



Hundreds of students, parents and staff from Langley School District attended a Healthy Schools Symposium at Willoughby Elementary School Jan. 31, and it didn't take much persuading to get youngsters reaching for nutritious snacks during a break in the activities.

Healthy schools highlighted

Some of the programs and activities that are being used in Langley Schools to promote good nutrition and fitness habits were featured at the Healthy Schools Symposium Jan. 31 at Willoughby Elementary School.

Hundreds of parents, students and staff watched demonstrations and feasted on a cornucopia of nutritious foods during the three-hour event, which was organized by the district's Healthy Schools Committee.

Chair Susanna Eppich welcomed the audience with an overview of recent initiatives that have been taken in Langley to get school communities enthusiastic

about the Symposium themes: *"Every move is a good move"* for fitness, and *"Smart Kids Eat Smart"* for nutrition.

Langley has implemented a vending machine contract that meets the *Guidelines for Food and Beverage Sales in BC Schools*. And the district unveiled a new booklet called *Making Healthy Lunches Happen* that offers creative options to help PACs and other school event organizers to meet the guidelines.

Earlier in the day a lunch was put on by the Willoughby PAC to demonstrate one of the *Making Healthy Lunches Happen* menus and judging by the re-

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HEALTHY SCHOOLS SYMPOSIUM

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A student demonstrates one of the activities in the SportFit Canada program



sponse of Willoughby students the book will be a big hit in schools. Copies of *Making Healthy Lunches Happen* have been sent to schools and are available through the Healthy Schools Committee at the School Board Office, 604-534-7891.

Fitness demonstrations were put on by students and staff from several schools. The program included presentations of SportFit (more information at www.sportfitcanada.com), Action Schools BC (www.actionschoolsbc.ca), and Healthy Buddies (www.healthybuddies.ca).

SportFit is an interactive program to get children and youth interested in physical activity by discovering new sports in a non-competitive environment. It assists children and youth in becoming physically active.

Action Schools BC promotes healthy living through a “best practices” model designed to assist schools in creating individualized action plans for healthy living.

Healthy Buddies uses peer mentoring techniques to teach good choices in three fundamental areas: Go Move, for fitness; Go Fuel, for nutrition; and Go Feel Good, for personal attitudes and self esteem.

For more information about Healthy Schools initiatives in Langley, visit the Healthy Schools Committee web site at www.sd35.bc.ca, click on the link in the left menu bar. With membership from the district, school communities and community agencies the Healthy Schools Committee is responsible for encouraging good nutrition and fitness habits in Langley school communities.