

Healthy Living Healthy Learning

**Fleetwood-Bawden School Community
Makes A Difference**

Enduring Understanding:

Although we know that . . .

- ✓ ***childhood obesity has reached epidemic proportions from too little physical activity and too much unhealthy eating,
(Roger Palmer, Interim Dean of Public Health at U of A)***
- ✓ ***physical, nutritional, and mental well-being is strongly linked to behavior, self-esteem, academics, our health as adults
(Alberta Nutrition Guidelines for Children and Youth)***

and that . . .

- ✓ ***Initiatives which increase awareness, knowledge, and implementation of active living, healthy eating & mental well-being must become embedded in the very fabric of the culture of our schools***
- ✓ ***Knowledge of current research on school wellness must guide our plan***

we also know it is no easy task . . .

- ✓ ***Sharing our journeys can help***
- ✓ ***Thank you for the opportunity to share ours.***

A. Our Fleetwood-Bawden journey - getting started

B. Initiatives implemented over the past five years

C. Outcomes and benefits to date

D. Next steps – our journey continues

E. Lessons learned and recommendations

***F. Video Clip – assembled thanks to Paul Bohnert,
Lethbridge School District No, 51.***

G. Contact information

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A. Getting started

Five years ago - developed Healthy U Committee

- parents, staff, administration and members of Chinook Health to look at:

- ✓ what the research was saying with regards to healthy living***
- ✓ determine what our current reality was, and***
- ✓ decide what we needed to do to promote school wellness.***

Over the past five years – have continued to:

- ✓ implement various initiatives,***
- ✓ reflect on their effectiveness (Chinook Health Evaluation Survey),***
- ✓ and discuss next steps in our healthy living journey.***

What was the research saying?

Most children not getting enough physical activity.

Most children do not eat the recommended servings of vegetables and fruits. Almost half of Albertan children report consuming high fat, high calorie foods and drinks on a daily basis.

Children do not drink the minimum of servings of milk per day.

Parents say they are not informed enough about the importance of daily physical education and good nutrition.

Both brain and educational research indicates strongly that children of the 21st century need to be engaged in their learning; yet most schools are still involved in traditional teaching and learning activities which encourage little engagement on the part of students.

Inappropriate behaviours such as bullying affect student learning.

What was our current reality?

- ✓ ***Children not able to walk the perimeter of the field***
- ✓ ***Children wanting to sit out of physical education classes***

- ✓ ***Student lunches not very healthy***
- ✓ ***Lots of unhealthy food at celebrations***
- ✓ ***Lots of unhealthy food for rewards***
- ✓ ***Lots of pop being sold at recesses***

- ✓ ***Teachers reading and discussing the best teaching and learning for our children of the 21st century.***
- ✓ ***Although there were few office referrals for bullying, and staff and parent accountability survey questions indicated high satisfaction (100% and 97%) with safe and caring environment, respect, etc., students were less satisfied (78%) and identified concerns about kids not being nice to each other, teasing and bullying***

What did we need to do?

Provide a consistent message about the importance of being “active”

- ✓ ***by building time into the school day for daily physical education, and ensuring a comprehensive Physical Education program***
- ✓ ***by adding more variety, and more opportunities for involvement in activities***
- ✓ ***by adding more opportunities for parents to be involved in physical activity at school and at home***

Provide a consistent message about healthy eating

- ✓ ***by teaching and modeling healthy eating behaviours for both students and parents***

Provide a consistent message about the importance of students being actively involved in their learning, and making positive and responsible choices

- ✓ ***by focusing on students being actively “engaged” in their learning through Assessment for Learning strategies***
- ✓ ***by teaching, modeling and involving students in choosing appropriate behaviors, conflict resolution strategies, and servant leadership activities***
- ✓ ***by providing more opportunities for active parent involvement***

B. Our journey over the past five years

Physical Well-being

1. Daily Physical Activity (DPA)

- ✓ **Increase in minutes –** **Health Hustle each morning**
 Barrel of Fun activities
 Exercise video for all classrooms
 Play with the Principal
- ✓ **Develop school-wide physical education plan**

2. Co-curricular

- ✓ **Extend physical education program – golf, walks in nearby coulees, Kindergarten skating and swimming**
- ✓ **Continue to walk for many fieldtrips**

3. School-wide activities

- ✓ **Terry Fox Run**
- ✓ **Walk to School Day**
- ✓ **Breath of Hope Walk**
- ✓ **Winter Walk Day**
- ✓ **Heart and Stroke Day – wear red**
- ✓ **Indoor Olympics**
- ✓ **School-wide swimming at year end (students, parents, staff)**

4. Extra-curricular

- ✓ **Volleyball and basketball – staff vs student noon hour challenge**
- ✓ **Basketball – after school league**
- ✓ **After school skating (increased from 4 to 12 sessions)**
- ✓ **Skipping Club/presentations**
- ✓ **Yoga (parent led)**
- ✓ **Meditation (parent led)**
- ✓ **Tennis at the local tennis court (parent led)**
- ✓ **Staff involved in District No. 51 Wellness Program**

5. Education Week

- ✓ **Students, parents and staff gather each morning of Education Week to participate in the Health Hustle as a family and to enjoy a nutritional breakfast**
- ✓ **Each evening during Education Week features student and parent volleyball**

B. Our journey over the last five years. . .

Nutritional Well-being

- 1. Distributing healthy snacks and lunches provided by Kiwanis club, Lethbridge Food Bank, Alan Watson School***
- 2. Sharing healthy eating tips on intercom and in newsletters***
- 3. Discussing/promoting healthy hot lunches, healthy snacks for celebrations, healthy treats for rewards (students, staff, parents, School Council)***
- 4. Developing and sharing guidelines regarding use of treats for rewards (students, parents and staff)***
- 5. Removing pop machine***
- 6. Implementing milk program***
- 7. Enjoying healthy breakfast (students, parents and staff) during Education Week***
- 8. Staff involved in District Wellness Program***

B. Our journey over the past five years. . . .

Mental Well-being

1. Curricular

- ✓ ***Classroom Meetings***
- ✓ ***Implement new Care Kit***
- ✓ ***More student engagement in their learning – Assessment for Learning***
- ✓ ***More parent engagement in the education of their children***
 - School Council***
 - Creating a Culture of Reading***
 - Celebration of Learning***
 - Student Led Conferencing***

2. Zero tolerance for physical aggression and bullying

Bullying Stops Here Week

3. Student Achievements

- ✓ ***Recognize academics, improvement and citizenship***
- ✓ ***Chamber of Commerce Citizenship Awards***
- ✓ ***Terrific Kids Program – (Kiwanis Club)***

5. School Counsellor – individual and group sessions

First Nations, Metis and Inuit worker – individual and group sessions

Making Connections Program (Lethbridge No. 51 and Mental Health)

-works with families and students at risk as well as organizes prevention programs including clothing exchange, book exchange, milk program, etc.

6. Co-curricular

- ✓ **Senior/parent volunteer reading program three mornings a week**
- ✓ **Safety City – Pedestrian Safety, Internet Safety, Bully Proofing**
- ✓ **Firefighters - Learn Not to Burn program**
- ✓ **Student Resource Officer – regular visits/ teach grade 5, Be Smart, program**
- ✓ **John Howard Value Education program**
- ✓ **Chinook Health – involvement in healthy living initiatives**
- ✓ **Presentations (funded by School Council)**

7. Servant Leadership

- ✓ **Grade 1/2/3 weekly visits to St. Michael's Hospital and/or Martha's House**
- ✓ **Grade 4 classes regular visits to seniors' center**
- ✓ **Feed the Bug**
- ✓ **Toonie for Terry (students, parents, staff)/*Shaving Heads for Cancer research***
- ✓ **UNICEF**
- ✓ **Grade 1s deliver snacks and sing carols in the neighbourhood Christmas**
- ✓ **Salvation Army – Christmas Hampers**
- ✓ **Operation Christmas Child**
- ✓ **Sock It To 'Em District No. 51 Campaign**
- ✓ ***Jump Rope for Heart***
- ✓ ***Breath of Hope – Lung Association***
- ✓ ***Juice Box and Cartridge Re-cycling***

8. Parent In-service

- ✓ ***Provide more information through newsletters***
 - threat assessments***
 - classroom meetings***
 - SAPPing program***
 - importance of reading***
- ✓ ***Internet Safety***
- ✓ ***Reading With Your Child***

C. Outcomes and Benefits

Anecdotal

- ✓ ***All children able to walk and/or run the perimeter of the field***
- ✓ ***All children enjoying physical education classes***
- ✓ ***More classes seen participating in physical activity throughout the day***

- ✓ ***More healthy lunches***
- ✓ ***More healthy food at celebrations***
- ✓ ***More non-food rewards***
- ✓ ***More healthy snacks in the staff room***

- ✓ ***Children more ready to work in the morning***
- ✓ ***Children participating more in their learning***
- ✓ ***Parents participating more in their children's learning; especially reading***
- ✓ ***More reports from staff of respect on the playground***
- ✓ ***More relationships developed with other adults in our community***

Accountability Survey Results

- ✓ *Although parent and staff satisfaction, 95.5% of parents and 98.8% of staff indicate they are satisfied that students feel safe at school, are learning the importance of caring for others, learning respect for others and are treated fairly, as of the 2007/08 survey still only 73.5% of students feel students respect each other.*

Provincial Achievement Testing Results

Significant increase in PAT results over the past three years

Lang. Arts - no. achieving Standard of Excellence has remained constant

- no. achieving Acceptable Standard - rose from 83.3% to 88.9% to 96.4%

Math – no. of students achieving Standard of Excellence increased 7.1%

- number achieving at the Acceptable Standard remained constant

Recognition

- ✓ *Received CAHPERD Quality Physical Education Program Gold Standard - 2006/2007, Platinum Standard - 2007/2008, Diamond Standard – 2008/2009*
- ✓ *Shared Fleetwood Healthy Schools initiatives with Lethbridge District # 51 Board of Trustees – fall 2008*
- ✓ *Shared Fleetwood-Bawden's Healthy Living initiatives at Healthy Schools Symposium in Lethbridge – February 2009*
- ✓ *Received Government of Alberta Healthy Schools Award - "Crystal Apple" Award – June 2008*

Another look at the research, 5 years later . .

(Action for Healthy Kids Stakeholder Research, 2007

Alberta Education)

There has been progress made over the last few years with regards to school wellness.

Alberta education survey results indicate that “DPA has had a positive impact on student learning and the school environment, has increased student wellness, and is considered as positive and a priority in schools.”

The mandate to have daily physical activity in our Alberta schools and the development of policies in other areas has forced educators to start talking about what we want for our children in our school in terms of physical, nutritional and mental well-being, and beginning to implement some initiatives, but that is just a beginning.

Changes that will take us the next step are ones that are more difficult to implement.

Where do we go from here:

The Action for Healthy Kids Report, 2008 indicates: “The most important ways to achieve positive change include:”

- ✓ ***“more resources (funding, staff, materials, time);***
- ✓ ***improving and increasing physical education;***
- ✓ ***changing of menus; (promote nutritious foods any time food is served)***
- ✓ ***boosting parental involvement;***
(not only provide more information, enlist them as advocates)
- ✓ ***better leadership at all levels.”***
(Champions are needed who have the passion, and the time)

Other themes in the research include:

- ✓ ***involving students more***
(educate them about the connection of health and learning;
engage them in identifying issues, creating solutions, sharing initiatives)
- ✓ ***implementing numerous strategies,***
(there are numerous and various best practices out there)
- ✓ ***and building wellness in to the overall plan of the school***

D. Next steps . .Fleetwood-Bawden's journey continues

-have received a grant to hire a coordinator to assist with our journey

1. Get Active

- ✓ *Update Health Hustle and Extend Barrel of Fun activities*
- ✓ *Students host students from three schools in the district to participate in Health Hustle and Barrel of Fun activities*

2. Eat Healthy

- ✓ *Partner Middle school students with Kindergarten students developing and sharing nutritional activities*
- ✓ *Parents and Chinook Health dietician work to deliver healthy hot lunches*
- ✓ *Chinook Health provide displays which promote healthy food choices, and provide information to parents regarding healthy choices.*

3. Take Responsibility for your Learning

- ✓ *Continue with providing opportunities for children to be actively engaged in their learning through Assessment for Learning and differentiation strategies*
- ✓ *Terrific Kids Program – Partner with Kiwanis Club*
- ✓ *Making Healthy Choices – Evening sessions offered for families in District No. 51 elementary schools – work with AADAC to deliver Kids and Drugs program for parents and Leaps and bounds for students. Sessions also have a nutritional and physical activity component. (-applied for grant to assist with expenses)*

*Fleetwood-Bawden students' version of
Making Healthy Choices - Are You Smarter Than a Fifth Grader?*

E. Lessons learned and recommendations

Increasing school wellness is not an easy task – there are competing priorities

-lack of time in a school day

-lack of resources

-fiscal restraints

-change is not easy

***Nonetheless, given the declining health of our children today
and the strong connection between wellness and learning,
school wellness may be a challenge, but not an option!***

Establish a committee of Champions,

Study the research, look at your current reality,

Make a commitment to an environment that supports healthy living,

Search out/implement best practices which meet your needs,

Work with all stakeholders, involve outside agencies,

Reflect, evaluate, take one step at a time

Make a Difference!