

Goal # 1 - Strategies/Structures
(Actions, responsibilities, resources, time lines)

- Implementation of Action Schools programming throughout the school. This process was started in 2007 with in service sessions with the Action Schools Coordinator, Mike Johnson. Additional planning, discussion, and coordination was dedicated in staff meetings. In the upcoming two years, the plan is to include additional professional development (Pro-D Committee), staff meeting time (principal), and planning time (teaching staff) to Action Schools topics. The new PE IRP was introduced by Mike Johnson at a Feb. 18 staff meeting.
- Purchase and acquisition of Action Schools resources was started in 2007 and has been augmented in 2007-2008. Additional resources will be acquired over the next two years, using school budgets, fund-raising, and with the partnership of PAC. The principal will work closely with staff and PAC on these materials.
- As a special initiative in 2008, the Boogie the Bridge team contracted to come to the school every Monday and get all classes active, with running, walking, exercise, stretching, and instruction. The program will be reviewed and will likely be included for additional years. The cost per year is \$2600, which has been paid for by PAC this year. The program has been monitored by a committee for quality control and effectiveness. A modified program will be used for 2008-2009.
- The staff will enhance school-wide programming opportunities for all students – cross-country running, volleyball, noon-hour sports, primary games, active (snow) play, basketball, in the classroom exercise, asphalt games, track and field, hiking, swimming, skating, speed stacks (relays), etc. The principal will be responsible for coordinating school-wide programming.
- All students will receive the required number of minutes for P.E. as prescribed in the provincial curriculum, but classes will also receive additional active sessions each week which will vary by age/class and by the season. Assisting teachers with opportunities and ideas will be the principal (an Action Schools instructor), the Prep/P.E. teacher, and Mike Johnson, the Active Schools Coordinator. Discussion at staff meetings will include topics looking at these opportunities and resources.
- Nutrition education will be expected in every classroom each year using Action Schools resources and approved curricular materials. The Interior Health Authority nutritionist and Active Schools Coordinator will be asked to assist with lesson ideas and materials. The Healthy Living IRP will be used as a guide to instruction.
- The School Expectations Grid/Acronym (EBS) will move from HEART to ACTION. It has been updated to reflect new goals and well as new realities. Students, parents, and staff will all have been consulted in the process.
- Communication will be a key element with regard to active and healthy living. The newsletter, the school website, school displays, and PAC meeting discussions will all be part of the communication plan, coordinated by the principal.