

# Success Story

**WEST POINT GREY ACADEMY**  
Vancouver, BC



**Action Schools! BC**

The junior school of West Point Grey Academy, a Vancouver pre-K to Grade 12 school of 900 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, providing diverse physical activity, physical education and healthy eating opportunities in six Action Zones, complements the school's portfolio of activities aimed at contributing to the health of the students and the school community.

The school's "Action Schools Committee" is the guiding force behind the integration of healthy living in each of the six Action Zones. The first zone, School Environment, focuses on making healthy choices the easy choices by creating healthy living policy supporting safe and inclusive school environments. Professional development is highly valued at the school, and opportunities are readily available for staff to expand their physical activity and healthy eating repertoire. Many have participated in Action Schools! BC Classroom Action (Physical Activity) and Classroom Healthy Eating Workshops. These workshops, and the complimentary accompanying bins of teaching resources and equipment, support the integration of daily physical activity and healthy eating into classrooms or outdoor areas.

All students participate in daily Scheduled Physical Education, the Action Zone which supports the Ministry of Education's prescribed learning outcomes. Staff provide opportunities for innovative learning and growing through Physical Education.

The Classroom Action Zone provides daily physical activity and healthy eating activities and many staff members use the bins to activate their classrooms. Skipping ropes, aerobic DVDs, yoga and dance resources are the most popular.



West Point Grey Academy excels at providing opportunities for healthy living in the Family and Community Zone and students benefit from the strong partnerships between the school and its families and local community practitioners. One example of community involvement promotes student access to community facilities and resources like skating rinks, rock climbing gyms, yoga and dance classes.

The Extra-Curricular Zone supports a variety of opportunities for students, staff and families to engage in healthy living before and after school, and during recess and lunch. At West Point Grey Academy these opportunities include an Action Schools! BC Student Leadership Workshop on how to lead outdoor games; the installation of a new playground structure and painting of four square courts; providing skipping ropes and other outdoor equipment during recess and lunch; and opportunities for participation in various sports and physical activity clubs before and after school.

There is certainly no shortage of school spirit – the sixth Action Zone – at West Point Grey Academy. Students are split into four teams and compete throughout the year in various academic, artistic and athletic endeavours. A healthy eating week in the fall kick starts the school year with a focus on nutritious foods. Supervising teachers in the cafeteria also encourage students to apply the Action Schools! BC Colourful Choices Lesson tips to their vegetable and fruit choices.

Everyone is involved in creating a healthy, active school culture at West Point Grey Academy. By taking advantage of all that Action Schools! BC has to offer, West Point Grey Academy is excelling at integrating healthy living into the fabric of their school community in a unique and creative way.



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