



EAS Success Story

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Edberg School - The Little School With Heart

I recently was invited to attend the 100th day of school celebration at Edberg School. Located just southeast of Camrose, the little school with heart put on a big celebration! Using the Amazing Race game, the 37 students at Edberg School were put through a variety of challenges to celebrate this 'Ever Active' event. This is just one of the many whole school activities they have planned. Each month the students and staff get together in their cross grade families to participate in an activity. These cross grade families allow older students to work with younger students and develop their leadership skills. The students' love these days because they get to be active, laugh, and enjoy the activities planned.

Edberg School became an Ever Active School member this year (2007-2008). New principal, Pat Bohnet, introduced the program to the school and the program has taken off. To kick off the program, Pat brought some students and a parent to the Healthy Active Schools

Symposium (HASS) event in September. Here the students had the opportunity to learn about the Ever Active program, participate in activities, and develop a game plan for their school. One of the key components to its early success has been the 'buy in' from the staff and students at the school. The staff believes that student wellness is a priority and needs to be addressed. To accomplish this priority the staff has been fully supportive of activities and programs that are leading towards accomplishing this goal. The students, initially saddened by the disappearance of pop, are now enjoying the new nutritious juices and snacks as well as hot lunch program offered at school. Each student also enjoys lots of physical activity with daily physical education classes, intramural and extracurricular activities in which each student participates.

Edberg School has chosen to participate in the Battle River Project. This three-year project is a Healthy Schools Initiative run in partnership with Battle River School Division, Ever Active Schools and East Central Health. This project is designed to help schools make improve-



The Mathematical challenge in the Amazing Race!

ments in the areas of physical activity, nutrition, and mental wellness within the school community. Through this project Edberg hopes to improve on the initial successes it has already accomplished in such a short period of time.

I thoroughly enjoyed my afternoon at Edberg School! I had the opportunity to visit with friendly staff and students. The staff enjoys the family like atmosphere of the school and the students like having the opportunity to work closely with the "cool teachers" along with all the "fun activities" they get to do at their school.

The warm welcoming environment of Edberg School is just one indication that our newest Ever Active School is moving forward in a healthy, active direction! Good luck and continued success Edberg School.

Ever Active Schools
www.everactive.org

