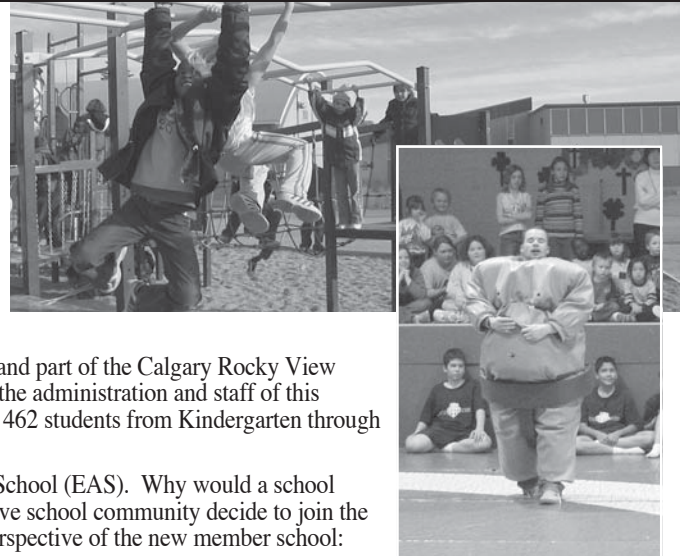


**EAS SCHOOL
FEATURE**

Holy Cross School

CALGARY, ALBERTA

EAS Provincial Coordinator, Doug Gleddie



Before September 2004, Holy Cross School was a Community of Caring school and part of the Calgary Rocky View Comprehensive School Health Partnership. At the beginning of the school year, the administration and staff of this Catholic school scheduled 40-minutes of daily physical education for each of the 462 students from Kindergarten through grade 9 in the dual track school.

Holy Cross submitted an application in January 2005 to become an Ever Active School (EAS). Why would a school already involved in other projects and well on their way to creating a healthy active school community decide to join the EAS program? I interviewed vice-principal Ralene Goldade to get the unique perspective of the new member school:

CHALLENGES

- It takes time to get all staff on board and recognize that you are doing it already!
- Identifying and supporting staff champions in the school.
- Making sure that the students also buy in.

RATIONALE

- Access EAS resources: Promising Practices, Ever Active Everywhere, website.
- Be part of a provincial network: opportunity to share and discuss with other schools.
- Be recognized: be recognized provincially as an Ever Active School, committed to engaging the home, school and community to support healthy active lifestyles.

PROCESS:

- Sent four teachers to the EAS Energizer Day in Calgary (PD opportunity to bring EAS schools together for sharing, resources and planning).
- Formed an Ever Active Committee to complete the EAS application linking to existing Community of Caring and Comprehensive School Health initiatives.
- Sent the application and game plan to EAS office.

HOLY CROSS GAME PLAN HIGHLIGHTS

- Education
 - Provide opportunities for all teachers of PE to attend inservices and workshops.
 - Invite guest speakers to address a variety of topics.



- Everywhere
 - Plan community multi-cultural events (55 identified ethnic groups at Holy Cross).
 - Develop relationships with community facilities to provide free access for students.
- Everyone
 - Increase parental involvement with activities and volunteerism.
 - Support families by providing programs before and after school.
 - Encourage staff to participate in wellness activities (e.g., walking club, use of pedometers, sumo wrestling!).
- Environment
 - Paint lines on the tarmac and have older students teach tarmac games to the younger ones.
 - Seek funding for a fitness centre that would be open to the community.

SUCSESSES:

- The school nurse lead student focus groups to get input into what is needed to create a healthy active school community.
- Five student leadership groups, which include students from grades 1 to 9, participate in student workshops, lead activities in the school community, and work with the school nurse.

- Starting to offer only healthy choices at school – milk machines have replaced pop vending machines and they are sold out everyday!
- School council provides healthy snacks (e.g., raisins, fruit) and water while students write provincial achievement tests.
- Scheduled daily physical education, and some elementary classes are scheduled at the same time as a junior high class to provide opportunity to plan for cross-age cooperative activities in physical education.
- Be Fit For Life (BFFL) challenge day led by BFFL coordinator.
- Virtue of the month – “Crusader of the Month”, where students develop the criteria, and each teacher nominates between 2-6 students. The Crusader of the Month recognition is talked about by students and staff, and has encouraged parents to recognize the successes of their kids and be more involved in the school community.

RESULTS TO DATE:

- Increased staff, student and parent involvement in school activities.
- A noticeable reduction in behaviour issues!

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