

# The Healthy School Club at David Thompson Secondary

## Contact:

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## School:

David Thompson Secondary

## Process:

The Healthy School Club works to promote the health and well-being of the David Thompson Secondary Community. Working in conjunction with the Health Science 12 class, students create health tips with drawings to wrap around tissue boxes which are placed in every classroom and offices in the school. Also during the hot weather, the club provides the PE classes held outdoors with sunscreen.

For the past two years the club has offered the “Turkey to Turkey” Fitness Challenge Program, from Thanksgiving to Christmas, an informal program to encourage students and staff to include physical activity in their daily routine. Participants were eligible for a weekly draw prize if they were active for 30 minutes three times a week.

In January the club organised the 3rd Annual Fitness Challenge, a 14-week program to challenge students and staff to participate in a cardiovascular activity for 30 minutes, three times a week for a minimum of 12 weeks. Participants who complete the program would receive a limited edition T-shirt.



Maxwell Smith Fitness Challenge