

Success Story

JAMES L. WEBSTER ELEMENTARY
Warfield , BC



Action Schools! BC

James L. Webster Elementary, a school in Warfield with over 200 students, has been an Action School since 2007. Action Schools! BC is a best practices whole-school model designed to assist elementary and middle schools in creating and implementing individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health.

The passionate staff at Webster have participated in numerous Action Schools! BC workshops and Teacher Mentorship Days with an Action Schools! BC Regional Trainer in which they learn strategies to integrate physical activity and healthy eating into their classrooms and school. One way Action Schools! BC supports Daily Physical Activity (DPA) and Physical Education throughout the school day is by providing Physical Activity Action Bins full of resources and equipment including CDs, DVDs, playground balls, and more. The staff report that Action Schools! BC has helped to overcome equipment, funding and weather barriers to being active at their school by providing fun and innovative resources and activities for classrooms, gyms, and alternative spaces that increase student participation and create positive attitudes toward physical activity.

Action Schools! BC has generated more leadership opportunities at Webster by providing Student Leadership Training (with complimentary resources

and equipment) in traditional playground games, indoor workouts and healthy eating. Students regularly lead playground circuits, healthy eating tasting parties, and school-wide dance. The enthusiasm of the students and staff has created a culture of leadership at the school where students are excited to participate in school events and look forward to taking on the responsibilities.

Webster is involved in the BC School Fruit and Vegetable Nutritional Program and a healthy breakfast

program that provides nutritious food for the students. These, along with Action Schools! BC Healthy Eating activities and resources, and having a Play-First Lunch, have led students to eat more vegetables and fruit and to try new foods.

The dedicated staff at Webster create yearly Action Schools! BC Action Plans to focus their efforts

and achieve healthy living goals. They also utilize strong community support by bringing students skiing, snowshoeing and swimming, providing after school sports and clubs, and going on nature hikes.

The enthusiasm of the staff at Webster is reflected in student engagement in physical activities, healthy eating, and leadership. By taking advantage of all that Action Schools! BC has to offer, James L. Webster is excelling at integrating healthy living into the fabric of their school community in unique and creative ways.



SIX ACTION ZONES