

# Success Story

**RICHARD McBRIDE ELEMENTARY**  
New Westminster, BC



## Action Schools! BC

Richard McBride Elementary, a New Westminster school of 350 students, has been registered with Action Schools! BC since 2004. Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. The Action Schools! BC framework for action supports diverse physical activity, physical education and healthy eating opportunities in six Action Zones.

The School Environment Zone focuses on making healthy choices the easy choices by creating healthy living policy supporting safe and inclusive school environments. Staff professional development is highly valued at Richard McBride, and the school provides opportunities for teachers to continually expand their physical activity and healthy eating repertoire. Fresh local vegetables or fruit are delivered to the school twice a month as part of BC Agriculture in the Classroom Foundation's BC Fruit and Vegetable Nutritional Program.

Richard McBride's staff have used creative scheduling to allow more time for Scheduled Physical Education, the Action Zone which supports the Ministry of Education's prescribed learning outcomes. Juggling timetables, splitting blocks or sharing gym time with a buddy class has increased the amount of physical education provided to students.

The Classroom Action Zone provides daily physical activity and healthy eating activities that can be integrated throughout the school day. Sandra Tee, a teacher at Richard McBride, booked the two Classroom Action Workshops offered by Action Schools! BC – one on Physical Activity and the other on Healthy Eating – to support school staff in activating their classrooms and promoting healthy eating. The corresponding bins of teaching resources and equipment are used daily. The Family and Community



Zone fosters the development of partnerships with families and community practitioners, and staff at Richard McBride share with families all that the school is doing to promote healthy living. The Parent Advisory Council (PAC) has been very supportive of the school's goal to become more active and support the development of healthy habits for students. The PAC purchased extra Action Schools! BC Classroom Action Bins so there is one bin for every two classes, as well as additional copies of the 6 Fit Kids' Workouts DVD, one of the more popular resources.

In order to provide opportunities for students to be active in the Extra-Curricular Zone, Richard McBride offers intramurals and clubs (track and field, running, and basketball) before and after school, and during recess and lunch. The school also hosted Action Schools! BC Indoor and Outdoor Student Leadership Workshops. In these workshops, a Regional Trainer taught 20 students how to lead indoor aerobic sequences and outdoor games. Since the workshop, student leaders have activated the school playground, sharing their new knowledge of the games with others.

Richard McBride also promotes healthy living in the sixth Action Zone, the School Spirit Zone. For example, school-wide themed runs are held throughout the year. These include the Terry Fox Run, the Move for Health Day Run, the Pumpkin Run, the Jingle Bell Jog and the Easter Hop.

According to Ms. Tee, "it is through the partnerships between Action Schools! BC, the staff at the school, the PAC, and the students of Richard McBride that the initiative to become more active has been such a success!" By taking advantage of all that Action Schools! BC has to offer, Richard McBride Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.

