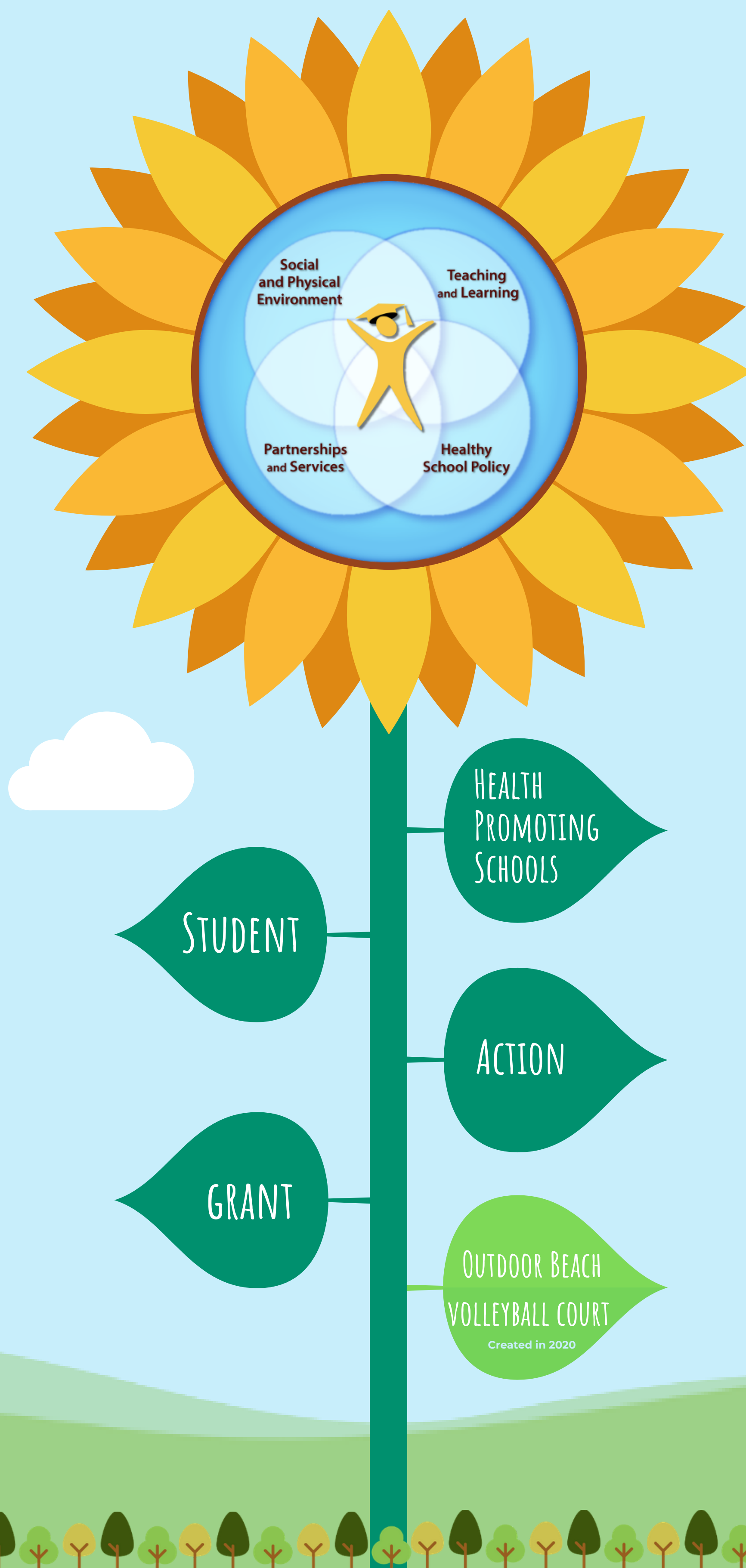


Promoting Healthy Learning Environments With the UpLift Partnership

The UpLift Partnership provides \$5000 in seed funding to participating schools to enhance the HPS approach. Projects are required to incorporate meaningful student involvement. Funding is provided by the PHAC and matched private sector funding. It is encouraged to combine this grant with other grant opportunities.



OUTDOOR BEACH VOLLEYBALL COURT

WHAT IS IT?

An outdoor beach volleyball court is an outdoor setup of a volleyball net on a sand surface where students can play volleyball during PE classes, during lunch breaks and recess, or outside of school hours. Implementing a beach volleyball court outside a school can help students build relationships with their peers and enjoy spending time playing a game in the outdoors.

WHO SHOULD BE INVOLVED?

Planning an outdoor play area means engaging different members of the school community:

- Principal
- Students
- Teachers
- Parents
- Regional Centre for Education/Conseil scolaire acadien provincial
- Municipal government (i.e. to discuss beach volleyball court in a shared space)
- Local contractors and building stores
- Other community partners

WHAT ARE THE BENEFITS?

Students attending a school with an outdoor beach volleyball court mentioned that they expect this project to reduce boredom and bullying. As well, this new infrastructure can increase physical activity levels among students while giving them the opportunity to build new relationships with their peers. Implementing an outdoor beach volleyball court can also provide a resource that can be available to community members outside of school hours and during the summer. This can solidify the school as a community resource while also opening up opportunities for future partnerships between the school and community groups.

OUTDOOR BEACH VOLLEYBALL COURT



BUDGET

Hants North Rural High School:

- Excavate organics + topsoil for 30'x60' pad
- Installation of solid base
- Geo-textile
- 6" of sand (geo-textile between base and sand)
- Installation of sauna-tubes & concrete for net posts
- Excavator, labour & aggregate

Total + HST = **\$8,280.00**

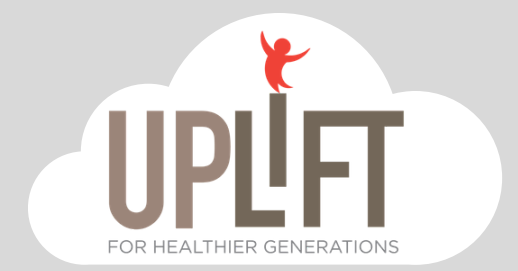
Hants North Rural & Kennetcook District School Volleyball Court



Other examples



OUTDOOR BEACH VOLLEYBALL COURT



STUDENT ENGAGEMENT & SKILL DEVELOPMENT

Student engagement: There are examples of schools creating a health action group involving a group of dedicated students that help support and approve this type of project and provide input about its value. The student health action group can also be responsible for promoting the outdoor beach volleyball court among their peers as well as build lasting relationships with community groups. Students can also support this project by identifying locations for the court to be placed, in alignment with professional input and approval.

Skill Development: The student health action group can be part of the many steps leading to the project's implementation. They can have the opportunity to learn about the assessment, budget, tendering, ordering and construction stages and what is involved in each step. This group can also have the opportunity to gain leadership skills as well as improve their knowledge around health promotion and the Health Promoting Schools approach through communication with their peers and the greater community about this project.

POSSIBLE VENDORS

Cobequid (also known as Cobequid Trail Consulting) - a family run business specializing in the creation of uniquely captivating outdoor playscapes for children of all ages.

Joy Elliott Landscape Architectural Design - Joy Elliott practices Landscape Architecture and has designed and overseen construction of residential landscapes, public plazas, a boardwalk, playgrounds, etc.

Turf Masters Landscaping - A family-owned and operated business with a passion for bringing designs to life for clients, in the form of playgrounds, hardscapes and recreational parks.

Bienenstock Natural Playgrounds - Bienenstock celebrates divergent thinking and risk taking. Their team of designers, landscape architects, trainers, educators and construction experts is reflective of their approach—comprehensive, international and multidisciplinary.

TO LEARN MORE

Visit our website: <https://www.upliftns.ca>

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