

## **C.C. LOUGHLIN, CORNER BROOK**

Eight years ago, the Parent Teacher's Association of C.C. Loughlin began looking at issues related to Healthy Lifestyles for students. The plan was twofold:

1. To initiate a healthy menu in the cafeteria and promote healthier eating habits among the student population. The students have adapted well to the new menu that offers healthy choices each and every day.

2. To develop the school site to encourage students to be active, healthy, and safe. A playground and trail system were developed at the school to encourage children to be active at recess and lunch. Outdoor classrooms were built as well as a greenhouse and vegetable gardens to teach children about healthy eating and food security. To help the students be active, the school has offered a skipping club in the morning before school, started a running program after school, purchased snowshoes, and encouraged swimming as a reward for students.