

Lighthouse Christian Academy – Shining Bright (and Healthy!)

Contact:

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School:

Lighthouse Christian Academy

Process:

In September 2007, aware of upcoming new health regulations for schools in BC, a class of Grade 10 students with two teacher sponsors spearheaded a series of initiatives to become a healthier school. Students were involved in the process to completely redesign and expand food services, as well as training in physical activities and health awareness. Some of the steps the school went through (and continue to revisit) include:

- examined what foods were sold in the school at the time and assessed their nutritional value
- learned to navigate websites explaining new school food guidelines
- went on field trips to stores and businesses which might help supply new healthy choices
- surveyed students
- planned new menus and concession items
- promoted, stocked, and worked in the new “Snack Shack”
- trained in Foodsafe
- learned new daily physical activity games and exercises
- learned about healthy food and lifestyle choices (through teachers who all participated in Action Schools workshops)

At present time, staff and students are enjoying the new “Snack Shack” which is completely staffed by students for daily lunch service. Staff and students love the new free milk fridge provided by the milk program. These healthy foods are also available to the Elementary School by hand-delivered brown-bag lunches and “Moo-Monitors.” Every class K – 9 participates in Daily Physical Activity- what a joy to be outdoors whenever possible in this beautiful rural area! Lighthouse Christian Academy has really enjoyed the training and resources to support all these changes.

People Involved:

Grade 10 students, two teachers, full student-body

Key Changes or Results:

Staff can't say enough about what a difference they have seen already, primarily happier students and staff.



Challenges:

Challenges included making the schedule work to fit the new DPA times and finding healthy food options which appealed to students, were still affordable, and did not pose expiration or foodsafe problems.

Solution/Keys to Success:

Staff resolved these challenges by lengthening the day and researching on an ongoing basis for new food options.

Next Steps:

The school is currently considering adding more outdoor education options to programs as well as expanding our kitchen/Foods courses to offer more student prepared lunch options.

