



EAS Success Story

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Centennial Elementary School - Edmonton

At Centennial Elementary on the south side of Edmonton, everyone is a success. To ensure that all kids can find their strengths, the school offers lots of different opportunities. Not only do they include a variety of activities including dance and yoga classes, but they emphasize leadership in physical activity. The students in grade 6's, are given the opportunity to teach the younger kids sports. They are assigned a grade 1 "buddy" to whom they get to teach sports in a participatory way. This allows all kids to benefit from learning various skills including new sports, leadership skills and teamwork.

The school includes many special events in order to incorporate an element of friendly competition. For example, they run a popular and successful track program, in which 50% of the students participate. There are two main track and field events: a division 1 (grades 1-3) track meet at the school, as well as a division 2 (grades 4-6) inter-

school track meet. The division 2 meet takes place at Foote Field on the University of Alberta campus, where three schools come together and compete on various track and field events. Centennial also has an annual 2-kilometer run for all students. All children have their time recorded each year and wear a tag during the race with their best time to inspire them to try and achieve a new personal best!

In addition to these special events and activities, the school has a policy of 30 minutes of daily physical education for every student. The school gym is often doubled up with different grades in order to accomplish this, showing the determination of Centennial to be an Ever Active School. Integrating different grades is beneficial in that it allows teachers to learn physical education skills from one another.

Centennial is also taking steps to create a healthy school nutrition environment. They are part of "Club Moo" which encourages kids to drink milk instead of

sugary beverages by ensuring milk is always offered. They also incorporate healthy choice messages into their school newsletter to keep the nutritional knowledge of staff, parents and kids fresh in their minds.

This elementary school is involved as much as possible with Ever Active Schools, and Tracy Loder, the school's physical education teacher says, "Ever Active is like our school's champion, they give us new ideas and incentives, help us to build on what we have and give us the ability to network and connect with resources and people." Centennial participated this past fall of 2007, in an Ever Active Schools Healthy Active Schools Symposium. Bob Shulko, Centennial's vice principal, said about this event, "We had no problem getting kids to go to the symposium as well as a parent volunteer, it's a good team feeling, and everyone was impressed that they were participating."

The enthusiasm and energy at Centennial really shows the benefits of being an active school, and as one conversation between Tracy Loder and a student went, "Do we have gym today?" "Yes we always do" replied Tracy, to which the student said, "Oh yeeeah...yes!!"



Ever Active Schools
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