

VIKING TRAIL ACADEMY, PLUM POINT

The initial move for Viking Trail Academy to become a healthier place was made four years ago when they declared their school "smoke free". There were some challenges initially, but the number of smokers has diminished significantly since then.

The school has worked closely with the catering company to promote good eating habits, their philosophy being that they would sacrifice profit and fundraising efforts for better nutrition for their students. Great changes were introduced last year, i.e whole wheat toast at the breakfast program, cookies limited to once a week, and the elimination of Gatorade sold at school.

The walking trails adjacent to the school has helped with the students' physical activity. Snowshoes were purchased by the school to help keep the students active in the winter season.