

Don Ross Secondary School: maintaining healthy lifestyles

Contact:

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School:

Don Ross Secondary School

Process:

With just over 400 students, Don Ross Secondary School is a small school that's maintaining a positive outlook on healthy living.

Healthy eating has become an important part of school life and twice, almost every day, a variety of wholesome snacks and lunches are offered for a reasonable price. Food items such as sushi, whole grain pizza, apples and milk are popular with students, and the sales support the many school teams as well. The local corner store has now agreed not to sell energy drinks to students during school hours.

After-school sports such as volleyball, basketball, rock climbing, and mountain biking are held throughout the year and the gym is occupied by intramural sports events that open to all students. For those looking for a bigger challenge, the school has set up a Vancouver Sun Run team and has received a great turnout. The goal for this team is to attract not only star athletes, but also those who don't normally participate in organized sports but want to continue a healthy lifestyle.

People Involved:

Grade 10 students, two teachers, full student-body

Key Changes or Results:

Challenges:

Solution/Keys to Success:

From a student perspective, staff engagement and support of healthy living initiatives encourages students to make the right choices and maintain healthy lifestyles.

