

# So Active So Healthy Year in Review

Victory School

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*"The groundwork for all  
happiness is good  
health."*

*- Leigh Hunt*

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## Overview

This year marked the 3<sup>rd</sup> year of So Active So Healthy at Victory School and it was another fun-filled year which saw staff and students partake in a variety of exciting and fun learning experiences. Events such as: monthly taste testing, new smart start class, capoeira, pickleball, cheerleading, staff SASH PD, and our annual SASH Spirit Week helped create both new and refreshing activities for our staff and students throughout the school year.

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*"I think that being a So  
Active So Healthy school is  
great because it teaches us  
how to be mind-healthy and  
body-healthy."*

*- Grade 5 Student*

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## Monthly Nutritional Snack Tasting

In what was a very popular hit last school year, we chose to continue with our school-wide taste testing. This year we chose each classroom to take on a month of their choice and to provide a new recipe for our whole school to taste. Some new recipes that we created and tasted included: Homemade Salsa, Naan Bread Pizza, Oatmeal Muffins, Apple Fritters, Spinach and Cranberry Pin Wheels, Banana Chips,




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*"My favourite food that we tasted this year was our homemade Salsa that we grew in our classroom and in Sarah's Garden."*

*- Grade 3 student*

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## Smart Start

In much to the success of Mindful Balance last year, we wanted to add in a physical component to the start of our day. This year we modified our Mindful Balance period into *Smart Start*. This class helped students learn and experience different ways to prepare our brain to focus and concentrate – also to help kick start their day!

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*"I love Cosmo Yoga because we got to learn about different poses and stretches."*

*- Grade 5 student*

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## Capoeira

Victory School was grateful to have My Forsberg Löfgren return and teach Capoeira to a group of passionate and eager students. Classes ran from 8:00am – 8:45am on Tuesdays and Thursdays in the gym. Capoeira has been a hit at Victory School and students truly enjoy both the dancing and martial art aspect. Ms. Löfgren has been an amazing teacher and coach to our students, and we have been lucky to have her in back to back years!



## So Active So Healthy Week

Here at Victory School, we now refer to the week prior to Spring Break as, "SASH Week". This particular week has turned our school into a fun, vibrant, collaborative, active, and healthy atmosphere with all of the wonderful events that took place. Throughout the week, we had themes such as: Sports day, PJ day, Favourite fruit/vegetable day, Hat and sunglasses day, and Chef day/Funky Sock day. Along with this we had a variety of fun activities – check out our fun-packed schedule!



Please help us celebrate our  
So Active So Healthy Spirit Week  
March 2018



Monday, March 19 <sup>th</sup> Day 2	Tuesday, March 20 <sup>th</sup> Day 3	Wednesday, March 21 <sup>st</sup> Day 4	Thursday, March 22 <sup>nd</sup> Day 5	Friday, March 23 <sup>rd</sup> Day 6
<p><b>Theme</b> - Dress up with the <u>colours</u> of your <u>favourite</u> fruit or vegetable Day</p> <p><b>Events:</b></p> <ul style="list-style-type: none"> <li>o Did you know trivia – Bones Edition @ Morning Announcements</li> <li>o Mind Yeti</li> <li>o Kick off assembly @ 2pm</li> </ul>	<p><b>Theme</b> – Sports Day</p> <p><b>Events:</b></p> <ul style="list-style-type: none"> <li>o Did you know trivia – Bones Edition @ Morning Announcements</li> <li>o ESOMS Fiddlers/Jazz Band Performance @ 11:20am</li> <li>o Physical Activity Class Art to be posted on bulletin boards</li> <li>o Mind Yeti</li> <li>o Crystal Clarke – Special Guest teaching - Intro to Cheerleading. (During gym classes)</li> </ul>	<p><b>Theme</b> – Chef Day and Funky Sock Day (In support of World Down Syndrome Day)</p> <p><b>Events:</b></p> <ul style="list-style-type: none"> <li>o Did you know trivia – Bones Edition @ Morning Announcements</li> <li>o Mind Yeti</li> <li>o Crystal Clarke – Special Guest teaching - Intro to Cheerleading. (During gym classes)</li> <li>o Special PIZZA taste testing assembly @ 10:00am</li> </ul>	<p><b>Theme</b> – Hat and Sunglasses Day</p> <p><b>Events:</b></p> <ul style="list-style-type: none"> <li>o Did you know trivia – Bones Edition @ Morning Announcements</li> <li>o Mind Yeti</li> <li>o Grade 4 &amp; 5's at CFL Kickoff Week @ RBC Convention Centre</li> </ul>	<p><b>Theme</b> – Pajama Day</p> <p><b>Events:</b></p> <ul style="list-style-type: none"> <li>o Did you know trivia – Bones Edition @ Morning Announcements</li> <li>o Mind Yeti</li> <li>o Close off assembly @ 2pm</li> </ul>
<p><b>ADDITIONAL NEWS:</b></p> <p>CHECK OUT OUR SPECTACULAR BULLETIN BOARDS NEAR THE END OF SPIRIT WEEK OF ALL OUR STUDENTS SHOWING HOW THEY LOVE BEING ACTIVE!</p>				

*"My favourite part of Spirit Week was dressing up every day and making our own pizzas. It was awesome!"*

*- Grade 3 student*



## Gymnastics Club

Something new to Victory School, was our Gymnastics Club which took place on Thursdays from 9:30am – 10:35am. They primarily taught our Grade 2's and saw many of them learn new things about themselves that didn't think they were capable of! The students enjoyed this new and fun experience and are always asking for more! Our hope is to continue this club next year and to involve grades from Kindergarten to Grade 5!



*"I loved gymnastics club because I got to learn cartwheels and how to balance on the balance beam."*

*- Grade 2 student*

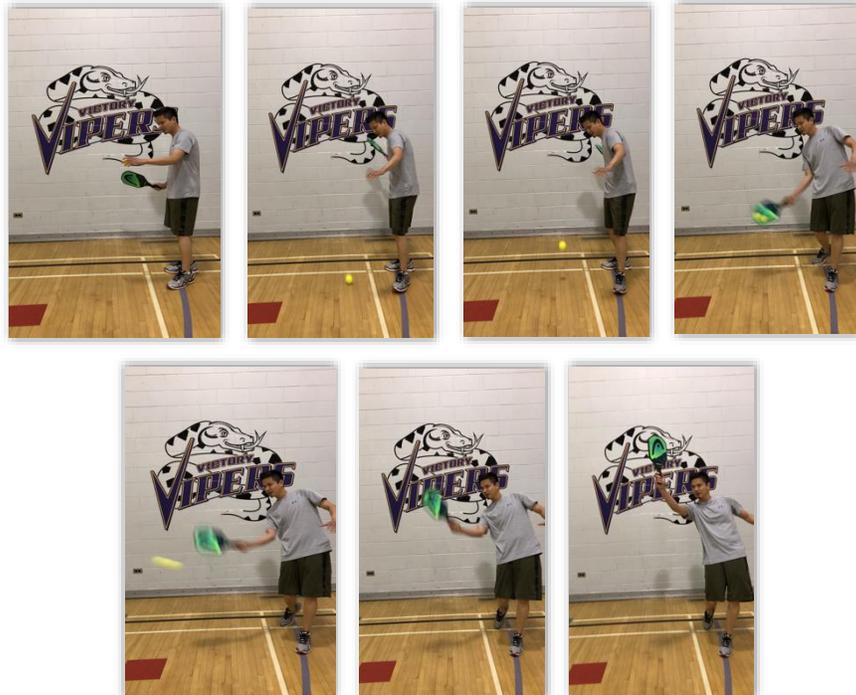
## Outdoor Equipment

To help keep our students active during their recesses this winter, we purchased a school set of shovels and sleds. These two purchases turned out to be fun, and active for our students who used the equipment not only for their sole purpose, but also to innovate ways of making snow forts/castles, snow men/women, and creating new games.



## Staff Pickleball

Due in part to the success of our staff SASH PD this year and staff showing huge interest in Pickleball, we decided to purchase our own set! It was amazing how staff took time out of their lunch hour to come down to the gymnasium to sweat, and have fun playing Pickleball!



## Staff SASH PD

On February 2<sup>nd</sup>, the S.A.S.H. committee planned a staff PD that included a hands-on interactive session with Maria from *The Food Studio* in the morning and an active session at the *Wellness Institute* in the afternoon. The morning consisted of staff - in groups, making and tasting delicious and healthy nutritious snacks. Maria also spent some time discussing various options and alternative ways to make nutritious meals. In the afternoon, staff were treated to a 30-minute fitness circuit and the choice of pickleball on the courts or do their own personal workout. Not only did everyone get their sweat on but, we all had fun working hard!

