

Healthy Schools Grant Annual Report

School: Herring Cove Junior High

School year: 2021-22

SUMMARY

Work undertaken with assistance from the grant to improve student well-being and success and how it supported the Student Success Plan (SSP):

The 2021-22 school year had many challenges that affected the well-being of our students. Despite these challenges, the HCJH community decided to focus on keeping students as active as possible while still maintaining a priority on academic achievement and student success. Our SSP made it clear that “We will improve student well-being” and with that goal in mind, we approached the school year. Our criteria for success was to encourage movement and activity that was easily achieved while being inclusive for all.

DETERMINING PRIORITIES

How the school engaged with students, teachers, the School Advisory Council (SAC), and other partners within the school community, to determine how to use grant funds:

The school staff along with students, SAC members discussed ways to improve physical activity and thus improve well being. Some students reported feeling anxious about participation during gym and the traditions type activities that were being used to demonstrate PE outcomes. Students also talked about having increased activities available for outside during PE, lunch and mask breaks. The Healthy living grant was combined with another grant that was secured by Schools Pus member, Martine Benson, called the Healthy School community Grant to further the initiative of physical activity outside during breaks. The focus became creating an exercise gym on our stage in the gymnasium. This consisted of exercise bikes, yoga mats, weights, steppers, exercise balls etc.

The second focus was getting outdoors, and having physical activities for students when outside. This year we focused on snow shoes, and portable equipment to compliment what we had in the past. On top of this with the other grant we secured, we created bins of outdoor equipment for each class to have during breaks.

How the data from Student Success Surveys, and other sources of student evidence that provide a picture of student health and well-being, were considered when determining how to use these funds:

The biggest source of evidence came from the number of students not regularly participating in PE class and how to get them involved knowing the exercise and mental health connection. The other data came from taking to classes about increasing activity outside. Students talked about having activities to engage in that would be easy to set up and engage in.

Project Item

Link to health and well-being

Expenditure

EXPENDITURES

Project Item	Link to health and well-being	Expenditure

<p>Exercise Bikes</p> <p>Gorilla Mat (large workout mat for yoga).</p> <p>Weights/Yoga rack</p>	<p><input checked="" type="checkbox"/> supports student mental and physical health</p> <p><input type="checkbox"/> supports land-based and outdoor learning</p> <p><input checked="" type="checkbox"/> supports cultural opportunities and health</p> <p><i>Impact (optional):</i> Students loved the exercise bikes, and weights area. Students would not only use during PE class but came in at lunch to use also.</p>	<p>\$2425.26</p>
<p>Snow Shoes</p>	<p><input checked="" type="checkbox"/> supports student mental and physical health</p> <p><input checked="" type="checkbox"/> supports land-based and outdoor learning</p> <p><input checked="" type="checkbox"/> supports cultural opportunities and health</p> <p><i>Impact (optional):</i> Big hit with students getting outside in the winter, so much fun.</p>	<p>\$1529.31</p>
<p>Portable Pickle ball nets, paddles, and Portable Badminton net</p>	<p><input checked="" type="checkbox"/> supports student mental and physical health</p> <p><input checked="" type="checkbox"/> supports land-based and outdoor learning</p> <p><input checked="" type="checkbox"/> supports cultural opportunities and health</p> <p><i>Impact (optional):</i> Potable equipment is accessed everyday, and helped take our PE classes outdoors.</p>	<p>\$1018.36</p>
<p>Healthy Schools Grant Expenditure TOTAL</p>		<p>\$4972.93</p>