

## LARGE GRANT RECIPIENTS: April 2008

Please see a brief synopsis of the 8 new Large Grant projects below!

### Building and Sustaining a Healthy School Community

Prairie Rose School Division, Palliser Health, Moving and Choosing, Be Fit For Life Centre, Positive Playgrounds, Schools Come Alive

**Goal:** This project will increase the content of healthy foods in lunches, increase knowledge and capacities of teachers in regards to active living, and create a positive social environment by decreasing disruptive behaviours at recess. These three objectives will work together and build on each other to achieve a healthy school community.

**Targets:** Students, teachers and parents across the Prairie Rose School Division which includes 19 public schools, 15 colony schools and 1 outreach school.

**Process:** This project will utilize a Healthy School Network to implement project goals. The Network works on the premise of a Lead Teacher (LT), a promising practice. Each school in the Prairie Rose School Division has a lead teacher helping in the implementation of the project. The intent is to train the lead teacher and that teacher to take the learning back to the school to train the other teachers. The teachers then influence the student body, the school environment, and the parents

### West Lethbridge

Lethbridge School District, University of Lethbridge (faculties of Education, Nursing, Kinesiology and Physical Education) Be Fit For Life Centre and Safety City

**Goal:** This project will target educating the student and parent populations on the subject of healthy eating (specifically healthy lunches), living actively (being active every day) and how these actions will positively affect our community environment. Through education, the introduction of new activities and examining current practices community partners will work with the schools to help address their needs.

**Targets:** Students from Kindergarten through Grade 5 at three West Lethbridge Elementary Schools (Dr. Gerald B Probe, Nicholas Sheran and Mike Mountain Horse Schools.)

**Process:** A Healthy Lifestyle Teacher and a Project Coordinator will be hired. The teacher will liaise between other teachers to determine how wellness activities will be integrated into the school and how the practicum students from the University of Lethbridge can best support the project. The Project Coordinator will be responsible for organizing the administrative details required to coordinate all of the partners and activities.



### Eating Well Moving Lots and Feeling Safe, Values and Connected at School

Calgary Board of Education (Belfast Elementary, Mayland Heights School, Sir John Franklin Junior High and Vista Heights) Calgary Health Region, Southern Alberta Child and Youth Health Network, Aspen Family and Community Network, YMCA Calgary and City of Calgary.

**Goal:** This initiative aims to facilitate healthy eating, active living (HEAL), and assist in sustaining the focus on positive social environments in the four Calgary Board of Education (CBE) schools within the Crossroads Community in northeast. Each school will bring together teachers, administrators, students, families and community leaders to work towards creating a physical and social environment that supports active, healthy lifestyles for children and youth.

**Targets:** Students, teachers, administrators, families and community partners in all four of the Northeast Calgary Schools (Calgary Crossroads.)

**Process:** The schools plan to collaborate and host a Healthy Living Symposium. The Healthy Living Symposium will focus on healthy eating, active living and fostering the positive potential of youth and children through arts-centered intergenerational and multicultural learning programs that value self-awareness, leadership, community and social change. Each school will then develop strategies and actions plans to integrate wellness practices into the school community. Other initiatives will include linking with community partners, the "How to Play" program, an after school program and participation in a summer outreach program.



### Outward Bound Program

Foothills School Division, Outward Bound Canada, Calgary Health Region, Strathcona Tweedsmuir School, Town of Black Diamond and local community businesses.

**Goal:** Oilfields High wishes to embed the Outward Bound philosophy into their school culture. In addition to a challenging wilderness experience, students will engage in activities that promote self reliance, trust building, teamwork, compassion for others, respect for the natural environment, and self worth.

**Targets:** Oilfields High School Students (ages 11 to 18, in grades 7 through 12) these students are from the communities of Black Diamond, Turner Valley, Millarville, Longview and Eden Valley First Nation.

**Process:** A certified teacher has been hired to organize course content and experiential learning expeditions. This teacher is working closely with the Outward Bound representative for Alberta, to ensure that these activities support the Outward Bound philosophy. Staff at Oilfields High School have been educated on the Outward Bound philosophy and are encouraged to incorporate these principals into their work wherever possible. The community has been involved in the process and is partnering by providing service project opportunities, parent fundraising initiatives, and updates in local media. Staff, parents and community members are committed to this program. Oilfields High School is the first public high school to form a partnership with Outward Bound in Canada.

## Health In Action

Wolf Creek Public Schools, David Thompson Health Region, Red Deer College, Ponoka RCMP Victim Services

**Goal:** The Wolf Creek Public Schools Comprehensive School Health Project will facilitate healthy wellness ideas, activities and initiatives in all Wolf Creek school communities to address the three pillars of active living, healthy eating and positive social environments.

**Targets:** The main target audience will be the staff, students, parents, and community in each of the school communities in Wolf Creek Public Schools as they will either be involved directly with the project by being on the healthy action team or they will be involved indirectly by being involved with the implementation of the healthy action plan.

**Process:** This project will enable all schools to have the support and resources needed to build leadership teams, including students, staff, parents and community members, in every school who will 'champion' health and wellness in their school communities. Each school community will develop a healthy action plan and implement it. A data base will also be created of lesson plans that link healthy eating, active living and positive social environments to subject areas beyond Health and Physical Education.

## 0-5-30 Combinassion Prevention Pour l'Alberta

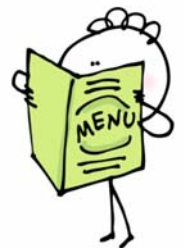
Greater North Central Francophone School Board, Agence de Sante et de Services Sociaux de la Capitale Nationale, Capital Health

**Goal:** The program "0-5-30 COMBINATION PREVENTION" is integrated through various means and activities providing an opportunity for people to adopt a healthy lifestyle. The integration of the three targets 0-5-30 (0 smoking, 5 or more serving of fruits and vegetables a day, 30 minutes or more of physical activity per day) is the basic of the program. If people are able to achieve these objectives, they will increase their health and well-being.

**Targets:** Students staff and parents at all 13 schools in the Greater North Central Francophone School Board

**Process:** The project coordinator will plan, after evaluating the current state of the environment in schools, some activities that will take place in the schools so that people can access the target of 0-5-30. There is now a steering committee of 12 staff members from different schools. In turn, this committee is divided in two teams. One targets the students and the other one targets the staff members. Some of the activities will include,

- *Healthy eating:* fruits and vegetables sharing days, healthy cooking classes after school, healthy breakfasts
- *Active living:* walking clubs, sports activities on lunch break, new weekly activities and "How do I get to school?" day.
- *Positive social environments:* cultural food habits sharing days, art competition

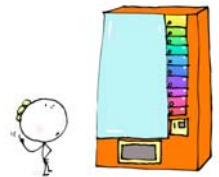


## JA Williams High

JA Williams High School, Aspen Regional Health and Be Fit For Life Centre

**Goal:** The primary healthy eating goals are to provide healthy food choices in the cafeteria by hiring a chef who will prepare attractive, healthy food and provide cooking class instruction to Registered Apprenticeship Program (RAP) students, change vending machine services, and provide healthy eating education to reinforce nutrition messages. The three goals for Active Living are to exceed Alberta Learning requirements for daily physical activity for all grade 9 students, partner with community agencies and Aspen Regional Health to enhance current physical activity curriculum and provide professional development in-services to staff, and provide physical education classes in the community to promote awareness and make the class an attractive option for students to select. The goals for improving positive social environment are to expand on opportunities for the students union and "Students in Leadership" to access conferences and other learning opportunities for skill development, provide the teacher who coordinates the Students Union and Students in Leadership a block of preparation and development time, improve positive social environment signage and expand on current presentations to the school population on topics that promote the positive social environment.

**Targets:** All staff students and parents at JA Williams High in Lac La Biche.



## Creating a Culture of Wellness

Father Patrick Mercredi High School, Northern Lights Health Region, Keyano College Be Fit For Life, Wood Buffalo Regional Municipality and Save on Foods.

**Goal:** The Comprehensive School Wellness Project (CSWP) is being developed to combine school resources with community programs to help improve the overall wellness of the students at Father P. Mercredi Community High School and support K-8 Schools in the FMCSO. The overall goal will be creating a common language and development a holistic approach to improve the overall wellness of the students. We will define Wellness as an *active*, lifelong *process* of becoming aware of *choices* and making *decisions* toward a more *balanced* and *fulfilling life*. A culture will be defined as changing the way of life for an entire school population. Therefore "creating a Culture of Wellness" will be having students act in a manner which improves or considers Wellness as a factor in decision making.

**Targets:** Students, staff and parents at Father Mercredi as well as a particular focus on those students of aboriginal descent.

**Process:** A Project Coordinator will be hired to oversee the activities of this project which will include, nutrition tours and other education, a review of on site food policy, engaging parents, improving access to on site physical fitness pursuits, winter activities, engaging community partners, a student/staff ambassador program and creating student led activities.

**For more information about any of these projects or the Wellness Fund please contact,**

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**Look for new Grant Deadlines to be announced mid June!**