



SCHOOL FEATURE

Ecole Parkside School

GRANDE PRAIRIE

EAS Provincial Coordinator, Doug Gleddie



Parkside is a K-6 school in a residential area of Grande Prairie. It has dual track French and English programming and around 375 students. Charlene Ungstad has been teaching at the school for 15 years, an administrator for the last 5 and is beginning her second year as principal. When I first talked to her on the phone, she said that I might not find as much “Ever Active” stuff as I thought. Wow was she wrong! Not only does Parkside have a vibrant, enthusiastic school community committed to active, healthy lifestyles, many of the initiatives and activities are student led. Charlene asked several students to write about their experiences helping to plan activities for their Ever Active School.

At Parkside school last year for the Ever Active School program, we, the enrichment kids wrote some jokes and articles, and healthy food recipes that we put in an Ever Active School news letter. The older kids organized games like relay and obstacle courses for students at lunch. We got these ideas sent to the school from Ever Active resources. This influences kids to stay active and always eat healthy. It makes you feel real good knowing that you are helping lots of people becoming healthy.

That is what we did last year for the Ever Active School program I hope we continue it this year!

CAROLYN, GRADE FIVE FRENCH IMMERSION



I really enjoyed teaching the younger grades physical and fun games at lunch and recess. We did lots of different things for the different grades such as games, relays and obstacle courses. One of the games I played with the grade ones is Hot Potato. Parkside also did after school activities like cup stacking. Some enrichment students got together and made a school newspaper. They put in things such as articles, jokes and recipes about healthy eating. I also enjoyed making the bulletin boards for keeping active and eating healthy. We got most of our ideas from the Ever Active resources sent to the school. One of the benefits of this program is that it keeps teaching us and the younger ones that it can be fun and easy to stay healthy. I think we also helped influence others to stay healthy and active when they are older. I know I enjoyed it and I hope the others did to.

JESSICA, GRADE SIX



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