

Success Story

TREMBLAY ELEMENTARY SCHOOL
Dawson Creek, BC



Action Schools! BC



Tremblay Elementary, a Dawson Creek school of 137 students, has been registered with Action Schools! BC 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 registered with Action Schools! BC to further develop the school's healthy living plan. Staff attended an Action Schools! BC Classroom Action Workshop to learn creative, alternative ideas for integrating physical activity into the school day. The workshop inspired staff to create an Action Plan (using the template provided by Action Schools! BC), highlighting their healthy living goals and the actions through which they would achieve them.

One of Tremblay Elementary's goals was to increase the minutes of daily physical activity (DPA) delivered to students. To raise awareness of the importance of DPA and kick start the initiative, a school-wide aerobics break in the gym was scheduled after lunch each day using the aerobics DVDs provided in the Action Schools! BC Classroom Action Bins. While at first there were a few students who sat on the sidelines, eventually almost everyone joined in the fun.

School-wide action breaks are just one of many ways healthy living is encouraged at Tremblay Elementary. Judy Dueck, Vice-Principal and Grade 4/5 teacher, says staff and parents are committed to improving students' overall health

and wellness by providing physical activity opportunities before, during, and after school. The school has reorganized the timetable to allow each class an extra 10 minutes of gym time per day, and some teachers also integrate physical activity into the classroom. Yoga is a popular activity for two classrooms who, using the yoga kit and poster provided in the K to 3 bin, are honing their skills in hopes of teaching other students soon. Physical activity opportunities are provided at recess and lunch, as well. In the spring, students can take part in a kilometre run or walk after lunch. Kilometres travelled are logged by students with the goal of 100 kilometres. The school has also had an Action Schools! BC Outdoor Student Leadership workshop, in which a Trainer teaches student leaders how to lead outdoor games for younger students. The student leaders activate the playground during recess and lunch, teaching others how to play hopscotch, four-square, long rope skipping and Chinese jump rope.

At Tremblay Elementary, staff and parents lead by example, often participating in the school's healthy living activities. The school's Open House/Meet the Teacher Day is combined with Breakfast for Learning's Walk to Breakfast Event and staff and parents walk around the neighbourhood while meeting one another. The school also engages parents with the help of a grant through the Honour Your Health Challenge, a community-based initiative that mobilizes individuals to live active, healthy and strong lifestyles. With the grant, the school organized a 6 week after-school volleyball camp for parents and children.

Vice-Principal Dueck credits Action Schools! BC as a key contributor to the 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, Tremblay Elementary is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



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