D.P.A. that we can offer, including volleyball, ultimate Frisbee, hurdles, relay races and inside tossing games. Our students are gaining more confidence in their abilities, learning new skills and are more physically fit. They show enthusiasm for D.P.A.

Reflections (what worked well, what would you do differently next year, where are you going next in the learning?)

Next year we could start on the process earlier. This year our school went through many changes, including a change of administration. This tended to slow down the process of ordering and purchasing the equipment. There is a plan in the works for classes to visit the gym at the Muslim Youth Centre, once a week. Involving the students in the inquiry process has been a learning experience for the Gr. 5 students. It has given them a stronger sense of school spirit and belonging because they were able to participate in the P.E. planning process. With the knowledge we have obtained this year, next time we could build a larger team of teachers and involve more classes in the inquiry process. Hopefully in the near future, we will be moving to a larger location that will have a gymnasium and we will continue to expand our P.E. activities, even more.