



**Healthy Schools Network – Healthy Living Activity Projects
March 3, 2014**

Fraser Health Authority			
School District	School	Theme	Summary
#33 – Chilliwack	Chilliwack Landing Preschool and Kindergarten	Healthy eating – learning new food and cooking experience	Students to be introduced to new foods and learn cooking skills. Multiple lessons, creating a recipe book
#36 – Surrey	Mary Jane Shannon Elementary School	Gardening and cooking	Grow herbs and vegetables in the classroom and use this food to cook/prepare and create recipes to share. Will also learn about sustainability
#37 – Delta	Hellings Elementary School	Positive mental health	Utilizing “A Billion Clicks” to help students to develop the cognitive behavioral skills to support positive thinking. Students reflect and connect these thoughts cross curriculum
#37 – Delta	Beach Grove Elementary School	Positive mental health through yoga	Improved student engagement with a goal toward increasing self-directed learning by having students more relaxed and focused in class through regular (daily) movement breaks and relaxation activities (yoga)
#37 – Delta	Beach Grove Elementary School	Healthy Spaces	The school is creating a room (the Innovation Room) which is to be an alternate learning environment for students. Students have supported design ideas (e.g. ‘wiggle’ cushions, large plants)
#37 – Delta	Delview Secondary School	Food program	In this program, students learn knowledge and skills for planning, purchasing ingredients, and cooking healthy meal plans. Highlighting various cultural foods is a focus as well as learning the impact of food on nourishing bodies.
#37 – Delta	Delview Secondary School	Beyond the Hurt (bullying prevention)	Senior secondary students have taken the bully-prevention training from the Red Cross and deliver the ‘Beyond the Hurt’ workshops to younger students. The goal is to expand the learning and skills from these workshops into the

			greater school community through materials and activities.
#41 – Burnaby	Cariboo Hill Secondary School	Student-run Cooking Classes	A student-run cooking class that consists of series that focuses on making healthy meals. Students will share recipes and create a cookbook.
#43 – Coquitlam	Suwa’lkh School	School garden	Students learn about what it means to care for a garden, connect planning and growing to curriculum (math, science, leadership, PE and Tech Ed.)
#43 – Coquitlam	Ranch Park Elementary School	Healthy Eating	This school is continuing to enhance healthy eating through the implementation of Action Schools! BC 5-2-1-0, leadership students facilitating healthy eating programs, including BC Fruit and Veggie Program, and continuing with Breakfast Club
#43 – Coquitlam	Glenayre Elementary School	School garden	This school is expanding their school garden to allow for greater participation from multiple classrooms. Students take part in all aspects of the garden.
#43 – Coquitlam	Dr. Charles Best Secondary School	Health and Wellness Club	Students volunteer to join the Health and Wellness club and meet twice a week. The Healthy Living Youth Council (HLYC) student member of this club is leading the activity within this club to improve the environment of the club (e.g. healthy eating) to better engage students and expand the club.

Interior Health Authority			
School District	School	Theme	Summary
#5 – Southeast Kootenay	T. M. Roberts Elementary School	School garden	Students will learn about and care for the school garden, harvesting food that can be used to share a meal together. Students will document learning through observations, researching local plants and even contact local experts about local plants.
#8 – Kootenay Lake	Salmo Secondary School	Active Living - yoga	A yoga instructor will come in after school to teach yoga to students and parents. Leadership students will organize

			the events and students will reflect on the experience
#8 – Kootenay Lake	Crawford Bay Elementary-Secondary School	Enhance learning environment	Through learning about self-regulation, students are interested in enhancing their learning environment to better support their learning ability. Students will continue to reflect on changes (e.g. desk arrangement, colours, plants).
#8 – Kootenay Lake	LV Rogers Secondary School	Positive Mental Health	Following the Balancing Our Minds event in Feb. 2014, leadership students are planning a week of events around mental health issues (to promote wellness). Events include a keynote speaker, and a bike ride called 'Ride Don't Hide'.
#8 – Kootenay Lake	Jewett Elementary School	Bike Safety	The school is planning a Bike Rodeo and Safety Fair to highlight bike safety issues and other safety issues (e.g. water safety, street smarts, electrical safety and food safety). Community partnerships are greatly supporting this event.
#8 – Kootenay Lake	Winlaw Elementary School	Physical Activity	To be physically active year-round and engage in physical literacy, students and staff gather at lunchtime to participate in activities, such as floor hockey. There is growing interest in the lunch activities, and the students would like to continue to grow this opportunity.
#8 – Kootenay Lake	W.E. Graham Community School	Healthy Eating and Healthy Snacks	The class would like to learn how choose healthy snack options and how to prepare healthier snacks. Students will plan snacks, prepare shopping lists, prepare snacks, and learn to make healthy choices based on Canada's Food Guide.
#8 – Kootenay Lake	Trafalgar Middle School	Healthy Eating	Food for Life is a new course that is offered to teach students how to prepare healthy foods and also to make connections with food in the community (e.g. with local businesses). Students are exposed to new foods, make meals together, and reflect on their experiences through journaling
#10 – Arrow Lakes	Edgewood Elementary	Active Living in Winter	To support students to be outside in winter months,

	School		intermediate students will be engaged in finding activities that excite them. Equipment is needed.
#10 – Arrow Lakes	Nakusp Secondary School	Healthy eating	Foods class students, Special Ed students, Alt Ed students, and student volunteers with the Home Economics Teacher to run the canteen and once a week host a Fun Food lunch with healthy choices. Students learn about healthy eating, menu planning, and preparation
#22 – Vernon	Ellison Elementary School	Cooking program to support healthy relationships	A cooking program for a group of students who need to work on socialization and friendship skills. Working with a small group of students who will become mentors for little buddies who are in need of skill building in the same area.
#23 – Central Okanagan	Rutland Elementary School	Active Living	A student-led sports council organized noon hour activities and sports. The student council act as leaders and reflect on activities chosen and connectedness from these events.
#23 – Central Okanagan	Belgo Elementary School	Healthy Eating	Intermediate students go to farmer’s market and choose an item they haven’t tried before. Students research about their item. With the kindergarten buddy class, information about the item is shared and can be sampled.
#23 – Central Okanagan	Central Programs and Services	Accessible Drinking Water	In addressing students concerns, accessible and clean drinking water will be addressed by implementing a clean water system. The intent is to increase water consumption and decrease ‘power’ beverages consumed.
#51 – Boundary	Grand Forks Secondary School	Recycling and Environment	Student council is starting a paper towel recycling program to have a positive impact on the environment. Students will be responsible for planning, purchasing bins, promoting and maintaining program.
#51 – Boundary	Grand Forks Secondary School	Healthy Eating	Students will plan, prepare and present healthy snacks to share with the class using Canada’s Food Guide. Students will analyze nutritional value of food and share recipes.
#51 – Boundary	Greenwood Elementary School	School Garden	Students will learn how to care for a garden, while understanding food/plant cycles. The school intendeds to also strengthen connections between and within the

			students and staff through a school-wide project, while promoting healthy living and food sustainability.
#51 – Boundary	Greenwood Elementary School	School Garden	The school is participating in a school-wide garden project and each class is contributing in their own way. Students in the grade 6/7 class are interested in learning about food sustainability and the principles of ecology. Students will engage in indoor and outdoor learning activities to address their interest.
#53 – Okanagan Similkameen	ntamtqen snm'?'m'aya?tn School	Physical Activity and Healthy Relationships	Winter outdoor skating with the entire school. Students will learn about how healthy eating supports being physically active, how to be safe (helmets, clothing), and will practice respect for peers by helping one another.
#53 – Okanagan Similkameen	SenPokChin School	Healthy Relationships and Caring for others	Students will learn about how to care for younger children, and reflect on their own experiences to identify ways to make caring for children safer and more engaging
#53 – Okanagan Similkameen	Holy Cross	Healthy Eating and Physical Activity	To support the school goal of increasing fruit and vegetable consumption, activities and contests will be implemented by students.
#67 – Okanagan Skaha	Carmi Elementary School	Health Fair & School Connectedness	A school wide health fair (supporting their inquiry question around sense of belonging). Leadership students, health nurse, educators and principal will plan the event.
#67 – Okanagan Skaha	Summerland Middle School	Healthy Eating – Smoothies	Students in their Advisory classes will work together to create a nutritious smoothie, while also learning about nutrient value, local/seasonal produce, and how marketing affecting food choice. A final 'blend-off' with judges will take place at the end of 4 weeks.
#67 – Okanagan Skaha	Uplands Elementary School	Active Transportation	Following 'Bike to School Week', a school bike club started. The goal of the club is to promote active transportation through education, community building and fun! The club is planning a biking to school event in June, where there will be activities and learning opportunities (e.g. bike safety skills).

#67 – Okanagan Skaha	Giants Head Elementary School	School Health Fair	The school health fair includes a keynote speaker and stations to learn about healthy activities (e.g. physical activity, healthy eating). Grade 5 Leadership students are supporting the planning of stations and promotion of the health fair.
#67 – Okanagan Skaha	Princess Margaret Secondary School	Positive Mental Health	Students are starting a positive mental health campaign, starting in April, with the intention that it will become a permanent club operating every year at the school. Students will gather every week to plan the campaign.
#83 – Okanagan Shuswap	Shuswap Middle School	Social and emotional well-being	Students will plan a school-wide event (including speakers) to promote social and emotional wellness.
#83 – Okanagan Shuswap	Eagle River Secondary School	Healthy Eating	Students of the Healthy Schools Committee are planning 'food demos' for peers. The demos highlight making favorite foods and snacks healthier and exposing students to new foods.

Northern Health Authority			
School District	School	Theme	Summary
#50 – Haida Gwaii	Agnes L. Mathers School	Healthy Eating (local food)	Students will support collecting local food (e.g. apples, berries) and then be involved in preparing this food (e.g. apples made to applesauce, berries made to jam). Students source healthy recipes and will journal about their experiences in the kitchen.
#50 – Haida Gwaii	Tahayghen Elemenatry School	Food Program and School Connectedness	On Tahahghen Family Night (monthly), leadership students and the local dietitian work together to prepare a healthy meal for families of students. Teachers also support this event with games in the in gym and arts and crafts. Students learn cooking skills while also building connectedness in the community.

Vancouver Coastal Health Authority			
School District	School	Theme	Summary
#38 – Richmond	Donald E McKay Elementary School	Cultural Food	Students learn about a certain culture, with a focus on the relationship between geography and food. The students research about the culture and learn healthy food choices. The students will be purchasing cultural food items to learn about and make something together.
#38 – Richmond	Thompson Elementary School	Anti-bullying, School Connectedness	Continuing with the school's Social Responsibility goal (part of ERASE Bullying Strategy) and desire to increase school connectedness, students are hosting 'Drop-In' nights for students, staff and families where activities are offered and food is available.
#38 – Richmond	General Currie Elementary School	School Connectedness/Art Engagement	Once a month, the 'Art Truck' will come to the school to engage vulnerable students during after school hours. Volunteers (artists) will help run the sessions to support building skills and connections
#39 – Vancouver	West 2 Community School	Weekly cooking classes in after school program	In an afterschool cooking program for vulnerable students, students will learn about sustainability, nutrition and skills to prepare meals and snacks
#39 – Vancouver	West 2 Community Schools (Kitsilano Secondary School)	Gardening	With a partnership at UBC, a 4 week program has been developed to provide students with an opportunity to learn about gardening and growing food. Students will co-design the garden project with UBC farm staff.
#39 – Vancouver	Windermere Secondary School	Student-led, mentor guided, school garden (include compost, greenhouse with aquaponics system)	Continuing to grow the garden. Students regularly gather to teach and learn from each other about gardening and agriculture
#39 – Vancouver	Tecumseh Elementary School	Project Chef	Students learn about healthy food and cooking skills and connect learning to HACE curriculum

#39 – Vancouver	Tecumseh Elementary School	Active Living – DPA	Each student creates fitness challenges, teach other and then go home and show their family. This occurs in the weeks leading up to the school Sports Day
#39 – Vancouver	Nootka Elementary School	Project Chef	Students learn about healthy food and cooking skills and connect learning to HACE curriculum
#44 – North Vancouver	North Vancouver Outdoor School (SD44) at Cheakamus Centre	School Garden	The school garden will act as a learning lab for students to understand the food cycle. They will learn about the role of decomposers and pollinators through activities that link to curriculum objectives. Students from Grade 3-7 will take an active role in all aspects of the garden. They will be led by high school leaders with support from Outdoor School program staff.
#45 – West Vancouver	Ecole Cedardale Elementary	Healthy Eating – smoothies	Primary Grades: Multiple lessons to learn about healthy eating, Canada’s Food Guide, local food and make smoothies together and share recipes
#45 – West Vancouver	Ecole Cedardale Elementary	Healthy Eating – smoothies	Intermediate Grades: Multiple lessons to learn about healthy eating, Canada’s Food Guide, local food and make smoothies together and share recipes

Vancouver Island Health Authority			
School District	School	Theme	Summary
#61 – Greater Victoria	Victoria High School	Positive mental health	Leadership students are planning a mental health awareness week, which includes seminars, speakers and connecting with local agencies.
#61 – Greater Victoria	Lambrick Park Secondary School	School garden and positive mental health	Leadership students act as mentors to Community Living class (students with physical and mental challenges) to plant a garden and encourage it as a space to relax and de-stress
#61 – Greater Victoria	Oaklands School	Recycling and Art	Students learn about recycling through singing, actions and playing instruments from recycled materials. A concert will be performed for parents (music and dance and

			informational presentation)
#61 – Greater Victoria	Spectrum Community School	Breakfast Program	Leadership students support the growth of the Breakfast Program to increase volunteer and community engagement
#61 – Greater Victoria	Spectrum Community School	Project Hope – art project	Students have supported the creation of the Project Hope art project. Vulnerable youth participate and connect to artists in the community to create a piece of art that symbolizes what hope looks like. Art will be shared with the school for all the view and enjoy.
#61 – Greater Victoria	Shoreline Middle School	Active Living	Students are actively engaged in the launch of the ABL (Activity Before Learning) program. Students participate in higher intensity activities for 20 minutes prior to beginning the day. Students learn physical activity skills and the benefits of exercising.
#61 – Greater Victoria	Cedar Hill Middle School	Native Food Plants	Grade 6 English classes are working together to learn about the local ecosystem, including invasive and native plants. Classes will work together to help restore the local ecosystem and learn about food and sustainability.
#61 – Greater Victoria	Home Learners Link	Healthy Eating	Students in grade 8/9 learn about nutrition and are provided with opportunities to work together to help plan, prepare and cook a variety of meals.
#61 – Greater Victoria	Colquitz Middle School	Aquaponics Garden	Building on the school’s current focus of supporting healthy food choices through Farm to School, they would like to build an aquaponics system to grow the school community learning garden.
#61 – Greater Victoria	Glanford Middle School	Active Living/Healthy Relationships	Leadership students have identified 2 focus areas: increased physical activity, combatting bullying in a positive way. Students are organizing events and activities that occur throughout the school year that promote the 2 focus areas.
#61 – Greater Victoria	SJ Willis Education	Self-Regulation skills	A group of 10-12 students and staff are working together

	Centre		to design a sensory space ('chill room') to promote self-regulation skills and social emotional learning.
#64 – Gulf Islands	Fernwood Elementary School	School Garden/Harvest Feast	The school is reviving the school garden. To support this, students are planning a 'Harvest Feast' that will be a school community event where food from the garden is eaten and celebrated. Students will plan what they would like to plant, take care of the garden and plan the event.
#64 – Gulf Islands	Fulford Elementary School	School Garden	All classes will be involved in supporting the school garden to learn about the lifecycle of food, and how to grow and prepare food.
#68 – Nanaimo Ladysmith	Bayview Elementary School	Physical Activity and DPA	A school wide running program where students tally their distance over time to compare with Terry Fox's run. Students are 'running across Canada'. A group of intermediate students are responsible for keeping track of schools' progress and goals and sharing it with peers
#68 – Nanaimo Ladysmith	Gabriola Elementary School	School garden	Building a native plant garden to be used as an outdoor classroom. Learning will be connected to curriculum across subjects
#68 – Nanaimo Ladysmith	Chase River Elementary School	Media Literacy	Working with the school counselor, students are investigating the impacts on personal image messaging in advertisements. Students will share findings/learnings at school assembly.
#68 – Nanaimo Ladysmith	Ecole Davis Road Elementary School	Healthy Eating	Vulnerable intermediate students will work together weekly to prepare simple, healthy snacks and dishes. At the end of the year, students will represent what they have learned about the planning and implementation of healthy eating.
#68 – Nanaimo Ladysmith	Uplands Park Elementary School	School Garden	Through the Living Unit education enhancement program, this school is utilizing a garden to educate about topics such as historical plant life, entrepreneurship, caring for the environment and life skills to create an inclusive and cohesive model of excellence within the school culture.



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#68 – Nanaimo Ladysmith	Woodlands Secondary School	Healthy Eating – Soup Club	“Souper” Tuesday is a weekly free lunch where students help prepare soups and make bannock. Students learn about healthy foods, while fostering relationships and building awareness and understanding between Aboriginal and Non-aboriginal students and staff
#69 – Qualicum	Kwalikum Secondary School	Healthy Eating and Physical Activity	Weekly classes with a personal trainer from the community to work with students on physical activity, students and teacher gather to learn about nutrition.
#69 – Qualicum	Nanoose Bay Elementary School	Healthy Eating	Weekly Healthy Eating Trivia contest for all students. Each week, one student chooses a mystery vegetable and creates trivia questions.
#69 – Qualicum	Springwood Middle School	Active Living	In the school running club, students will learn about setting fitness goals and methods to reach goals (e.g. heart rate)
#70 – Alberni	Alberni District Secondary School	School garden	Agriculture 12 class leading the garden, with other classes/programs in the school having their own beds too. Produce to be utilized in cafeteria.
#70 – Alberni	Haahuupayak Elementary School	School garden – potatoes	Students learn about sustainability, while planting, harvesting and preparing potatoes that will be then be used in a harvest celebration
#71 – Comox Valley	Highland Secondary School	Breakfast program	Leadership students will run a weekly breakfast program that is open to all students. The program is intended to support students who arrive to school hungry to better support learning
#71 – Comox Valley	Courtenay Elementary School	Stepping stones for school garden	As a Stepping Stone Legacy project, students will make stepping stones for school community garden. Intermediate students are paired with primary students for mentorship and will create a stone together and place it in the garden together
#72 – Campbell River	Qwallyuw Aboriginal Head Start Program	Healthy Eating and Active Living	In school literacy program, students will be supporting making snacks and will be involved in identifying activities they are interested in.



#79 – Cowichan Valley	Bench Elementary School	Active Living/School Connectedness	To grow the school weekly run (and to address the expansion of the school to include grades 6 and 7 from previous K-5), peer to peer learning and mentorship will be utilized to increase enjoyment and engagement in the run, while also working to enhance school connectedness.
#79 – Cowichan Valley	Frances Kelsey Secondary School	School Garden	Healthy Living Youth Council (HLYC) student is initiating a school garden. A 'Garden Club' will be created to support sustainability of the garden.
#79 – Cowichan Valley	George Bonner Elementary School	Recycling/Composting	To grow the current recycling program, the school is planning to add a composting program. The plan is to start this in the grade 1 and 2 classes, where the students are then able to present the information to the other classes.
#79 – Cowichan Valley	Discovery Elementary School	Active Living	To support the school in being more active throughout the school day, leadership students are going to collect information from students about activities that students want to participate in.