

<b>Prairie Rose School Division (PRSD)</b> <b>“Moving and Choosing” project</b> <b>Summary of 08-09, 09-10, 10-11 years</b>			
	<b>2008-2009</b>	<b>2009-2010</b>	<b>2010-2011</b>
<b>Kids Cooking Clubs</b>	Burdett Gr.5 OPS Gr.4 OPS Gr.5 OPS Gr.6 Bow Island Elementary Gr.3	Burdett Gr.4 Burdett Gr.5 Burdett Gr.6 Jenner School IF Cox Gr.2A IF Cox Gr.2B IF Cox Gr.2C OPS Gr. 4 OPS Gr.5&6 Seven Persons Gr. 5A Seven Persons Gr.5B	Burdett Gr.5 IF Cox Gr.2A IF Cox Gr.2B IF Cox Gr.2C OPS Gr.5 Seven Persons Gr.5 Provided one cooking club kit to school.
<b>Little Green Thumbs</b>	Not offered	Jenner School Jenner Colony IF Cox New Brigden OPS Kingslake Colony Provided supplies for a future garden for IF Cox	Jenner Colony Kingslake Colony OPS New Brigden IF Cox Jenner School Provided supplies for a future garden for IF Cox
<b>Beating The Brown Bag Blahs</b>	Manyberries IF Cox OPS Jenner Bindloss	Senator Gershaw Schuler	Ralston School
<b>Healthy Snack Public</b>	Warren Peers Gr.1-9	IF Cox Gr.2a IF Cox Gr.2b IF Cox Gr.2c OPS Gr. 1-3 New Brigden Gr.1-5 New Brigden Gr.6-9 Warren Peers Gr.1-4	IF Cox – all classes Seven Persons – all classes Margaret Wooding – all classes New Brigden – all classes Warren Peers – all classes Ralston – all classes
<b>Colony Presentation</b>	Acadia Valley Elkwater Jenner Kingslake Plainview Ponderosa Prairie View Rosedale	Acadia Valley Elkwater Jenner Kingslake Mayfield Plainview Ponderosa Prairie View	Acadia Valley Elkwater Jenner Kingslake Mayfield Plainview Ponderosa Prairie View

	Shamrock Silver Sage Starbrite Sunrise Winnifred Plainview Colony	Rosedale Shamrock Silver Sage Starbrite Sunrise Winnifred Plainview Colony	Rosedale Shamrock Silver Sage Starbrite Sunrise Winnifred Plainview Colony
<b>Healthy Snack Challenge</b>	Not offered	Winnifred Kingslake Ponderosa Jenner Prairie View Shamrock Sunrise	Kingslake Jenner Shamrock Sunrise Starbrite Prairie View Winnifred
<b>Other Nutrition Presentations</b>	5 presentations 1 consultation with one school to change food offerings	South Central High School – CALM Class Senator Gershaw – Gr. 4,5,6 Parkside – all classes * 2 DREAMS Program	Burdett - Marvelous Me session
<b>Be Fit for Life (BFFL) School Activity Programs</b>	31 programs delivered	77 programs delivered	28 programs delivered
<b>Healthy Active School Symposium</b>	8 schools attended	3 schools attended	14 schools attended
<b>Active Living PD</b>	Differentiated Instruction in PE – 6 teachers attended	Moving and Choosing Resource Day – cancelled due to bad weather	Learn to Love PE – 3 teachers attended
<b>Positive Playground workshop</b>	15 schools attended	13 schools attended	Donna Schneider was hired as a consultant. She visited 3 schools
<b>Positive Playground implementation videoconference</b>	8 attended	Cancelled due to low registration	Not offered
<b>Equipment</b>	Funded fridges, vending machines, and equipment for 5 schools	Produced & provided domino kits for all colony schools Provided more Positive Playground equipment to Senator Gershaw	Produced and provide Clothes Pin Tag equipment and snack manual for all colony schools. Healthy Snack manual provided to all public schools. Distributed Health Promoting School Guides to public

			schools. Provided Student Leadership manual to Foremost. Provided equipment to Warren Peers, Margaret Wooding, and Starbrite.
<b>Healthy School Network</b>	2 Lead Teacher meetings held. 16% of release time for subs spent.	2 Lead Teacher meetings held Provided one period per week salary for four schools. 43% of release time for subs spent.	2 Lead Teacher meetings held. Provided honorarium to Susan Martin to act as Lead Teacher for all colonies. 216% of release time for subs spent.

Successes

- Colony participation in the activities and the subsequent changes has been profound.
- Healthy Snack program and BFFL School Activity Programs were very popular.
- Overall participation was better than expected.

Learnings & Insights

- Important to remain flexible and responsive to participants.
- Providing sub time for LTs and/or subsidizing teacher salaries are not the most effective methods to engaging all teachers.
- Supporting project through Ed Plan is crucial.
- Engaging school community in the evaluation of the project is difficult.

Overall, the project funds were crucial in PRSD building and sustaining healthy school communities. We are on our way to healthy school communities and are looking forward to further work in promoting wellness in the schools.