

Success Story

ELIZA ARCHIE MEMORIAL SCHOOL
Canim Lake, BC



Action Schools! BC

Eliza Archie Memorial School, a school of 16 students located 25 minutes outside of 100 Mile House, has been an Action School since 2006. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. The school is part of the Canim Lake First Nations community, which prides itself on its ongoing pursuit for all members to lead physically active, healthy lives. Principal Barb McLeod attended a First Nations Health Forum where she decided to register her school with Action Schools! BC to support the community's active living goals.

Action Schools! BC resources provide a framework for action, supporting diverse physical activity, physical education and healthy eating opportunities in six Action Zones. An Action Schools! BC Regional Trainer visited Eliza Archie Memorial School and provided in-services for staff and other community members on how to integrate physical activity and healthy eating into the school day. The Trainer also worked with grade 4 to 7 student leaders and taught them how to lead indoor and outdoor physical activities for younger students. The school received Action Schools! BC Classroom Action Bins and Packs containing teaching resources and equipment to energize staff and students.

Eliza Archie Memorial School has since embraced all that the initiative offers, and is successfully delivering more than 30 minutes of physical activity each school day. Every morning after the bell rings, all students and staff join together to get active with one of the aerobic DVDs or CDs provided by Action Schools! BC. Due to the popularity of

these activities the school has purchased TVs and DVD players for every classroom. The Classroom Action Bins of physical activity equipment and resources are used on a daily basis in classrooms, the gym, and multi-purpose rooms – scarf juggling and Chinese jump rope are favourites. The staffroom is also home to Action Schools! BC resources and posters, a constant reminder to staff to be active with their

students. Student leaders have become experts in the activities they were taught (four square being the most popular) and love working with younger students who, in return, love the attention they are receiving!

The school works very closely with members of the local community. Canim Lake is engaged in a community-wide fitness program in which Action Schools! BC is an integral component. The Community Recreation Coordinator,

responsible for the fitness program, spends two lunch hours every week at the school organizing indoor or outdoor circuits using equipment from the Classroom Action Bins. With the Coordinator's advice, the community recently built several cross country ski trails which the students use before, during and after school in the winter. According to Principal McLeod, everyone in the school and community is talking about physical activity and Action Schools! BC has raised awareness about the importance of healthy living and the enjoyment in leading an active life. By taking advantage of all Action Schools! BC has to offer, Eliza Archie Memorial School is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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