

Success Story

MAPLE GROVE ELEMENTARY
Vancouver, BC



Action Schools! BC

Maple Grove Elementary, a Vancouver school of 460 students, has been registered with Action Schools! BC since 2007. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. Maple Grove has used the initiative's framework for action, based on six Action Zones, to embrace healthy living throughout their school community.

Shortly after registering, the school's Action Schools! BC Committee booked a Classroom Action (Physical Activity) Workshop, which focused on how teachers can activate their classrooms on a daily basis. Teachers immediately began to integrate the activities learned using the bins of equipment and teaching resources provided. Due to their popularity, the Parent Advisory Committee purchased more bins so each classroom could have its own.

Each month now has a physical activity theme, with most culminating in a school-wide celebration. Physical education classes, school spirit and extra-curricular events, and 10-15 minutes per day of class time are dedicated to the physical activity of the month:

OCTOBER: Playground Circuits ■ NOVEMBER: Indoor Track Meet Events
DECEMBER: Aerobics ■ JANUARY: Dance
FEBRUARY: Cardio and Strength Training ■ MARCH: Yoga
APRIL: Tag and Playground Games ■ MAY: Skipping
JUNE: Circuit Workouts

Each month's activities are supported by the resources, equipment and in-services provided by Action Schools! BC. In October, staff and students make full use of their Action Schools! BC playground circuit, drawn by the Trainer at their workshop. Students run, skip, hop, weave and sidestep over, through, on and off the playground equipment. The Action

Schools! BC website is host to more than 1,000 unique playground circuits from BC's public, Independent, First Nations and Francophone schools.

January is Dance Month – most students' favourite – and students, staff and parents celebrate the dances learned at the culminating school-wide dance. Every day at 1:00 pm, music is played over the PA system and the whole school gets moving in classrooms, the hallway, or gym to dances like the Twist, Bunny Hop, Cha Cha Slide and country line dancing!

Action Schools! BC CDs, DVDs and equipment are used daily in February for cardio and strength training. Adding to the fun are student leaders from Magee Secondary, adjacent to Maple Grove. The two schools partnered to adopt the Action Schools! BC Tri-Mentor Student Leadership model which involves a training session with high school students on indoor and outdoor activities which they then lead at feeder schools. More than 25 Magee students come to Maple Grove during class time on a rotating basis to lead aerobics, dance,



cardio and strength training, yoga, and skipping, as well as during noon hour to lead playground games with Maple Grove's Peer Helpers. Magee students also assist with noon-hour house team games in the gym during the rainy season.

The Action Schools! BC Committee has seen significant improvements in the school since becoming an Action School, including increased awareness among staff and students of the importance of daily physical activity. By taking advantage of all that Action Schools! BC has to offer, Maple Grove Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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