



EAS Success Story

3rd Floor Percy Page Centre
11759 Groat Road, Edmonton, Alberta
T5M—3K6

780-454-4745 (P)
780-453-1756 (F)

Charlie Killam School - Camrose

Camrose is fortunate to have Charlie Killam School, a bright spot in Alberta's education system that includes 55 minutes of daily physical education for every student. Graced with a wide-range of equipment in their fitness centre, they have the advantage of offering an after-school fitness club open to any students. During physical education time they are taught exercise programs and how to properly use the equipment, including the use of heart rate monitors which allow the students to see what zones are safe when they are working out, and to become more in-tune with their bodies.

The majority of Charlie Killam youth start off their day with a walk around the loop of the school (it is a continuous circular structure). Many wear pedometers and challenge each other to see who can get the highest number of steps, and the most laps before the bell rings. This is a great energetic way for kids (and adults!) to get their day started.



The school's principal, Carol Brown, says that her school always makes an effort to go after any type of grant for funding activity-related programs. This, along with embracing Ever Active events has created a very participatory environment. They offer lunchtime intramurals and lots of extracurricular instruction; including activities other than team sports in order to accommodate those students who prefer alternative activities. When renovations were planned for the school's building, part of the planning process involved making sure that there were ample active spaces for the kids, including common areas with Ping-Pong tables.

Charlie Killam also runs an outdoor education club that uses the facilities around Camrose as well as running team-building trips. A grade 9 student got to take part as a leader on a canoe trip for students that wouldn't otherwise get to participate in such an experience. They went 110 km in a week, and saw a great deal of growth in the kids who were negative at first but were great friends and had learned a lot by the end.

A breakfast program is also part of Charlie Killam's effort to be a healthy school. It is offered free of charge everyday and has 70 to 100 students who attend. They

make an effort to offer more nutritious options at all their meals, including salads and wraps at lunch. The school also recently abolished their pop machines and replaced them with milk and juice options to lower the sugar intake of their students.

In March of this year, Charlie Killam hosted a health fair, in which 18 of the 30 teachers were actively involved in planning and all of who participated. The health fair was a type of conference for the students, who each choose 3 physical education activities, 1 nutrition activity and 2 health and wellness activities. Several options were offered including broomball, yoga, Pilates, tai chi, massage, stress management, alternative nutrition, a session with AADAC and more. This event was very successful in giving the kids the chance to participate in different pursuits and to see the variety of possibilities available in maintaining a healthy body and mind.

There appears to be a strong passion and commitment by the teachers and administration to having a healthy school environment, which then filters down to the excitement of their students. Charlie Killam is most definitely an Ever Active School.

Ever Active Schools
www.everactive.org