

VIVO'S LIVING LAB FOR GEN H HEALTHY LIVING SCHOOL 2016/2017 REPORT

At Vivo, connections mean a lot. As a charity we believe everything is linked and should live in balance. We see strength in diversity, potential in challenges, and magic in solutions. With mobile classrooms, not devices, we are dialing up discovery offline, outside and with play. Cellular in the molecular sense, we are strengthening the DNA of Generation Healthy – Gen H – a generation you’re not born into but choose to be a part of. Everybody plays a part, and at Healthy Living School – HLS – students, teachers and communities are connecting to discover just that.



RANGLANDS ELEMENTARY & SPRY IN THE HILLS “HOW CAN I MAKE A POSITIVE DIFFERENCE IN MYSELF AND MY COMMUNITY?”

Connection hasn’t always been the easiest thing for the students of this Grade 4-6 class. Many of the students display special needs on the autism spectrum, so meeting new or unfamiliar people can be challenging. One dream that their teachers, Barb English and Melissa Plett, had for the HLS experience was to offer more opportunities to develop students’ social skills. Enter SPRY in the Hills – a program designed for seniors to maintain active, social lifestyles while encouraging brain and body health. Ranchlands HLS students planned to connect with the Vivo regulars of SPRY. Leading up to the get-together, the students discussed proper behaviour when meeting a stranger, created their own “All About Me” summaries and practiced their introductions and handshakes with one another. The big day arrived and the students were feeling the excitement

OVER THE COURSE OF THEIR HLS WEEK, STUDENTS FROM RANGLANDS ELEMENTARY WERE INSPIRED TO UNDERSTAND THE CONNECTION BETWEEN POSITIVELY IMPACTING THEMSELVES AND AFFECTING THE SAME POSITIVE CHANGE ON OTHERS.

“We were scared to go in.” Edison explained of the shift in emotions. Their teachers noticed the discomfort and rallied up a pep-talk, they had worked so hard for this for weeks.

as they chatted on the drive over to Vivo. When they rounded the corner and approached the door, SPRY on the other side, their excitement shifted to anxiety – they were struck with stage fright.



The Grade 4-6 students of Barb English and Melissa Plett’s Ranchlands Elementary class.

They reminded students of their preparation, how fun it can be to meet new people and how rewarding it can be to try new things. They assured the students that it is very normal to feel nervous or uncertain, but when you find the courage to walk through that door, great things will be waiting on the other side. The students listened, nodding and agreeing. Drawing on their practice and all of their nerve, they collectively decided to go ahead with the meeting.

FAST FRIENDS: STUDENTS AND SENIORS QUICKLY FORM CONNECTIONS

Warm welcomes wash over the students as they enter – the seniors smiling and waving, shaking hands and creating a comfortable space to form friendships.



The fast friends connect playing games like Snakes and Ladders and learn to play Uno, which has since been adopted as a new classroom favorite.



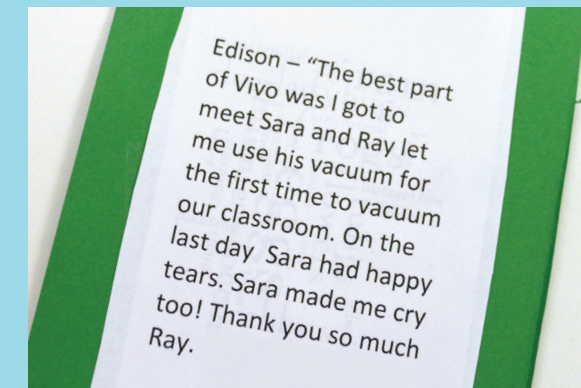
Students participate in a SPRY fitness class, admitting how tough it was and impressing the seniors with their dance moves.

TOKENS OF FRIENDSHIP: CARDS & LETTERS

The connections formed were so meaningful the students decided the friendship shouldn't end here. Mrs. English suggested becoming penpals with their new friends at SPRY to keep the connection going. The students set to work crafting unique artwork and letters, including BINGO cards sharing facts about themselves.



Handcrafted cards remind the SPRY seniors of time spent with their new student friends.



One of many cards created by students for Vivo staff.

CELEBRATING FRIENDSHIP: THE SPRY SENIORS VISIT RANGLANDS ELEMENTARY

Building on their new connection, confidence and social skills, the students decided to invite the seniors to visit them at their school.

They hosted a tea service in their honour, as a thank you for their friendship that had deepened throughout the year. The seniors delightedly accepted their invitation, and students designed and built arcade games to entertain their friends. On the afternoon of the tea, Ranchland's library was full of games designed and built by the students.

This "awesome" friendship between the students of Ranchlands Elementary and the SPRY seniors lived on throughout the school year, exchanging letters back and

forth at special times of the year, like Valentines' Day and Easter. Each group learned more about one another's interests and continued to deepen their friendship.

This strong connection paved the way for other HLS schools, like Fish Creek, to partner up with SPRY as well. It also deepened the relationship between SPRY and Vivo and led to SPRY becoming more involved with our community and our charitable initiatives. We are committed to continuing to make space in the HLS curriculum for opportunities of intergenerational connection. The benefits to both parties are invaluable – the students sharing their time with the seniors "warmed their hearts" and the seniors filling that infinite grandparent bucket because they "could always use a few more grandchildren."

SO WHAT EXACTLY IS HEALTHY LIVING SCHOOL?

HLS is part of Campus Calgary/Open Minds, a school program that brings learning outside the classroom and into dynamic community settings. Students explore exciting new environments like the Zoo, City Hall, Museums – and Vivo – where we welcome students, teachers and community experts into our living lab for Gen H - Healthy Living School.

Teachers, students, and community experts come together for a curriculum-based, immersive experience that takes place over the course of one week and by design, meets the needs of each individual student. Students and teachers engage in personalized learning, establishing community, donor and educational partnerships to transform teaching and learning. HLS emphasizes healthy living – how it contributes to an active, connected and vibrant community. Students are inspired to identify their role within the community and to connect their hearts and minds into what it means to belong to Gen H.

SCALING UP ACCESSIBILITY

The students of Ranchlands Elementary stood before the rock climbing wall, listening carefully to instructors and assessing the height. "Will Emiko be able to climb with us?" The students found themselves often wondering if an activity would be able to accommodate Emiko – their classmate in a wheelchair. If not they were eager to find creative ways to make it possible for him.

One of their biggest shifts while at HLS was greater connection to each other, with more understanding and empathy around their uniqueness. A lot of their learning and conversations centered around accessibility and providing a good experience for everyone. Vivo instructors assured the group that Emiko could rock climb too, that together they could find a way to make it happen.

The kids watch wide-eyed while Vivo Instructors work with Emiko as he climbs up the wall, exploding in cheers as he reaches the top.

THE TEA SERVICE: AN EVENT TO REMEMBER

Some of the highlights of the afternoon included:

- Student Nathan reads a speech, carefully laying out the rules for acquiring and cashing in tickets from the games. He advises that there is lemonade and cookies – made by the students themselves – answered by a round of applause.
- One stop is Edison's fishing game. Catching a fish with a magnetic fishing rod requires one to do a challenge. SPRY member Del catches one that instructs her to sing the national anthem and she obliges with a few others chiming in.
- SPRY member Jay walks around shaking hands and congratulating kids, pulling gold medals from a bag and draping them over shoulders.
- Patient SPRY member, Diane, notices student, Nicky, watching from a distance. She eases him out of his nervous state and he eventually shows his handmade maze game to a small group of interested seniors.



BY TAKING STUDENTS AND TEACHERS OUT OF THEIR CLASSROOMS AND INTO OUR COMMUNITY, VIVO, CAMPUS CALGARY AND CENOVUS ENERGY ARE CONNECTING HEARTS AND MINDS TO RAISE HEALTHIER GENERATIONS CITY-WIDE.



LASTING CONNECTIONS TO COMMUNITY: VARIETY PARK

Variety Alberta, a charity dedicated to advocating for children with disabilities and special needs, invited the students out to co-create the redesign of an accessible and inclusive playground, Variety Park. Each student built their own barrier-free playground out of Lego, leaning into their new empathetic posture and keeping friends like Emiko in mind.



The students joined the community in the unveiling of the redesigned Variety Park on a sunny morning in South Glenmore on Saturday, June 24th.



The students brought the ideas back to their school, Ranchlands Elementary, to improve the layout of their own playground, showcasing stencils that inspire different movement patterns.



The parents of a student describe how HLS and being involved with Variety has impacted their son, expressing: "CJ's contribution to this project has opened up his eyes, and he is teaching us about barriers in society and about what needs to change. He instantly wanted to get involved and understood how he could make a difference."

At the unveiling of the park Variety launched a new educational initiative to break down barriers associated with words like "disabled" by handing out t-shirts illustrated by the students.



MODEL CITIZENS: CENOVUS

This year, we are celebrating five fantastic seasons of HLS at Vivo, thanks to Campus Calgary and the generous ongoing support from donors like Cenovus Energy. We're looking forward to breaking new ground and further exploring and expanding the learnings about what it means to be healthy for life, with more students, teachers and communities in Calgary and beyond.



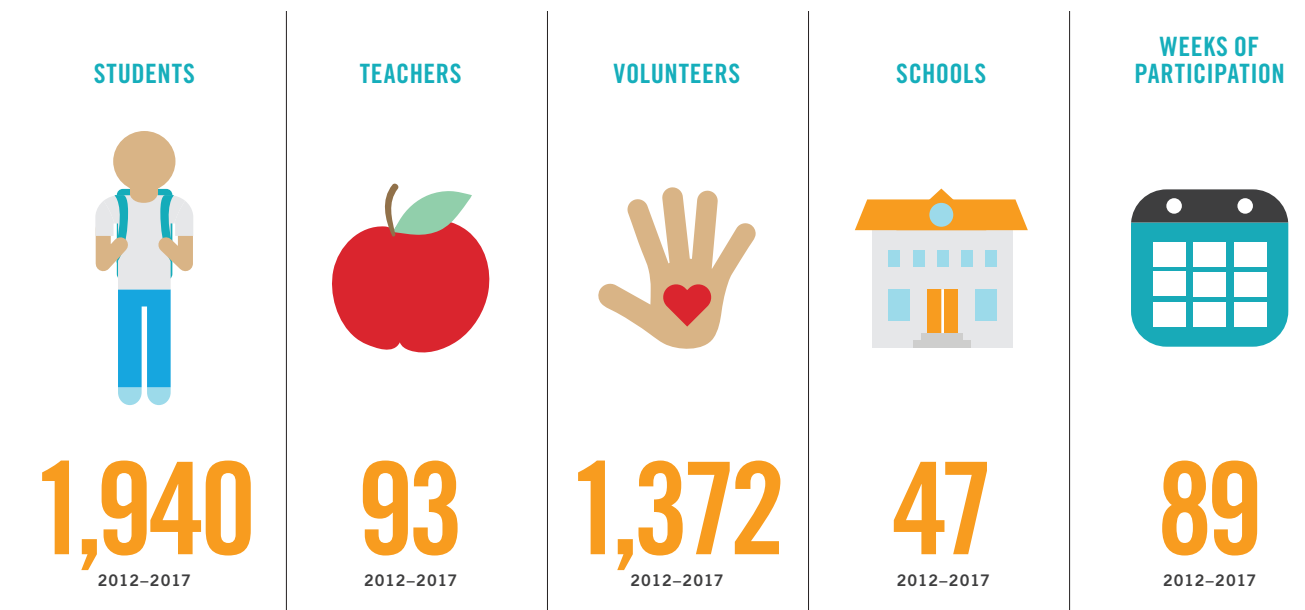
"WE'VE WITNESSED CHILDREN TAKE LEADERSHIP IN HEALTHY CHOICES AND EMPOWER EACH OTHER TO BE MORE ACTIVE. IT'S THROUGH THESE PARTNERSHIPS THAT WE BEGIN TO MAP NEW FUTURES FOR LEARNING AND BUILD COMMUNITY COMMITMENT TO PUBLIC EDUCATION THROUGH INNOVATIVE APPROACHES."



Leanne Courchesne, Group Lead, Community Investment, Cenovus Energy Inc.

HEALTHY LIVING SCHOOL

5 YEARS OF COLLABORATION WITH STUDENTS, TEACHERS, VOLUNTEERS & SCHOOLS



LEADING CHANGE: INSPIRING GEN H TOGETHER

At HLS, we are raising confident kids who are connected to their communities, active in their lives and excited for all they can become. We are so grateful to the generous donors and partners that play a critical role in the long-term success of our charitable programs like Healthy Living School.

Together, we are evolving our work and maintaining the meaningful relationships that we have established. We are equipping teachers with innovative tools and practices to inspire their students to make playful changes in their classroom, inspiring activity.

Nearly 2,500 students, and counting, have participated in Healthy Living School and are now sharing their learnings out in the world. Their influence is unleashed, and their newly established confidence helps them truly believe that what they do matters, and matters a lot. Most of all we are grateful to the students for the lessons they continue to teach us as the next generation – and forever members of Gen H.

NEARLY 2,500 STUDENTS,
AND COUNTING, HAVE
PARTICIPATED IN HEALTHY
LIVING SCHOOL AND ARE
NOW SHARING
THEIR LEARNINGS OUT
IN THE WORLD.



To learn more about HLS and to combine forces as a teacher, donor or student please:

VISIT

<http://www.vivo.ca/Pages/RaiseTheBarHealthyLivingSchool.asp>

<http://www.cbe.ab.ca/ccom>

CALL

Sara Anderson
403.567.4489

EMAIL

saanderson@vivo.ca



@VIVYOURLIFE #GENH