



Forest Hill Senior Elementary School : a school where we feel good, we belong, we grow and we thrive!

The little story of the Energy Club Énergie



An article in the magazine *L'Actualité*, (« Éducation : la Finlande première de classe! », avril 2014 -<http://www.lactualite.com/societe/education-la-finlande-premiere-de-classe/>) inspired two Forest Hill Senior cycle 3 teachers to develop a project that fits perfectly with the mission of the school.: to provide fertile soil to help children reach their full potential.

September 2014: With the unconditional support of their principal, collaborators and the school team: “Energy Club Énergie” was born!



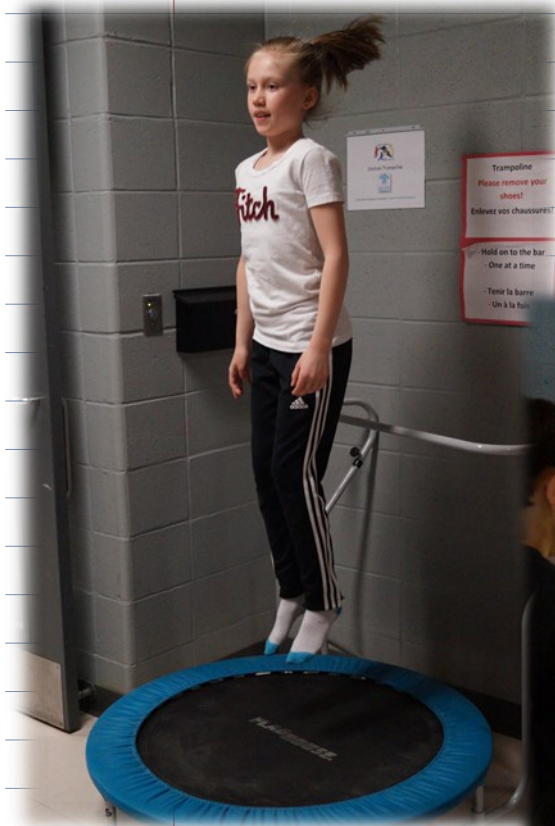
What is the « Energy Club Énergie »?

Forest Hill Senior’s goal: helping its children reach their full potential!

Every day, the “Energy Club Énergie” program at Forest Hill Elementary School (Senior Campus) provides “active” opportunities to its 367 students. This positively impacts their well-being and educational success. Throughout the school day, children can benefit from “energy breaks”:

By visiting ten activity stations in the hallways of the school (e.g. stationary bikes where they can read while exercising, play soccer, mini-hockey, Ping Pong, badminton, get energized jumping rope or on a trampoline & many more!);

Here are a few « Energy Club Énergie » activity stations:





What is the « Energy Club Énergie »? - Con't:

- Children can participate in challenges at recess, which incite them to move and create links between them, while developing a sense of belonging;
- Sports equipment is made available to students during recesses and at lunch time;
- Energy Cubes challenge – Grand Défi Pierre Lavoie: 2nd year of participation (2015-2016);
- Change in the daycare schedule in order to allow children to move outside (before and after classes);
- The daily gym schedule has been changed to offers 30 minutes at the end of the day to the Energy Club Énergie (for specific children, new students, reward, etc.);
- The teachers integrate activity sessions in class by using videos (e.g. dance).



A large screen to promote healthy living (located at the cafeteria):

- Allows the organization of physical activity sessions to larger groups by using a variety of tools (e.g. dance videos (GoNoodle), training, etc.);
- Presentation of health capsules to students at lunch time to raise children's awareness about healthy lifestyles (e.g. ideas on how to get moving during the Pierre Lavoie Energy Cubes challenge, healthy snacks, inspiring athletes, etc.).

The Energy Club Énergie is also :

- The Energy Club Committee where students are invited to organize, plan and disseminate the activities;
- Target groups for children who might benefit from smaller group workshops to develop friendships and help encourage certain skills;
- Information sessions about healthy eating habits given by the Grade 5 students & poster design;
- Cafeteria menu: the emphasis is on fresh and nutritious foods;
- Students are strongly encouraged to choose healthy snacks;
- Special furniture allowing various positions to students (sitting, standing, lying down) to facilitate their comfort / concentration.

The Energy Club Énergie is also serving the community of Forest Hill Senior:

- Community outings after school hours where families are invited to participate in an activity (sport, leisure, etc.);
- Facebook page of the Energy Club Énergie that promotes community outings and disseminates information on health and well-being to families;
- Yoga sessions offered free of charge to the daycare (parents and children) within the periods allocated to the Energy Club.



Objectives / benefits : “We win by getting moving!”

- Promotes well-being and concentration by offering children opportunities to release / renew their energy, or just to let off some steam;
- Provides opportunities for children to move before their level of frustration / anxiety increases to the point of disrupting the class;

Note: It is important to mention that visits to the principal office (related to classroom discipline) have significantly decreased since the beginning of Energy Club Énergie;

- Allows children to develop their independence. Children are responsible for their stopwatch (they are the timekeeper for their activity break). Also, they can take the initiative to ask their teacher to go stretch their legs if they feel the need;
- It is a fun and dynamic way to integrate new students at Forest Hill Sr.;
- Develops a sense of belonging to the school while creating links with new friends;
- Since the introduction of the Energy Club Énergie in September 2014, there was a significant decrease in the level of anxiety among boys (« *Tell them from me* » survey, Learning Bar inc.).



Vox pop among students:

What they said about their « Energy Club Énergie » :

"I waste all my energy and when I come back in class, I feel more calm."

"It makes me think how high school will be - it makes us responsible."

"When I have too much energy, it helps me relax my body and I can better concentrate to do my work."

"It's Fun! You get to play, it calms you down... It helps me with everything. Energetic!"

"When you stress out, it calms you down."

"It's a brain break while having fun!"

"The Club Énergie helps me calm down. I don't worry anymore."

"My school makes me feel at home."



For more information:

Stay tuned for more health capsules and activities of the Energy Club Energy by joining the Facebook private group (Group Energy Energy Club Forest Hill)!

This is only the beginning of the beautiful story of the Energy Club Energy!"



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