

Student Focus Groups
Harvey Elementary Nov. 22, 2017

Grades K-2:

What does being healthy mean to you?

- Being fit and fast.
- Eating healthier food-apples, bananas, strawberries.
- Going for a walk every day
- Walk to the park.
- Less junk food and more healthy food.
- Exercise
- Drinking water.
- Being strong
- Smoothies with strawberries, bananas, raspberries.
- Going outside every day.
- Healthy and Respectful.
- Safe, Responsible and Respectful (developed from PBIS framework)
- Hydrated with water
- Eat some good stuff
- Have a nice jog, running
- Laughing

What happens at your school to help you stay healthy?

- Trays of fruit
- More green time, less screen time
- Learning and reading
- If you have a bad secret, you can talk to a teacher.
- Math and ABCs
- Going outdoors
- Learning about healthy foods
- When Mom give you good healthy food.
- Yoga
- You can make mistakes.

What else would you like to have at your school to help you stay healthy?

- People being healthy and quiet.
- Nature, more trees an flowers.
- More sports for k-2 like soccer and baseball, dodgeball.
- Playing fair
- More books
- Snowball fight with the soft "snowballs" in the gym
- People doing exercise
- Students helping more
- More yoga
- Teddy Bears.

Student Focus Groups
Harvey Elementary Nov. 22, 2017

Grades 3-5

What does being healthy mean to you?

- Eating fruits and vegetables
- Being physical
- Eating healthy and training your brain
- Eating Breakfast.

What happens at your school to help you stay healthy?

- Yoga
- Challenges- drinking water
- Gym class
- Ultimate Pig games
- Ball hockey
- Flouride mouth rinse
- Terry Fox run
- Running around
- Having fun with friends
- Skating at the Rec Centre
- In class we throw the foam ball and when you catch it, you have to give a compliment to someone.
- After school basketball for students
- Cheerleading
- Dance class at lunch time

What else would you like to have at your school to help you stay healthy?

- Fruit with breakfast
- More time at recess to play soccer and basketball outside
- Nurses room if you don't feel well.
- More sports like football teams.
- Jogging club
- Math club
- Smoothies
- Singing group- choir all school year, continue after Xmas
- Rock wall, climbing wall
- Pool, visit a pool
- Sandbox
- Pets, animals at school