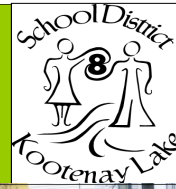


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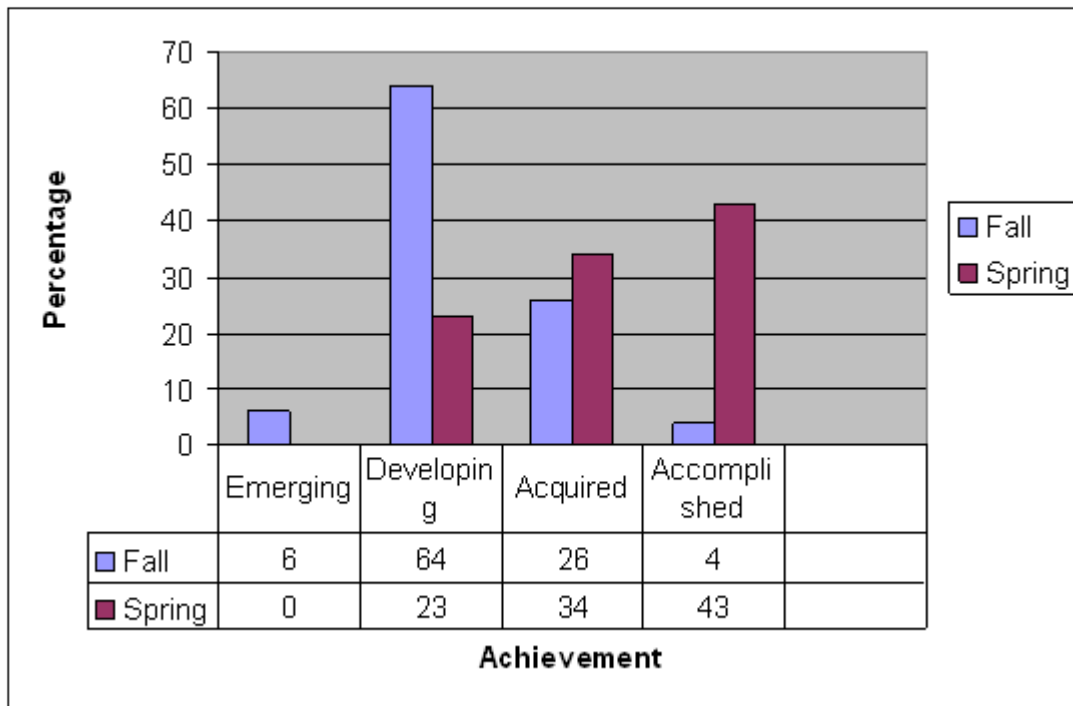


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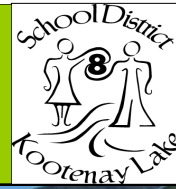
South Nelson Walking or Wheeling on Wednesday (W.O.W.)

South Nelson Elementary is wrapping up a very successful year-long Healthy Schools Network project that focused on promoting the healthy choice of Walking or Wheeling to school! Our W.O.W. (Walking or Wheeling on Wednesdays) initiative was kept alive all year long with numerous events: weekly educational “sound-bites” on the benefits of walking & wheeling, draws, prizes, poster contest, special events such as “Walk to School Fashion Parade”, “Chalk Your Walk”, “Golden Shoe Award”, “Get Your Legs on the Bus” bulletin board, “Make the Longest Walking School Bus”, “Pancake Breakfast for all Walkers and Wheelers”! Our Gr. 5 W.O.W. Ambassadors were a huge support for the program. It was a wonderful opportunity for our entire school community to participate in a worthwhile initiative that promotes healthy living!



The results in this graph are based on the healthy Living Performance Standards and represent South Nelson students' understanding of the health benefits of walking and wheeling to school.

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Rosemont Elementary Garden Project

Rosemont Students preparing the ground for raised garden beds (on a day of pouring rain) and filling the garden beds with dirt.



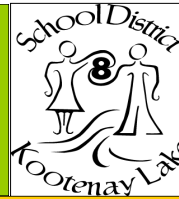
Winlaw Elementary Camp Adventures

Pines Bible Camp is located 11 km from Grand Forks. They offer outdoor orientated programs for schools and other groups as well as running bible camps during the summer. They have created a couple of rope challenge courses which are suitable for a variety of age groups, up to adults.

Winlaw Elementary School took all students from Kindergarten to Grade 6 for a three day/two night trip. The camp staff planned and led all the activities. These included archery, rappelling, wilderness survival, nature walks, pond studies, and orienteering. The students loved all of it especially the games and 'mission impossible'.



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Twelve JV Humphries (Kaslo) Students Create a Brazilian Percussion Team

JV Humphries (K-12) school in Kaslo strives to offer diverse opportunities to its 110 students in spite of the varied home environments, abilities and aspirations. Twelve participants with varying levels of musical ability voluntarily enrolled in percussion workshops for 1-2 month sessions. A variety of Brazilian instruments were employed, each with a unique construction and instrumentation. Purchase of the drums was financed by funding from local granting agencies and the school's parent advisory committee. Students developed a basic level of proficiency on their instruments. Short pieces with a Brazilian rhythm, an intro, an outro and two breaks were polished for performances. The benefits cited by the twelve participants surveyed are: teamwork and musical cohesion, skill development, value of performance, interest in Brazilian culture and the joy of music making.



JV Humphries Action Schools B.C. Student Leadership Training Workshop

Marion Hunter from Action Schools B.C. hosted a Student Leadership Training workshop for my J.V. Humphries grade 5/6 class. The workshop included training of how to play and teach various games and activities, a box of supplies, and three books with information on tag and active playgrounds. The supplies included three activity balls, Chinese jump ropes, skipping ropes (big and small), wristbands, and sidewalk chalk.

Marion lead the class through 4 square, hopscotch, long rope skipping, Chinese jump rope, and tag games. All of the students participated in each activity – Chinese jump rope was a highlight for many of the students, including the boys.

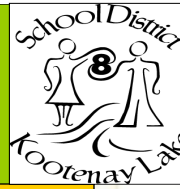
After the workshop, I organized a group of my students to teach 4 square to the grade 2/3 class. Both classes had a lot of fun and it gave my older students the opportunity to be leaders and role models. They began to learn how to teach others, which included tasks such as problem solving and classroom management.

For National Tag Day, my class led ten different tag stations around the school and taught games to all of the elementary classes which included Kindergarten through grade 7. This was an activity enjoyed by all students and staff.

The Student Leadership Training workshop was a great experience for me, my class and the entire school.

I highly recommend this workshop for any intermediate class. Julia Blaschek

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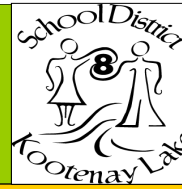
Adam Robertson Elementary Sportfit Canada Challenge

The grade 7's hosted the Sportfit-Canada Challenge today. We had 12 of our 14 classes go through 8 stations to measure students various fitness levels. Flexibility, endurance, muscular strength, agility, power, speed, muscular endurance and balance were all measured. It is a non competitive day with each student recording their results. Next step is to go to the Sportfit Canada website and enter their results under our challenge heading. Students will do an activity preference survey and along with a certificate of completion, they'll get suggestions for various sports and activities that may suit their tastes. The enthusiasm and effort, particularly from the littler guys was inspiring to see. Our challenge is to continue with this level of fitness and not let gr. 4 be the peak physical level for most kids. The grade 7's running the stations were working at full speed all day, encouraging and demonstrating to the other classes. Definitely something we will continue with next year.

For information go to
<http://www.sportfitcanada.com>



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Crawford Bay Greenhouse Project

High School students in Crawford Bay constructed their new greenhouse as part of their Spring Project Week. The school hopes to produce food for their amazingly delicious hot lunch program, served 4 days a week to students.



Congratulations to all schools in SD8. You have done an amazing job at promoting health in your schools both through the curriculum and with innovative, fun activities. I look forward to working with you again next year. I hope to visit your schools more often and help you reach goals and priorities within the Comprehensive Healthy Schools Model. Have a great summer. Relax, reflect, recharge! Exercise, eat well and enjoy!!! Louise Poole



Erickson Elementary Playground Leaders

Erickson has a new "Playground Leader" program (under the direction of teacher, Nancy Cobra). In this picture the Grade 5/6 leaders are teaching "Chinese Skipping" at lunch time.

Each day we make an announcement to tell students which leader will be directing which activity at recess and lunch."

So far – great success!