

Andrew Mynarski VC Junior High School
Healthy School Efforts
Presented by Mike Babb, Principal

Healthy Mind:

- Positive Behaviour Intervention and Support basis to our Code of Conduct – Acting Respectfully and Taking Responsibility model
- Resolution oriented approach to discipline concerns
- Mediation encouraged over confrontation
- Development of the knowledge, skills and attitudes that students require to succeed
- Lunch support group that deals with feeling safe
- Girls and Boys Groups to teach how to better resolve issues

Healthy Body:

- Physical Education
 - Three 53 minute activity classes plus one health class per cycle
 - Personal fitness goals and fitness analysis
 - Use of pedometers and heart monitors
 - Special Education students are integrated into classes
- Special Education activities also go on throughout the school
 - Hallways - cycling on special bikes, walking, moving in wheel chairs, stair climbing
 - Foyers - throwing, catching and kicking objects
 - Movement to music takes place in Special Education classrooms.
 - Physiotherapy routines are done in the classroom
 - Our Special Education students take part in a Musical Therapy Program that involves some movement.
 - Students are involved in swimming and going to the YM-YWCA
- Strong Intramurals that host a variety of activities
- Dance classes in all grades
- Interschool sports that balance participation with competitiveness
 - Last year 110 students playing Interschool Volleyball; 100+ students playing basketball
 - The WSD leagues allow for developmental and competitive teams. The seasons are exhibition in nature and therefore let you play all of the students. Developmental leagues have year end tournaments and competitive leagues have playoffs for the WSD Championship
 - We take part in Cross Country, Flag Football, Ultimate, Volleyball, Basketball, Indoor Track, Soccer, Softball and Track and Field
- Special Events:
 - Terry Fox Run
 - Walkathon/Amazing Race Activity Stations Fundraiser
 - Birds Hill Outdoor School-Wide Getting Together Activity Day

- Fun Mountain
- Wheelies
- Ski Trip
- Lifeskill's Camping Trip
- Grade 9 Camping Trip
- Band Camp
- Track and Field Day at Sisler
- Pick-up activities:
 - Equipment is loaned out to students through the office for morning, lunchtime and after school activity
 - We have two outdoor portable Volleyball courts that are very popular when they are set up
 - Skateboarding is allowed
- Links to Programs:
 - Todd MacCulloch Hoop School – 2 years
 - Road To Gold program
- Nutrition
 - Upgrade of nutritional levels in our canteen
 - Pop is not sold in machines or in the canteen
 - Our Lifeskills class runs our canteen and prepares much of our fresh items.

Healthy Spirit:

- Teachers are asked to take Gary Phillips advice and be gatherers of gifts.
- Our inservicing has supported such student centered philosophies with Martin Brokenleg, Caren Cameron, Debbie Silver, Ruth Sutton and Michael Fullan.
- We honour the power of connecting with kids and acknowledging where they are, but honouring what they can become
- Student-Led Conferencing has helped students take an active part in their learning
- We emphasize the importance of MI/DI strategies to help students experience success
- We understand that formative assessment strategies build skills
- We ask that adults act respectfully and professionally when dealing with discipline issues
- We honour academic success, work ethic, citizenship, and improvement in our term and end of year awards
- We organize projects that involve global citizenship
- Our school is building upon the successful integrations of Special Education students
- Our DE/LAC class runs a pizza lunch once a month
- Our Lifeskills class runs our canteen and prepares salads and vegetables

Make-up of Andrew Mynarski VC:

- 372 students
- 4 classes in each grade – Grade 7 and 8 classes at 30 students per class; Grade 9's – 2 at 29; 2 at 23
- 3 Special Education classes – Lifeskills, Adaptive Skills and DE/LAC (40 students)
- One small gym suitable for one class at a time
- Large field space
- Large front school ground
- Two outdoor basketball courts
- One outdoor rink within a quarter mile
- A small canteen with students eating in three classrooms

School Goals related to Healthy Schools:

2. Continue to fine tune the Acting Respectfully and Taking Responsibility Code of Conduct discipline model.
3. Build upon last year's successful integrations of Special Education students into Phys. Ed., Art and the everyday life of the school.
5. Build upon the efforts to promote healthy active living.