



TM

# Action Schools! BC

Promoting Healthy Living

# A Framework For Action

... providing **more** opportunities  
for **more** children to make healthy  
choices **more** often.



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# A Positive Solution

A best practices model designed to assist schools in creating individualized action plans to promote healthy living.

A source for practical and relevant professional development, curriculum-linked resources and support for teachers and students.



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# The Vision



Healthy living practices are integrated into the fabric of our elementary and middle schools and maintained through partnerships with family and community.



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# Funders/Partners

An initiative supported by the  
Province of British Columbia

Ministry of Health Services  
Ministry of Education  
Ministry of Community, Sport and  
Cultural Development

Working in partnership with DASH BC

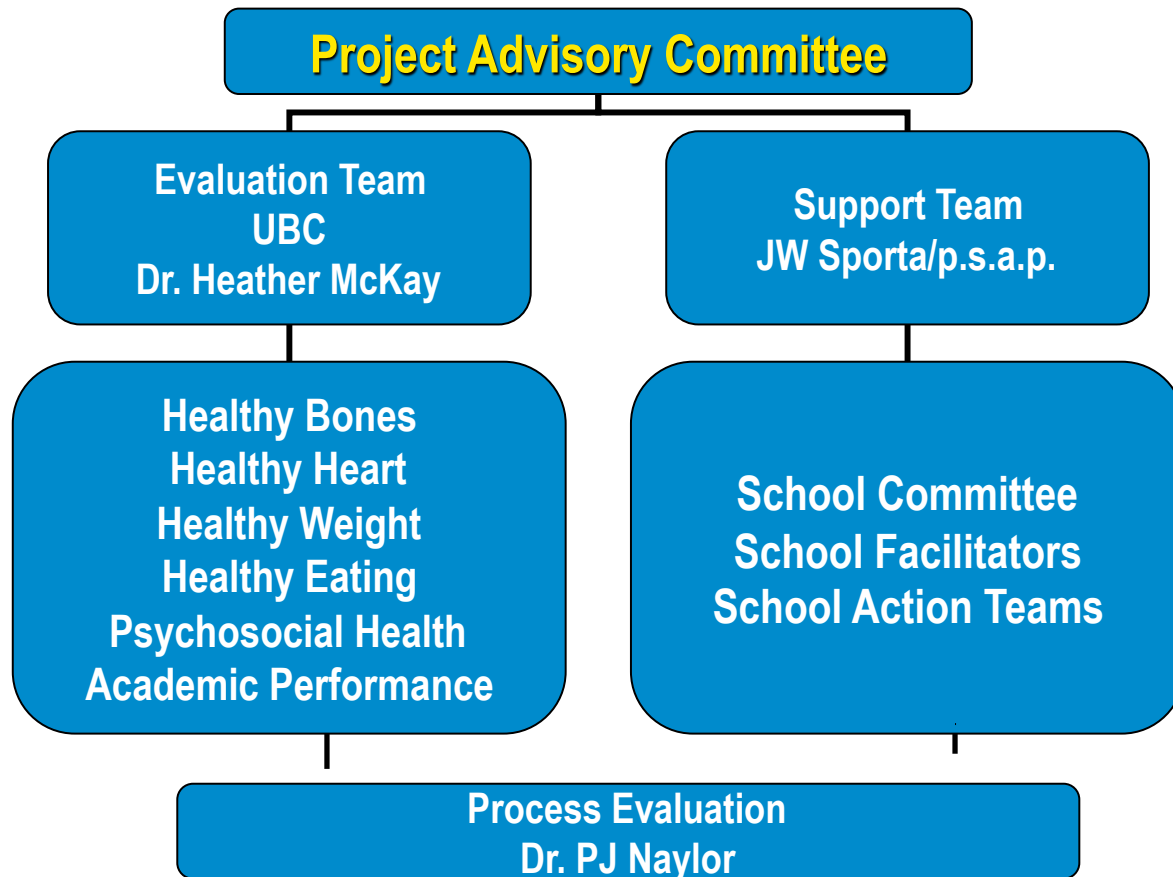


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# Organizational Chart



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# Physical Activity Results

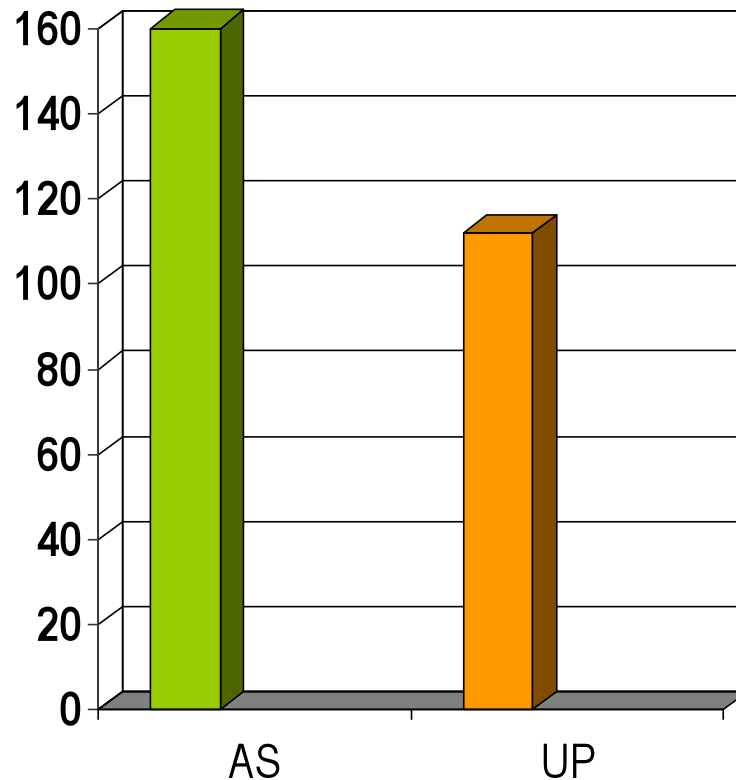


Action Schools! BC students were significantly more active than students in control schools.



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# Physical Activity Delivered



Teachers in Action Schools! delivered significantly more physical activity (48 min/wk) than teachers in control schools.



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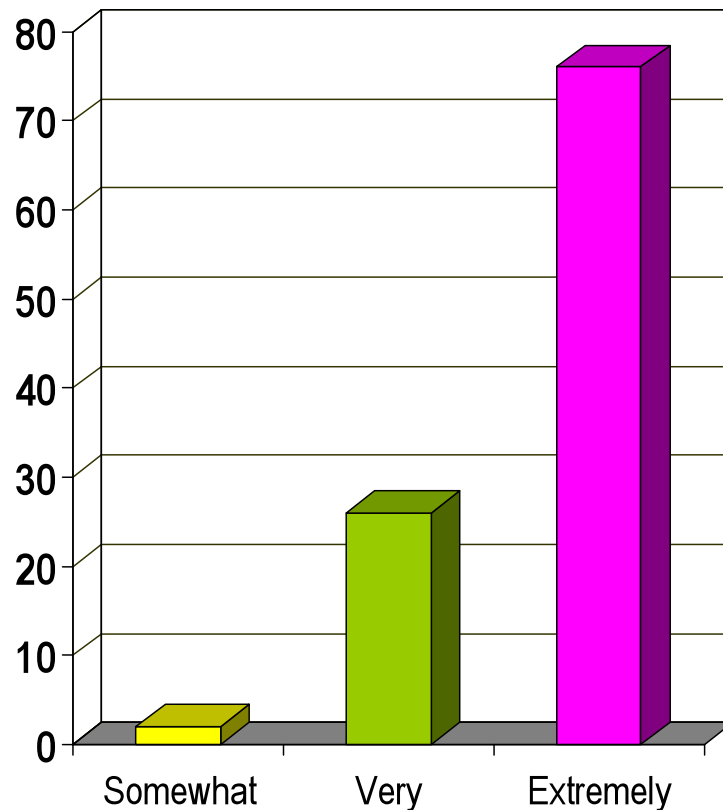
# Academic Performance

Time taken away from academics and put into physical activity does not negatively impact academic performance.



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# Process Evaluation



Approximately 80% of teachers were very satisfied with Action Schools! BC teacher training.



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# Support Materials

- **Planning Guide for Schools and Teachers**
  - Grades K to 7 and Middle School
- **Action Pages!**
  - Grades K to 9
- **Classroom Action Resource (CAR)**
  - Grades K to 7 and Middle School
- **Classroom Healthy Eating Action Resource (CHEAR)**
  - Grades K to 7
- **DPA Pages!/website**
- **Action Bins (PA Resource Box/Equipment)**
- **Action Packs/Healthy Living Kit (HE Resource Box/ Tools)**



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# Action Pages!



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# Bounce at the Bell



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# Complimentary Support Services for 2010/2011 ...

- **Classroom Action** (Physical Activity) Workshops and bins
- **Classroom Action Refresher** Workshops, booster bin and resources
  - **NEW FULL DAY K**
  - Supporting DPA
  - Brain Builders, Building Your School's Action Plan
  - Chair Aerobics and Classroom Workouts
  - Circuits and Stations, Dance, Juggling
  - Outdoor Games, Yoga
- **Classroom Healthy Eating and Refresher** Workshop, HE Packs and Family Healthy Living Kits



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# More Complimentary Support Services...

- **Healthy Eating School Food Grant** (\$300/year)
- **One Half Day TOC**
  - per school/year for planning, attending a workshop or in-classroom training
- **Student Leadership**
- **TTOC Action Bags and Workshop**
- **Resources**
  - posters - renewal supply annually, French, DVD upgrades – by request
- **DPA Pages!**
  - download 10 great DPA activity ideas
- **Enews for Admin and Teachers** - by request
- **Website and Support Team**



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# Planning Guide

# Action Plans



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# Action Zones



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# School Environment

Makes healthy choices the easy choices for schools by creating healthy living policy supporting safe and inclusive physical and social environments

- Healthy options for Fundraising
- Professional Development in PE, DPA, HCE
- [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)
- Guidelines for Food and Beverage Sales in BC Schools - Call 811 Dietitian Services



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## Scheduled Physical Education

Supports the prescribed learning outcomes of scheduled physical education

- PE Planning Calendar
- Try something new! Inter-Crosse, SportFit, Speedminton
- Premier's Sport Awards Program
- Dance Resources



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# Get Strong 101



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# Classroom Action

Provides creative, alternative classroom physical activity and healthy eating activities that complement scheduled physical and health education, and build healthy bodies and minds.

## Classroom Action Workshop and Bins

- CAR - Healthy Bones, Healthy Hearts, Healthy Muscles, Healthy Self
- DPA movement categories

## Classroom Healthy Eating Workshop and Action Packs

- CHEAR - Learning, Tracking, Tasting, Snacking
- Subject Integration



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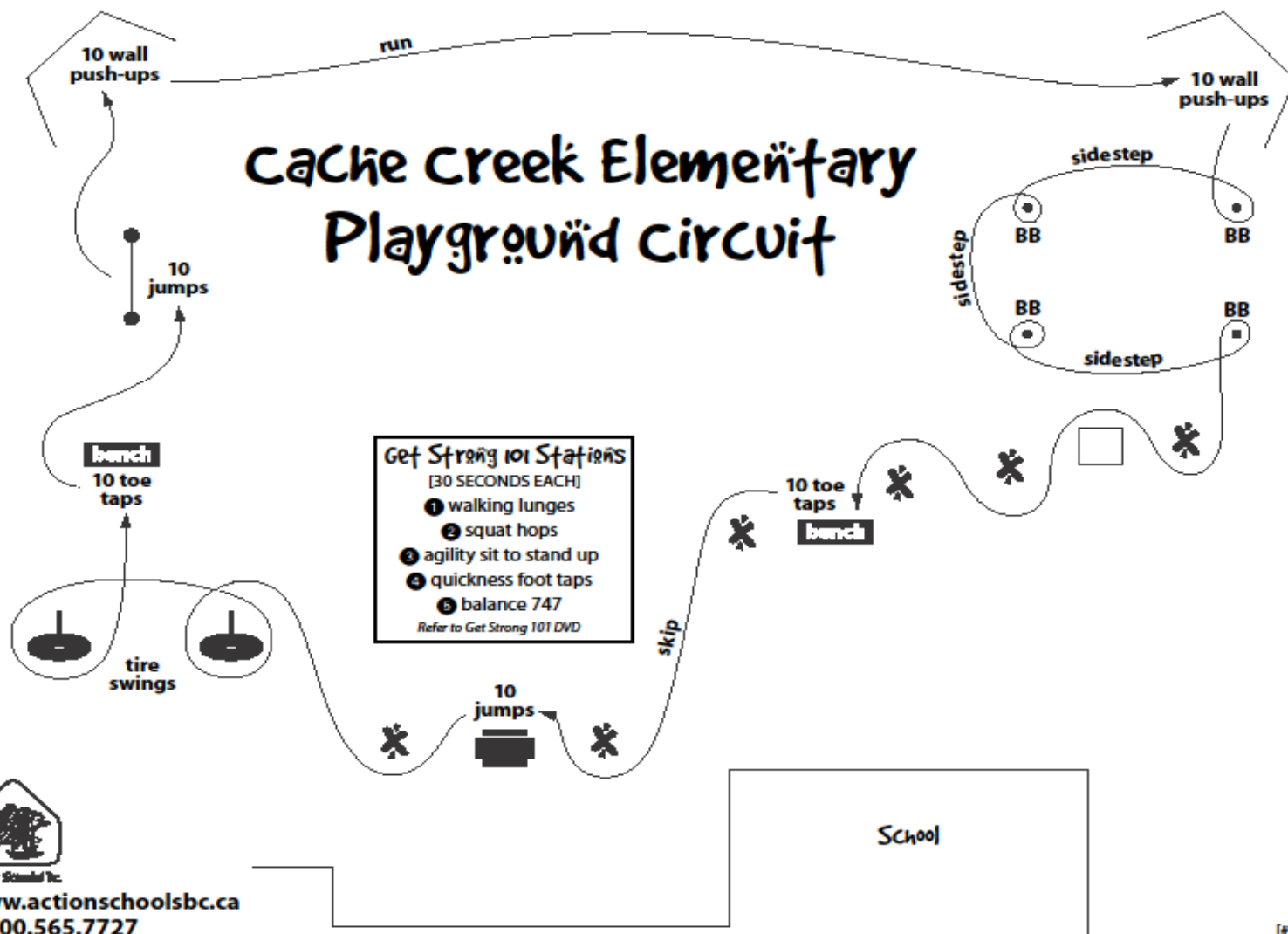
# Chair Aerobics



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# Cache Creek Elementary Playground Circuit



# Healthy Eating



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# Rationale for Vegetable and Fruit Focus

- Simple, focused messages shown to be more effective than broad healthy eating messages
- 59% of Canadian children and adolescents consume vegetables and fruit fewer than 5 times a day\*  
(2004, Canadian Community Health Survey)

\* New Canada's Food Guide(2007) recommends:

5 vegetable and fruit servings - ages 4-8

6 vegetable and fruit servings - ages 9-13



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# Mashed Potato Fruit and Veggie Cards



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# Family and Community

Fosters the development of partnerships with families and community practitioners to benefit from the resources available to promote and encourage healthy living.

- Tennis/Golf/Dance/Gymnastics Workshops
- In Season and In the Zone Newsletters
- Family Healthy Living Kit
- Healthy Eating Field Trips
- BC School Fruit and Vegetable Nutritional Program



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# Extra-Curricular

Balances classroom action and physical education with a variety of opportunities for students, school staff and families to be physically active before and after school, and during lunch.

- Co-Ed Recreational Games – PE/Intramurals
- Playground/Indoor Leadership Training
- AS! BC website:
  - Play First Lunch Toolkit
  - Food Fit for Sports Days



# Student Leadership Training Supports DPA and PE

Outdoor Games (gr 4-7)

Indoor Classroom Aerobics/Workouts (gr 4-7)

Tri-Mentor Training (gr 9-12)

Complimentary Resources and Equipment:

- balls, skipping ropes, wrist bands
- DVDs, Active Playgrounds, Recess Revival, Tag Book
- Certificates



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# Chinese Jump Rope



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# School Spirit

Cultivates school spirit by encouraging physical activity and celebrating the benefits of active living for the whole school.

Physical Activity Events -

- Terry Fox/Sun Run
  - Walk to School Programs
  - Mini-Olympics/Canada Games Day/dance
  - Sport or Fun Days
  - Fundraising Events - Jump Rope/Hoops for Heart
- Include Healthy Snacks and Beverages at Events - visit [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca) or Call 811



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# Findings

- 81% of respondents are using AS! BC materials and activities to meet DPA guidelines
- 60% of respondents had increased PA in the last 3 years because of both DPA and AS! BC



# Findings

- 48-62% changed approach to HE curriculum because of AS! BC
- 40-53% increase the amount of HE in curriculum
- 60% of respondents had increased HE in the last 3 years because of both school food guidelines and AS! BC



# Cumulative Stats

## Year Seven - December 2010

Registered Schools	1,435 (91%)
Registered Schools Workshopped	1,367 (87%)
Registered Teachers	22,868
School District Involvement	100%
Action Plans	568



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# Workshop Stats as of December 2010

Regional Trainers	75+
Workshops Delivered	3,419
Student Leadership	777
Workshop Participants	41,465
Bins/Packs Distributed	15,041



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# Aboriginal Strategy

- Aboriginal Educator Relationship Building
- Target Public Schools with high Aboriginal populations
- Recruit Aboriginal Regional Trainers and Aboriginal Education Support Teachers
- Support Evaluation Submissions
- First Nations Health Council
- Honour Your Health Challenge
- Student Leadership Training
- ActNow BC Aboriginal



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# Future Development in or Strengthening of...

- Physical Literacy
- Fundamental Movement Skills
- After-school Programming
- Healthy Schools Network
- Sodium Reduction, Sugar Sweetened Beverages
- Screen Time Reduction



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# Steps Towards Comprehensive School Health

- Registration
- Workshop
- Action Plan
- Healthy Schools Network

...health promoting school



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[WWW.ACTIONSCHOOLSBC.CA](http://WWW.ACTIONSCHOOLSBC.CA)



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