

Johnston Heights Secondary School - A Healthy Community

Contact:

Ken Hignell, hignell_k@sd36.bc.ca

School:

Johnston Heights Secondary School

Process:

Johnston Heights Secondary in Surrey is a member of the BC Healthy School Network. This year have initiated a Walking Club and a Sun Run Club to complement their “Wellness Week” of activities. Additional activities during the week include Walk/Ride to School Day, Dance-Dance Revolution contest, Healthy Choice Cafeteria Specials, Hoops for Heart event, Beach ball Volleyball Intramurals, special announcements, posters, and complimentary water and fruit giveaways. This year the school has also surveyed students and staff about our healthy school initiatives and developed a focussed Daily Physical Activity program for grade 9 PE students.

People Involved:

All staff and students, with a focus on grade 9 PE students.

Key Changes or Results:

As a result of the initiatives implemented during "Wellness Week" Johnson Heights has significantly raised the awareness of the value of an active lifestyle and a nutritious diet. Students and staff are thinking about what they eat and how they exercise.

Challenges:

Long-term change in habits and lifestyles requires continual reinforcement, education and support. It will require continual program and system review.

Solution/Keys to Success:

Identification of student and staff leaders is key. Establishing numerous groups throughout the school community that are able to provide leadership in this area is a great approach.

Next Steps:

Continuation of "JH Healthy School Team" with greater representation from student body.

