

Success Story

PROMONTORY HEIGHTS ELEMENTARY
Chilliwack, BC



Action Schools! BC

Promontory Heights Elementary, a Chilliwack school of more than 600 grades K to 6 students, has been registered with Action Schools! BC since 2005. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. The initiative's framework for action supports diverse physical activity, physical education and healthy eating opportunities in six Action Zones. The staff at Promontory Heights have created an Action Plan of goals and strategies for promoting healthy living across all six zones.

The School Environment Zone focuses on making healthy choices the easy choices by creating healthy living policy supporting safe and inclusive school environments. At Promontory Heights, this includes providing professional development opportunities for teachers on physical activity and healthy eating, as well as including healthy snack and lunch ideas in the monthly school-wide newsletter.

Students at Promontory Heights participate 2-4 times a week in the Scheduled Physical Education Action Zone. Intermediate students can also participate in long distance runs into the community with the principal and a grade 5 teacher, two avid long distance runners.

Debbie Matheny, a teacher at Promontory Heights and an Action Schools! BC Regional Trainer, in-services the staff on how to integrate physical activity throughout the school day in the Classroom Action Zone. The Action Schools! BC Classroom Action Workshop and refresher workshops support opportunities for physical activity in the classroom or outside. Head-to-Toe Stretch, chair aerobics, exercising with bands and Bounce-at-the-Bell are the most popular activities and the corresponding bins of teaching resources

and equipment are used daily. In fact, the whole school participates in Bounce-at-the-Bell every morning when a bell sounds over the PA system!

The Family and Community Zone fosters the development of partnerships with families and community practitioners, and Promontory Heights engages students by bringing in 'experts' from the community to share activities like hip hop, martial arts, Brain Gym, gymnastics, yoga and disc sports. With help from the Parent Advisory Council, students are offered cold milk three times a week.

Many opportunities are provided for all students to be active in the Extra-Curricular Zone. Soccer, volleyball, basketball, track and field and cross-country running are offered throughout the year. In September, intermediate students participate in the Action Schools! BC Leadership Workshop, learning to lead outdoor games like hopscotch, four square, tag, Chinese jump rope and long rope skipping. Students of all ages enjoy being active at recess and lunch.

Promontory Heights also promotes healthy living in the School Spirit Action Zone and several annual events (e.g. the Terry Fox Run, hiking Tea Pot Hill, swimming at the Leisure Centre and skating at Twin Rinks) cultivate school spirit in a healthy way.

Promontory Heights' success stems from a dedicated, enthusiastic staff who believe that their students benefit physically, mentally and socially by being physically active. By taking advantage of all that Action Schools! BC has to offer, Promontory Heights Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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