

Healthy Schools Network – Healthy Living Activity Projects 2014-15 Approved Grants

Fraser Health Authority	Interior Health Authority	Island Health	Northern Health Authority	Vancouver Coastal Health	TOTAL
62	67	22	10	20	181

Fraser Health Authority			
School District	School	Theme	Summary
33 Chilliwack	Sardis Secondary School	Active living, healthy relationships	Aboriginal Snowboard Team. The program will include sessions on and off snow, and students will learn snowboarding skills and mountain safety. Brings together a diverse group of kids, builds school community, and fosters a healthy self-esteem. The team exposes to students to positive role models and allows them to develop their leadership and mentorship skills. Students are actively engaged in deciding the focus of each session on the hill and are encouraged to mentor each other (with adult supervision) in skill development.
35 Langley	Langley Education Centre	Healthy eating, healthy relationships, school connectedness	Will run a weekly cooking group focused on clean, healthy and easy cooking for youth. Will provide hands on learning experience of basic cooking skills that can be taken home and used, build a sense of community throughout the school, and provide a safe place for students to come hang out and engage with other youth and staff.
36 Surrey	Adams Road Elementary	Active living	After school Jumpstart Academy. *
36 Surrey	AHP Matthew Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	AHP Matthew	Active living, healthy	Kayaking/water safety course.

	Elementary	practices	
36 Surrey	Bear Creek Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	Bonaccord Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Boundary Park Elementary	Active living, healthy relationships, school connectedness	"Kids running for Kids" charity road race – school run & fundraiser
36 Surrey	Bridgeview Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Bridgeview Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	Cedar Hills Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Cougar Creek Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	David Brankin Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	École K.B. Woodward	Active living	After school Jumpstart Academy . *
36 Surrey	École K.B. Woodward	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	École Martha Currie	Active living	After school Jumpstart Academy . *
36 Surrey	Ellendale Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Forsyth Road Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Georges Vanier Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Georges Vanier Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	Green Timbers Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Harold Bishop Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Hjorth Road Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Holly Elementary	Active living	After school Jumpstart Academy . *

36 Surrey	Kennedy Trail Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Kirkbride Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Lena Shaw Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Lena Shaw Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	Mary Jane Shannon	Active living	After school Jumpstart Academy . *
36 Surrey	Mary Jane Shannon Elementary (Julia Thompson, gr 1)	Healthy eating	School garden ; students establish what will be grown in the garden, take care of the plants, and observe the life cycle of the plants. Will also do a cooking healthy foods unit , where students will brainstorm what healthy recipes, how they can adapt favourite foods to make them healthier, cook and prepare food in the community kitchen, and write invitations and recipes for their families.
36 Surrey	Mary Jane Shannon Elementary (Kerri Hutchinson, gr 2)	Active living, healthy relationships, healthy environment	Outdoor learning program . Will learn about community (both animal and human), math & patterns in nature, art & design in nature, effects of weather on nature, erosion, soil, the life cycle of living things, and the consequences of our actions in our local environment. All of these topics will illustrate the “big idea” that nature helps us be mentally and physically healthier. Students will explore the outdoors, make a connection to nature, and engage with each other while outdoors.
36 Surrey	McLeod Road Traditional	Active living	After school Jumpstart Academy . *
36 Surrey	Newton Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	North Ridge Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Panorama Ridge Secondary	Active living, healthy relationships, school connectedness	Hosting elementary school “ Orange Games ” for students with disabilities . All elementary students in Surrey with physical and other disabilities are invited. Drama students perform a welcome in the theatre, sporting events take place in the large gym as well as out of doors, and numerous carnival events take place in the small

			gym and cafeteria. School staff and students provide an adapted and friendly setting, and students help run the event (esp. senior PE classes).
36 Surrey	Prince Charles Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Prince Charles Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	Riverdale Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Senator Reid Elementary	Healthy eating	Food and Nutrition after school cooking program
36 Surrey	Strawberry Hill Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	Tamanawis Secondary	Active living	After school Jumpstart Academy . *
36 Surrey	W.E. Kinvig Elementary School	Active living	After school Jumpstart Academy . *
36 Surrey	White Rock Elementary	Active living	After school Jumpstart Academy . *
36 Surrey	William F. Davidson Elementary	Active living	After school Jumpstart Academy . *
37 Delta	Beach Grove Elementary	Active living, healthy relationships, self-regulation, healthy environment	Building on previous project to redesign the classroom . Students have been given a more kinesthetic learning environment where they can move more freely as they go about their daily learning activities. Funding will be used to purchase additional classroom equipment for students to use inside the classroom—e.g. mini trampoline, wiggle chairs, yoga mats, skipping ropes, & exercise spin disks.
37 Delta	Brooke Elementary	Healthy eating, healthy relationships	Supportive learning program for grades 4-6 that helps supply children with lunch . Students will come up with recipes that they can cook as a class, find out how many servings of each food group one serving of meal would be, create grocery lists, and go grocery shopping together.

37 Delta	Chalmers Elementary	Active living, healthy eating, healthy relationships	Swimming lessons, food program & healthy relationship resources for supportive learning program students.
37 Delta	Delview Secondary	Active living, healthy eating, healthy relationships, healthy practices	Support "The Delview Diggers" club to prepare and deliver weekly Harvest Boxes of fresh, organic, locally grown fruits and vegetables. Students will be responsible for marketing the program, taking orders, harvesting and preparing boxes, and delivering boxes while collecting payment. All proceeds from the project will be donated to the Surrey Food Bank. Students are also making a cookbook based on what they've learned.
37 Delta	Gibson Elementary School	Active living, healthy eating, healthy relationships, healthy practices	Support of school Garden Club and growth/expansion of school garden.
37 Delta	Gray Elementary	Healthy relationships, healthy practices, self-regulation	Zones of regulation program. Students will work towards creating their own individualized zones toolbox with strategies for each of the zones; they will experience a variety of tools and techniques that address their various needs in sensory processing, executive functioning and emotional regulation. This will help normalize the idea that people have different needs, challenges, etc. Upon completion of the program, a team of students and staff will make a presentation to the rest of the school staff, regarding their experiences with the Zones program. In addition to getting feedback from students, we work with playground supervisors and informally monitor whether the number of office referrals due to behavior is reduced.
37 Delta	Holly Elementary	Healthy relationships	Empathy project involving bringing a foster cat into the classroom; aim to use funds to purchase two iPads for the classroom for the purpose of creating media projects, working with an authentic audience in the school, and sharing the project on Facebook to unleash the full potential of the bond between the children and animals for the mutual benefit of both.

37 Delta	Pinewood Elementary School	healthy relationships, healthy practices	Zones of Regulation program & specifically, the creation of “reset stations” in school classrooms. Funds will be used to purchase supplies such as play-doh, stress balls, fabric, aromatherapy oils, etc. that can be used in the calm down kits, and these kits will be placed in a designated space in the classrooms along with visual reminders about different strategies to use.
41 Burnaby	Windsor Elementary School	Healthy eating, school connectedness, healthy environment	Build on success of school garden & support Garden Club . Garden Club will start in January in order to plan out the garden, and decide what we would like to grow. We will meet weekly to discuss healthy living and healthy eating, and bring in guest speakers. Students will decide what the garden will look like, what should be planted, how it will be cared for, and how to problem-solve when things go wrong.
41 Burnaby	Lochdale Community School	Healthy eating, healthy relationships, healthy environment	Hold seed classes , which will involve learning about soil, healthy eating choices, and healthy living (like outside gardening). Will also have the Garden Club organize and care for the garden; goal is for the club members to feel ownership of their learning, learn about their health and eating, be productive in a meaningful way, and become the 'teacher leaders' to other students. Will also have the Intensive Behaviour Elementary Support (IBES) Worker work with her students at least once a week in the garden to promote self-regulation, positive self-care and gain interpersonal skills through joint garden activities.
41 Burnaby	Lochdale Community School	Active living, healthy practices	Swimming lessons for primary students who may not otherwise get the opportunity; encourage students to explore & take advantage of the activities available in their local community.
43 Coquitlam	Anmore Elementary	Healthy relationships, healthy environment, self-regulation	Implementation of Reggio Emilia approach .** Will reorganize classroom materials, and transform the room into a natural environment using ideas and work stemming from the students. Based on students' ideas and curiosities, I will present opportunities to support their inquiry. We will also create our own mood metre to help students self-regulate.

43 Coquitlam	Ranch Park Elementary	Healthy eating, active living, healthy relationships, healthy practices	Will be starting a social responsibility program during family groupings, and hosting a Healthy School Conference . Students will be leaders on the playground, in the school and during family groupings. They will also be part of the organization of the health conference.
43 Coquitlam	Alderson Elementary	Healthy eating, active living, healthy relationships	Maintenance of school community garden .
43 Coquitlam	Glenayre Elementary School	Healthy eating, active living, healthy practices	School garden.
75 Mission	Dewdney Elementary School	Healthy eating, healthy relationships	Creation of a nature learning centre , with multiple garden boxes including an aboriginal garden, 2 fruit and vegetable gardens, 2 fruit trees and a "butterfly" garden box. We are also designing a nature playscape and education centre around our garden boxes.
75 Mission	Dewdney Elementary School	Healthy eating	School garden & outdoor classroom . Our focus is to teach the students about healthy living through vegetable gardening. We would like them to learn about where healthy food comes from, how to plan a garden and harvest the garden. Students will have the opportunity to do some writing and drawing about the garden and will have outdoor hands-on lessons to participate in.
75 Mission	Deroche Elementary	Healthy eating, healthy relationships	School community garden.

Interior Health Authority			
School District	School	Theme	Summary
19 Revelstoke	Revelstoke Secondary	Healthy eating	Special foods classes to promote healthy eating at lunchtime (rather

	School		than leaving school grounds to eat fast food).
19 Revelstoke	Begbie View Elementary	Healthy eating	Healthy Breakfast program.
20 Kootenay-Columbia	Stanley Humphries Secondary School	Active living, healthy eating, healthy relationships, healthy practices	Hosting a Health & Careers Expo.
22 Vernon	Kalamalka Secondary Secondary	Healthy eating	School garden.
22 Vernon	Kalamalka Secondary Secondary	Healthy eating	Improve drinking water & water drinking habits at school.
22 Vernon	Kalamalka Secondary Secondary	Healthy eating	Improve healthy food options in school cafeteria.
23 Central Okanagan	Belgo Elementary School	Active living, healthy relationships, student leadership	The grade 5/6 students will be planning and implementing Physical Education classes and will be using games/leadership skills learned from a healthy living specialist. All students will have to plan 4 classes and participate in the games with kindergarten students.
23 Central Okanagan	Central Programs and Services	Active living	Skateboard art project: the students will select appropriate materials, glue and laminate the wood together, place it in a press and then shape and prepare their board for paint. Students then research for an appropriate design and tape, spray and paint their design onto the board. Once the whole class has completed their boards we would like to do a group activity taking the whole group to a skate park and long boarding along the water front here in Kelowna. We hope this will promote active and healthy living, group participation and social activities that they can all access even outside of the normal school day.
23 Central Okanagan	Bankhead Elementary	Healthy eating, healthy practices	School garden
23 Central Okanagan	Okanagan Mission Secondary	Healthy relationships	Human library project. the Got Health? Student group is working to increase student confidence through encouraging better school connectedness. Students from all grades who are passionate about

			their school group/club will take part as volunteer "books" in a human library. Students in Grade 7 will get the chance to "sign out" several of the students who's group/club they have an interest and would like to know more.
27 Cariboo-Chilcotin	Naghtaneqed Elementary Junior Secondary	Healthy eating	Community Garden Project. Children will learn how to grow healthy food at home (we are a remote community and driving to get groceries is quite a journey, so this will be especially beneficial). Students will plant & look after the garden, and will keep a gardening journal to reflect on their progress.
27 Cariboo-Chilcotin	100 Mile Elementary School	Healthy eating	Community Garden project. Students will be involved in the organization, care, and cultivation of local and nutritious food, and will learn about why, how, and where to grow food. Students will go to Horse Lake Farm Co-op for a field trip to experience the farm and to help with preparing vegetables for transportation to the weekly South Cariboo Farmer's Market.
27 Cariboo-Chilcotin	Lac La Hache Elementary	Healthy eating	School garden.
5 Southeast Kootenay	Jaffray Elementary Jr. Secondary School	Active living	Expansion of school DPA program to incorporate cross country skiing in the winter.
51 Boundary	Dr. D. A. Perley Elementary	Active living, healthy eating	School running club called A Run & a Smoothie. Intermediate students throughout the school would be invited to participate in a running club where they would set their own personal goals to improve their fitness level by running 2-3 times per week. After each run the participants would also be involved in making and enjoying a healthy smoothie.
51 Boundary	Dr. D. A. Perley Elementary	Healthy eating, healthy relationships, healthy practices	School garden.
51 Boundary	Greenwood Elementary School	Healthy eating	School garden.
51 Boundary	J.A. Hutton Elementary	Healthy	Implementation of HAWKS (H – Helpfulness rules A – Attitude

	School	relationships	matters W – We work hard K – Kindness counts S – Stay calm and carry on) philosophy: when students are observed modeling the HAWKS philosophy, students will receive a “HAWKS Point”. The HAWKS Point is a slip of paper with the name of the student and a short description of the observed respectful, kind, or caring act. Each day students from each grade will be recognized in the morning announcements for their respectful, kind, or caring act. Each student will get a small prize, such as a pencil or eraser with “HAWKS” on it.
51 Boundary	Midway Elementary School	Healthy relationships	School-wide art project opportunities for students to encourage self-expression, promote self-confidence, help students to think creatively, and build connections between students and between students and the school. We plan to centre our art projects around themes of friendship, self-reflection, setting goals and community. We're hoping that this project will allow students the opportunity to express themselves creatively while having a positive impact on their social/emotional well-being.
58 Nicola-Similkameen	Princeton Secondary School	Healthy eating, healthy practices	Support for the school’s Healthy Choices Fair . The fair was established to help students make informed healthy choices as they navigate through high school.
58 Nicola-Similkameen	SCIDES (South Central Interior Distance Education School)	Healthy eating, healthy practices	FoodSafe course for students.
58 Nicola-Similkameen	SCIDES (South Central Interior Distance Education School)	Active living, healthy relationships	Support for creation of school playground .
67 Okanagan Skaha	Carmi Elementary School	Active living, healthy eating, healthy relationships, healthy practices	Support for Spring Health Fair & portable gardening table.
67 Okanagan Skaha	Carmi Elementary School	Active living, healthy relationships	School-wide urban dance lessons.

67 Okanagan Skaha	Columbia Elementary	Active living, healthy relationships, healthy practices	Yoga lessons to promote self-regulation and mindfulness.
67 Okanagan Skaha	Columbia Elementary	Healthy eating	Healthy snack program to be integrated with after-school sport program.
67 Okanagan Skaha	Giant's Head Elementary	Active living	Enhance DPA in the classroom. The focus of the application is to acquire equipment for a student centered classroom circuit with 14 stations (school has no gym). The grade 4 students of our class will be involved and once we become confident in the process, we will teach it to other classes around the school. We would use the equipment for following years.
67 Okanagan Skaha	Giant's Head Elementary	Healthy relationships	Support & supplies for school Lunch Group . The Group is for K-5 students who struggle on the playground and require a place to play that has fewer students, a quieter environment and an adult in close proximity to assist them with social issues. Students are invited to come to the library to play. The students build with Lego, play board games, play with stuffies, and work with a partner on cooperative i-Pad games, such as Monster Physics. Some students will also choose to read a book or draw or write.
67 Okanagan Skaha	Kaleden Elementary	Active living, healthy relationships, self-regulation	School-wide Yoga sessions (supporting our students within the Action Schools focus area of Healthy Muscles and Healthy Self). We will have an instructor visiting the school once per week for 4 weeks beginning in January 2015. All classes will receive a 30-45 minute session during each visit. As a way to engage our parent community, there will be a short session offered at the end of each day for any parents that would like to attend.
67 Okanagan Skaha	KVR Middle School	Active living, self-regulation	Jiu Jitsu activity , designed to improve fitness and mindfulness by teaching focus, goal setting, and discipline. Students will participate in one 60-75 minute session each week between December and June. Target audience is students with financial constraints, or those 'at-risk' in the areas of academics and/or behavior. Students will participate in regular self-evaluation.

67 Okanagan Skaha	KVR Middle School	Healthy eating	Participation in UBC's Intergenerational Landed Learning Project at Summerland Ornamental Gardens . Over the school year, the students will work side by side with master gardeners to learn about growing food and be hands on in the garden. We will learn about warm and cool weather crops, sowing seeds, companion planting, transplanting seedlings, weeding, mulching, harvesting and food preparation. We will try to visit our community garden at least twice a month in the spring to care for our garden, track the progress of our plants and harvest the fruits and vegetables of our labours. At the end of each visit, the students, parents and master gardeners will share a harvest meal that they have prepared together.
67 Okanagan Skaha	KVR Middle School	Healthy practices	Supporting student self-regulation in our classrooms . We are implementing the MindUp and Zones of Regulation programs, teaching breathing techniques, aromatherapy, brain gym exercises, and yoga postures to calm or energize, as well as mindful thinking strategies to control anxious thoughts and relieve stress. We would like to get more self-regulation tools such as fidget tools which can help students focus, relieve stress or provide sensory stimuli and dynamic seating cushions and exercise balls which can help students to build movement into their day while still participating in the usual classroom activities.
67 Okanagan Skaha	Mc Nicoll Park Middle School	Active living, healthy relationships	Creation of a cycling club . Students in Tech Ed classes would maintain and repair the bikes throughout the year. The ultimate goal is to expose students to an activity that they can enjoy into their adult lives, and foster a healthier lifestyle while exploring their community. Individual class cycling trips would also promote a sense of community and camaraderie.
67 Okanagan Skaha	Naramata Elementary School	Active living	Outdoor education program (outdoor historical nature hike of the Naramata area and KVR, kayaking, snowshoeing).
67 Okanagan Skaha	Penticton Secondary School	Healthy relationships	We would like to plan a series of events around National Child and Youth Mental Health Week in May. The goal of these events would be to educate, provide opportunities to learn and practice positive

			coping strategies, and reduce the stigma of mental health. We would also like to encourage youth to speak out about mental health by providing speakers that are relatable and inspiring.
67 Okanagan Skaha	Princess Margaret Secondary	Healthy eating, healthy relationships	Cross-curricular weekly smoothie-making event in Foods and Nutrition class. Once a week during my Foods 9 class I would like to invite the Grade 12 Fit Kids class in to my Foods room. The junior and senior students will work together to make healthy smoothies.
67 Okanagan Skaha	Princess Margaret Secondary School	Active living, healthy practices	Lunchtime yoga class to support DPA & positive mental health.
67 Okanagan Skaha	Skaha Lake Middle School	Active living	Development of school-wide daily physical activity stations . Students will rotate through 2 week long stations lead by grade 8 leadership students and teachers. Teachers and leaders stay at each station to provide consistency and become station experts. Teachers have collaborated together and with local resources (HPSC, Action Schools, local skipping club) to design stations, and Gr 8 leaders will have the opportunity to modify, adapt and extend activities in response to students' needs as they become more confident as leaders and knowledgeable of the skills and movements.
67 Okanagan Skaha	Skaha Lake Middle School	Healthy eating	Implementation of a school garden to help to strengthen the current nutrition and health curriculum currently practiced within our school.
67 Okanagan Skaha	Summerland Secondary School	Healthy eating	School garden.
67 Okanagan Skaha	Trout Creek Elementary	Active living	Yoga program , designed to promote self-regulation and relaxation.
67 Okanagan Skaha	Uplands Elementary	Active living	Pilates classes , to promote student self-esteem and a healthy, active lifestyle.
67 Okanagan Skaha	Uplands Elementary	Active living	Skipping classes.
67 Okanagan Skaha	Wiltse Elementary	Active living	Daily physical activity materials for all classrooms to support the program "Play is the Way."
67 Okanagan Skaha	Wiltse Elementary	Active living, school	Dance program for K-5 students. A professional instructor from the

	School	connectedness	community will be contracted.
74 Gold Trail	SK'il' Mountain Community School	Healthy eating, healthy practices	Develop an international and traditional foods program for the secondary foods class.
74 Gold Trail	SK'il' Mountain Community School	Healthy eating, healthy practices	School-wide gardening and composting program.
8 Kootenay Lake	Blewett Elementary School	Active living, healthy relationships, healthy practices	Will host a bike rodeo at the school to increase safety awareness when riding a bike, check helmets for proper fit, run the kids through a bike course to get them excited about biking and physical activity and have some healthy snacks to eat and water to drink.
8 Kootenay Lake	Crawford Bay Elementary Secondary School	healthy relationships, healthy practices	The focus of our activity is social media safety . Schools in our area are pooling resources to bring in Jesse Miller to speak at two schools in our district plus a Parent Education Night. We are applying for the grant in order to bring some of our students by bus across the ferry to the high school hosting the event.
8 Kootenay Lake	Erickson Elementary School	Active living, healthy relationships	Purchasing equipment for school intermural ultimate program . Goal is to get students active, and to create opportunities for connectedness amongst students, as well as between students and staff.
8 Kootenay Lake	Jewett Elementary School	Active living, healthy eating, healthy relationships, healthy practices	Will be hosting a Wellness Fair . The focus is to provide activities that will promote life-long wellness for students, staff and parent community.
8 Kootenay Lake	JV Humphries Elementary Secondary School	Active living, healthy eating, healthy relationships	Introductory avalanche safety course for the JVH outdoor education program.
8 Kootenay Lake	JV Humphries Elementary Secondary School	Active living, healthy relationships, healthy practices	School garden & healthy agriculture/cooking program.
8 Kootenay Lake	Prince Charles Secondary School	Healthy relationships, healthy practices	Have speaker David Hatfield come in to work with male high school students to foster engagement and self-confidence . This programming supports the creation of safe school environments and strengthens boys' abilities to increase their academic performance

			and social contributions in the school community and beyond.
8 Kootenay Lake	Rosemont Elementary School	Active living, healthy relationships, healthy practices	Hosting a bike rodeo event to increase safety awareness when riding a bike, check helmets for proper fit, run the kids through a bike course to get them excited about biking and physical activity, and have some healthy snacks to eat and water to drink.
8 Kootenay Lake	Salmo Secondary School	Active living, healthy eating	Would like to start up a “Fitness for Life” exploratory option/course in which students from Grades 8-12 will develop a personal fitness program that involves the local community center gym, & community fitness partners. Students will be designed fitness programs, and will be given one day per week of in class time to do it, with the expectation that at least one other visit will be made during the week to the local recreation center. Students will keep a log/journal in order to see how their goals have been fulfilled and successes achieved.
8 Kootenay Lake	South Nelson Elementary School	Active living, healthy relationships	Yoga classes as a way to promote self-regulation skills at school.
8 Kootenay Lake	Trafalgar Middle School	Active living, healthy eating, healthy relationships, healthy practices	Aboriginal youth from LV Rogers High School and Reach Alternate School are organizing a cultural connections event for the Aboriginal youth at Trafalgar Middle School on March 11. These students are organizing workshops to connect with culture, Elders, mentors, and each other. Some of the workshops will include: traditional dance, drumming, hip hop music, survival skills, storytelling, and art through the Medicine wheel.
8 Kootenay Lake	Trafalgar Middle School	Healthy relationships	Girls group , including girls in grades 6, 7, and 8, and focusing on self-esteem, self-worth, assertiveness, healthy and unhealthy relationships with others (girls and boys), emotions, and friends.
8 Kootenay Lake	Trafalgar Middle School	Active living, healthy practices	School garden.
8 Kootenay Lake	Wildflower School	Active living	Purchase of snowshoes to support the school’s winter outdoor activity program. The focus of the program activities is getting outdoor exercise in the winter months, and comparing snowshoes to other winter modes of transportation.

8 Kootenay Lake	Wildflower School	Active living, healthy relationships, healthy practices	Purchase of outdoor play equipment.
8 Kootenay Lake	Yahk Elementary School	Active living, healthy eating, healthy relationships	School garden & cooking class.
83 North Okanagan-Shuswap	Storefront School	Active living, healthy eating, healthy relationships, healthy practices	Project to improve mental wellness in our students through nature, movement, and connection . 2X/week we will perform movement activities together outside (boot camp, hiking, biking, walking, and yoga) lead by community and school leaders. Once per week we will have these community leaders provide information on such topics as ways to improve mental health, coping strategies and self-regulation, how to exercise, injury prevention, nutrition, sleep, and how to continue moving in the community once the program is over.
Independent	Our Lady of Lourdes Elementary School	Healthy eating	School/community garden.
Independent	Nelson Christian Community School	Healthy eating, healthy relationships, healthy practices	10 week Healthy Snacks class for 1.5 hours per week.

Island Health Authority			
School District	School	Theme	Summary
61 Greater Victoria	Central Middle School	Healthy eating	Leadership group will run an apple taste-test , to promote awareness of healthy snacking in our school. Students in the Me-To-We leadership group will distribute apples to all 20 divisions. We will conduct the taste testing and document preferences so we can report back to the students the results of the testing.
61 Greater Victoria	Sir James Douglas Elementary	Active living	The focus of the activity is school wide gym circuits , for all classes to use. We would like for the students to learn about the fun of

			physical activity, and develop movement skills and knowledge. The activity will be school-wide, and the set-up and station planning will be done by a grade 2 and grade 4/5 class.
61 Greater Victoria	Braefoot Elementary School	Active living	Primary class “ Kilometer Club ” running program.
62 Sooke	David Cameron Elementary	Active living	Student Leadership & Activity program. Fourteen Grade four students will be trained by an Action Schools B.C. leader on February 18th to teach playground games to kindergarten to grade three students. These grade 4 “activity monitors” will create a schedule (under the supervision of an adult) to work with primary students every recess. Primary students will be informed daily through the announcements as to the location and the kind of activity being offered.
68 Nanaimo-Ladysmith	Departure Bay Elementary School	Active living, healthy relationships, healthy practices	Self-regulation through yoga program for kindergarten students.
68 Nanaimo-Ladysmith	Gabriola Elementary	Active living, healthy eating, healthy practices	The students will attend a 2 night, 3 day Leadership Camp . Students will have the choice each day to participate in workshops breaking down stigma and barriers to creating healthy relationships. Students will also be encouraged to help raise funds for the leadership adventure.
68 Nanaimo-Ladysmith	Georgia Avenue Community School	Healthy relationships	Peer Helping program , where Grade 7 students will mentor primary students (Kindergarten-Grade 3) during lunch time recesses. Grade 7 peer helpers will learn cooperative learning, communication, and problem-solving skills throughout the first term (October-December), as well as playground games to teach younger students. Peer helpers will then play ball games, organize sports, and play on equipment with the younger students.
68 Nanaimo-Ladysmith	Nanaimo District Secondary School	Active living	Students will be offered personalized weight training programs to help promote their health and engage them in becoming more active

			participants in their school. This activity will follow the Circle of Courage model that includes students having the ability to demonstrate a sense of Belonging, Mastery, Independence and Generosity. This activity has students reflect on how their athletic activity affects their academic performance.
68 Nanaimo-Ladysmith	Wellington Secondary	Healthy eating, healthy relationships, Aboriginal culture	Starting up a cultural lunch program . The program will aim to give some of our most disconnected and isolated Aboriginal students to contribute to something positive at the school, and build relationships with each other and staff. Program will provide students with a delicious and nutritious hot lunch for a reasonable price within the school, featuring local ingredients and culturally significant dishes from the Indigenous peoples of Vancouver; this will raise funds to provide free food for students living in poverty in the Ab. Ed. Room, including hot meals once a week. Students will be involved in the planning, preparation and execution of this activity. They will research recipes, prepare the food, serve the food to other students, and make advertisements/information posters about the cultural significance of the food they are serving.
68 Nanaimo-Ladysmith	Woodlands Secondary School	Healthy eating, healthy relationships, Aboriginal culture	Will start up a "Soup Day" lunch program . Students will be helping to plan, prepare, distribute and clean up the meal under teacher supervision. We will be looking at mixing Aboriginal culture with the meal, experimenting with different types of bannock to accompany the soup. Students will actively be part of planning the recipes, making lists of ingredients needed, and cooking. The program will aim to create the opportunity for non-Aboriginal and Aboriginal students to work together to create and serve the meal, give us a chance to feed those who need to be fed in our school, and also create a space for open dialogue and positive interaction.
69 Qualicum	Ballenas Secondary	Active living, healthy eating, healthy relationships,	Want to introduce students to new sports/activities to encourage them to be more active. Students have created a "master brainstorm" of activities they'd like to explore within our community (skating, swimming, rock climbing, parkour, disc golf, hiking, etc.)

		healthy practices	Would either walk to the activity, or have them come to us (eg. Dance classes at school).
69 Qualicum	Nanoose Bay Elementary	Healthy eating, healthy relationships	Harvesting kale , making kale chips, selling kale chips to parents & community members, including greens-related questions in Healthy Eating Trivia Contest event.
70 Alberni	Alberni District Secondary School	Healthy eating	School garden ; students will be responsible for garden upkeep, and other teachers are welcome to involve their classes in the school garden as well. Students will keep a personal garden journal, recording all their activities and observations in the garden. Students will complete written classroom assignments and write quizzes based on theory learned in the classroom.
70 Alberni	Ucluelet Elementary School	Healthy practices	Implementation of a school-wide recycling program . The focus would be to enhance and streamline the schools recycling, while educating students and staff.
70 Alberni	Ucluelet Secondary School	Healthy eating	A student-led activity that combines learning traditional First Nations language with cooking. Students will cook in groups, translating and learning Nuu-chah-nulth language while cooking healthy food. Our timeline will be to include this into our language portion of our Nuu-chah-nulth studies class for the remainder of the year.
70 Alberni	Ucluelet Secondary School	Healthy relationships	Host Nuu-chah-nulth elders : Class will learn about First Nations art & culture by inviting elders into our classroom to share skills and stories. Our focus would be to reinforce the traditional teachings of elders to youth, forming healthier relationships. Our Nuu-chah-nulth class would be involved in creating art with elders we invite into class. We would like to host elders in our class for 3 weeks.
79 Cowichan Valley	Lake Cowichan Secondary	Healthy eating, active living, healthy relationships, healthy practices	Student-run "Health Fair" to be hosted in April 2015. Students are involved through Planning 10 class and are responsible for creating an inquiry question to research and follow through to a presentation. The assignment includes a visual display and an interactive component of their project. Our local elementary school students, as well as the rest of the grades in our school, will be invited to cycle through the fair, see the displays, and ask questions.

79 Cowichan Valley	Frances Kelsey Secondary School	Healthy relationships	School garden and Horticulture Club that will support students to grow & care for vegetables and the garden.
79 Cowichan Valley	Cowichan Secondary School	Healthy relationships	Self-regulation program to teach strategies/programs to help students manage their anxiety surrounding graduation transition.
79 Cowichan Valley	Cowichan Secondary School	Healthy relationships	Student Leadership class will be designing lessons to help others improve their studying habits and time management skills. Some of these students will then be working in pairs to teach the lessons to grade 10 classes.
84 Vancouver Island West	Gold River Secondary School	Active living	Morning DPA activities. How will starting the day with 15-20 minutes of exercise affect students' ability to focus on academic work for the remainder of the day?
84 Vancouver Island West	Kyuquot Elementary Secondary School	Healthy eating	The primary class will be starting a healthy eating activity . We will begin with a self-assessment January 2015 and then reassess at the end of the year (June 2015). We will be making and trying different types of healthy foods, as well as growing some veggies. Self-assessment, as well as observations and exploration of new foods will be key.
84 Vancouver Island West	Ray Watkins Elementary School	Healthy eating	School garden.
84 Vancouver Island West	Ray Watkins Elementary School	Active living, healthy eating, healthy relationships, healthy practices	This activity will begin with students preparing a healthy meal to share with their families on several Friday afternoons. After the meal, families can engage in relationship building activities such as board games and organized sport. Main focus areas of the activity will be safe food preparation, benefits of healthy eating, and relationship building.

Northern Health Authority			
School District	School	Theme	Summary
28 Quesnel	Lavington Elementary	Healthy eating, healthy relationships	Expand the school garden by adding more plots and planting more vegetables. Students will harvest the garden and prepare a Stone Soup which is shared as a school community, and they will be presenting their knowledge about the benefits of the community garden to their parents at a school assembly or an evening event.
28 Quesnel	Parkland Elementary	Active living & healthy eating	School-wide DPA activity. Would like to purchase sleds, skis, balls, hockey sticks and nets to encourage more outdoor daily activity; will be using HLPS to design the activity.
28 Quesnel	Quesnel Junior School	Healthy relationships, school connectedness	School-hosted community Christmas dinner for less fortunate families. We have students working on decorating the gym and Santa Room, sorting gifts, as well as wrapping and labelling gifts. Foods classes prepare all of the vegetables, stuffing, buns, cranberries, and gravy on the day of the event, and students and parents come in on Sunday to prepare and cook all of the turkeys the day before the event. We use this project in order to foster a positive school culture and climate.
28 Quesnel	Correliou Secondary School	Healthy eating	“Granola, in a nut shell” project. The focus is to educate our students about the health benefits of eating grains, a daily breakfast, and raw foods. Our 3 senior Foods classes will make a variety of granola, and learn about the health benefits associated with it. They will donate half of the granola to our school's breakfast program, which feeds approximately 80 students per day, and the other half to Season's House, the downtown homeless shelter.
50 Haida Gwaii	Agnes L. Mathers School	Healthy eating	Repair & upkeep of school greenhouse. The students will help with the greenhouse repair and will utilize the tools for planting projects in the spring. We will be learning about plants and greenhouses in class and will utilize this knowledge for greenhouse growth, and will also be engaging in cross-curricular activities in the greenhouse (eg. art and writing projects will be done in the greenhouse). Students

			will grow and eat the food.
52 Prince Rupert	Prince Rupert Middle School	Active living, healthy relationships	We would like to purchase outdoor activity bins for grade 6-8 students to use at recess and lunch time. These would contain a variety of balls, games, and equipment to enhance play and activity during non-instructional time, as well as to support teachers in implementing daily physical activity. We have already purchased a few activity bins, but they are so popular, we would like to buy more, so that each teacher can have their own bin.
57 Prince George	DP Todd Secondary School	Active living	Need equipment for yoga classes . These lessons will occur in several schools in the district, and will teach students a different way to move and breathe that assists in relaxation and mindfulness, and will also help teachers gain a sense of the power that deep breathing and yoga lessons can have on student wellness.
57 Prince George	TAPS (CLA)	Active living, healthy eating, healthy relationships, healthy practices	Supporting an outdoor activity, healthy food preparation, mountaineering safety program, which will culminate in a two-night hiking trip up Mount Robson, with a subsequent 1 night camping in Robson Valley and then a river rafting adventure.
57 Prince George	Highglen Montessori	Healthy eating	School garden.
82 Coast Mountains	New Hazelton Elementary	Active living, healthy relationships	Purchasing Nordic poles for a six week walking program , to enable students to become even more active during the winter months .

Vancouver Coastal Health Authority			
School District	School	Theme	Summary
38 Richmond	Archibald Blair Elementary	Healthy eating	School garden /outdoor classroom.
38 Richmond	Jessie Wowk Elementary	Active living, healthy eating	"Fitness Fridays" , in which we will spend our gym time learning new exercises in a circuit format. We will track how we do each week and hopefully improve our scores as the year progresses. We will also be encouraging healthy food choices both in and outside of the

			classroom, and will incorporate discussions on what we eat on Fridays after our gym time.
38 Richmond	McKay Elementary School	Healthy eating	The students will be participating in a program called " Cooking Show ", building on experiences with Project Chef program*** last year. The focus is using hands-on activities to learn about nutrition and healthy eating. In small groups, the students and teacher will discuss their eating practices, conduct research about a healthy food product, find a recipe, prepare the food for their class, present their creation, and explain what they learned about the food item they made. The students will compile a recipe book for the class with the recipes they choose.
38 Richmond	Richmond Secondary School	Active living, healthy eating, healthy relationships, healthy practices	Girls Education & Self-Esteem Program. Focus is to remove barriers that may limit young girls from engaging in activities that they will enjoy for the rest of their lives, raising their awareness of the importance of physical activity, and developing healthy lifelong habits. Will culminate in Richmond SD-wide " Girls Only " Day event.
38 Richmond	Tomsett Elementary	Active living, healthy relationships, self-regulation	Self-regulation through yoga program. Students will learn to recognize their emotional triggers, and use the tools and strategies taught through yoga to help them not only better their school life, but their home lives as well.
39 Vancouver	Captain Cook Elementary	Active living, healthy relationships	The activity that we are applying to receive support for is FIT Fridays at Captain Cook Elementary. A student Fit Club leads the school through fun physical activities every Friday to encourage exercise, and build school morale. The focus of the Fit Club is to encourage healthy living amongst our youth, and to develop an understanding around the importance of exercise and health.
39 Vancouver	Charles Dickens Elementary	Healthy eating	Cross-curricular healthy living activities. Our goal is to have students make and describe healthy food choices based on Canada's Food Guide to Healthy Living. We will be identifying the four food groups and recommended daily servings for their age group. We will be discussing a variety of foods from the food groups and creating

			healthy food plans. We will be integrating this with math and measurements involved in cooking. We are also learning about the human body in science and how it relates to healthy living and taking care of yourself. In P.E. we will be training the body in weekly boot-camp classes learning about strength, flexibility and cardio, also relating to healthy living and eating. We are also learning about Indigeneity and how the body relates to place and community through food.
39 Vancouver	David Oppenheimer Elementary	Healthy eating	Project CHEF Program***
39 Vancouver	John Norquay Elementary	Active living, healthy eating, healthy relationships, healthy practices	Healthy living & literacy program. Students will read stories that support the healthy living activities they will engage in (garden, DPA, healthy eating education, etc).
39 Vancouver	Lord Roberts Elementary	Healthy eating	Two grade one classes will to plan, organize and plant a school garden . Will start in the winter, so students can observe the changes during the school year. Harvesting early greens to make salads before the school ends would be ideal for the students. Then, we would like to plant a summer garden to include some raspberry bushes. Would also love to start a Garden Club , as well as have the students create a Monet-style mural of flowers on the outside of the shed.
39 Vancouver	Maple Grove Elementary	Healthy eating	Project CHEF program***
39 Vancouver	Nootka Elementary	Active living, healthy practices, healthy environment	A Day of Adventure: Guided Interpretive Snowshoe Tour. The focus of this healthy living activity is to connect to the natural environment and to use the outdoor environment as a tool to enrich the physical education curriculum and other subject areas. In addition to being a unique winter outdoor activity, this experience will also reinforce learning across many areas of the curriculum. We will map out our route to get to our destination, learn about winter

			sports, learn new vocabulary related to this outdoor experience which will be new for many of my ELL students, and read stories and poetry related to this winter theme.
39 Vancouver	Nootka Elementary	Healthy eating	Kindergarten “Eating Our Way Through the Alphabet” project. We will incorporate a healthy food element into our literacy journey. Will brainstorm a list of healthy food possibilities for the upcoming week, plan our menu, and then prepare a healthy food snack. Students would not only be engaged in their literacy activities, but they would also be learning a great deal about what healthy food is, how to prepare it, where it comes from and how to share it around a table with others.
39 Vancouver	Sir Richard McBride Elementary	Active living	Fine-Motor Cart. The cart will be portable, so that it can be used in whole and small group settings. We are also interested in complementing our fine-motor program with one aimed at gross-motor development, given our knowledge that fine-motor development is dependent on a child’s acquisition of gross-motor skills. The grant will also supplement the meager collection of school gym equipment with a targeted focus on early childhood.
39 Vancouver	Sir Wilfred Grenfell Elementary School	Healthy eating	Project CHEF Program***
44 North Vancouver	Outdoor School/Chekamus Centre	Healthy eating, healthy environment	Expanding school garden. Will be building an additional four beds. Funding will assist with purchase of additional soil, seeds, herbs and pollinator-friendly perennials for these four new beds. The garden acts as a learning lab for students to understand the food cycle from the compost they scrape off their plates to the food that they eat. 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.
44 North Vancouver	Eastview Elementary	Active living, healthy relationships,	The school wide project is to use our multi-purpose room as a physical literacy room for daily strength and agility training. Our

		physical literacy	goal is to give every class a 30 minute block where there are stations with equipment such as ladders, jumping exercises, exercise balls and other equipment to enhance the student's engagement in physical literacy.
48 Sea to Sky	Stawamus Elementary School	Active living	Purchase new dodgeball equipment for school dodgeball program . Student-led assessment will take place (with the use of technology and peer-to-peer assessment).
48 Sea to Sky	Garibaldi Highlands Elementary	Active living, accessibility	Our grade 6 class is partnering with the Squamish Trails Society to rebuild a 1 kilometer trail that circles our school property . The focus of the project is to make the Mike Week's Trail accessible to wheel chairs. Students will clean and prepare the trail, learn about trail maintenance, map the trail and keep a running record of the work they do.
Independent	Family Montessori School Society	Healthy eating	School garden.

***Jumpstart Academy** is an after-school program implemented in partnership with the YMCA. It is a fundamental movement and sport skill development program 2x/ week after school. 30 grade 3-6 students, who rarely participate in sport and physical activity and who face barriers to participation such as low income, recent refugee or immigrant, lack of parental support or low confidence, are identified to participate. Students then learn the basics of running, jumping, throwing, balance, strength and agility, through a series of progressive activities and exercises based on Athletics Canada Run Jump Throw program and the Gymnastics Canada program Kids Can Move. The program ends with a Sports Day event.

**** Reggio Emilia** is an approach to early childhood education that, among other things, recognizes the environment for its potential to inspire children. It encourages the use of open spaces designed to promote collaboration, communication and exploration.

***** Project CHEF** is a non-profit program that partners with Vancouver School Board to teach children about wholesome food. Students participate in a one week session that teaches them about healthy eating, cooking, and the importance of food in culture. Students prepare the meals in groups, read and follow recipes, clean, eat meals together, and share their own food experiences with one another.