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Dalglish Initiative for School Health

4 Key Components

- Healthy Snack Program
- Activity Section
 - Archery
 - Curling
 - Skating
 - Golf
 - Rock Climbing
 - Swimming
- Developing a Relationship With the Community
 - Rakefest
 - Snow Shoveling
- Professional Development and Support
 - Partnership with Chinook Health Region

Healthy Snack Program

1) Menu

October – Ants on a Log

November – Yogurt Cups

January – Veggies and Dip

February – Smoothies

March – Pita Chips with Salsa

April – Triscuit/Pita Pizzas

May/June – Fruit Salad

2) Process (Snack Coordinator's role)

3) Sustainability

- Home and School
- School Gym Rentals

Activity Section

- 1) Archery (1-6)
- 2) Curling (5 and 6)
- 3) Skating (K-6)
- 4) Golf (4-6)
- 5) Rock Climbing (6)
- 6) Swimming (K-6, with Grade 4 Lessons)

Sustainability

- Home and School/Betterment Society
- Community Partnerships

Developing a Relationship With the Community

- 1) Rakefest
- 2) Snow Shoveling
- 3) Happy Old Timers

Sustainability

- School Budget

Professional Development and Support

1) Partnership with Chinook Health Region

- 1) Lunch and Learn
- 2) Nutrition Tools For Schools/School Survey
- 3) Healthy Fundraising Binder
- 4) Resource Booking

2) Parent Council

- Created a Healthy School Committee to look at school survey and decide what area to focus on first.

Contact Information:

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Movie!