

# Healthy Food Choices and New Activities get a boost at Golden Secondary School

**Contact:**

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**School:**

Golden Secondary School

**Process:**

There have been a number of very positive changes within the Golden Secondary School community. Over the past 6 years, the school has been transitioning toward healthy food choices for teens and an increased focus on physical activity.

Milk sales and lunch program orders have doubled since the vending machine choices have been limited to water, juice and nutritious snacks. PE students have become engaged in their own personal fitness with the implementation of a six-minute run with heart rate monitoring so that individual students can set their own fitness goals. The school's course offerings have expanded to include Superfit 11-12, Junior and Senior Outdoor Education, Firefighting 11-12, Strength & Conditioning 10-12, Hockey School 8-12 and Athlete 9/10 (in addition to PE).

**People Involved:**

School-wide.

**Key changes or results:**

Teachers have noticed an improvement in student behaviour with the increased physical activity and healthy eating!

**Challenges:**

One of the challenges is changing their way of thinking as a school community. For example, the annual 'Send your Valentine a Crush' event sponsored by the Leadership class has evolved from Soda Crushes to Fruit Juices. Fortunately, students are making the transition relatively easily as they are quick to suggest alternatives in order to fit the new guidelines.

**Solutions/keys to success:**

One of the keys to success is the fact that the school has been moving towards healthier food and drink choices for students for a number of years. It began with the removal of pop from vending machines about 6 years ago, which resulted in increased milk sales in the concession. Over the years, healthier food choices have been added and less healthy choices have been slowly eliminated, resulting in food/drink offerings that are in line with the guidelines. It is interesting to note that sales have not decreased, in fact, they have increased over the years.

**Next Steps:**

To continue the focus on encouraging students to choose activity courses in Grades 11-12, to continue promoting healthy eating, and to continue promoting overall fitness.

