

# Sentinel Spartans Support Healthy Habits

Sentinel Secondary School



In the past, the Sentinel Spartans Rugby Club sold doughnuts to raise funds for their team. In order to meet the new Guidelines for Food and Beverage Sales in BC Schools, the Spartans found a new way to fundraise by selling fruit kabobs.

## highlights

- Spartans provided leadership and inspiration to Sentinel students, staff and parents
- sold fruit kabobs and other healthy items that fit the new guidelines
- included displays and information on healthy food choices

## benefits to the community

- Sentinel Spartans Rugby Club helps lead and support the health, learning, development and performance of staff and students
- over 1100 students at Sentinel have been influenced by change in fundraising that raised money and school spirit
- a successful model that other schools and sports teams can follow

## our story...

*"When our rugby team promotes this positive change it makes the students more willing to accept change. There are many students who miss the junk food and doughnuts, but by the rugby team promoting healthy living, it makes the new healthy food "cool."*