Sir Charles Tupper (SCT) is a public secondary school located in central Vancouver, British Columbia. The athletic department utilizes a 1000sqft space for weight and cardio equipment – this has severely limited their offerings in the past. In 2014, access to an adjacent classroom was created that increased this overall space to 1729sqft.

The vision of this project is to appoint these two rooms as a **Wellness Centre**. We hope to expand and enhance current equipment, and increase the number and diversity of usership. Athletic staff are considering the possibility of new clubs and it is the expectation that the space will be accessible to school families.

All of this supports the BC Ministry of Education initiative to build strong positive relationships between students, staff, families and the larger community.

**PURPOSE AND BACKGROUND**

Respect, Ownership, Attitude, Responsibility, Safety (ROARS), the Tupper Code of Conduct, outlines the rights and responsibilities of all members of the Tupper community, in order to ensure a safe, productive and respectful environment. The Code of Conduct applies while at school and at all off-site school-related activities.

The SCT administration and parents are committed to this code. We recognise that a healthy student population has a higher likelihood to deliver this code of conduct and that our new Wellness Centre is integral to this.

With the recent addition of new equipment in 2015 and 2016, it has been noted that faculty and staff are now using the space alongside students and the centre’s hours have expanded beyond school hours.Local community coaches, in return for personal access to the Wellness Centre, offer coaching to Tupper students. The vision is to build on this expertise and space sharing to offer more club opportunities to SCT students.

Previous users were traditional weight room users only. With this new equipment, the space will attract many non-traditional users excited at the prospect of this new opportunity.

**IMPACT**

We expect the **impact** to be immediate. Already, with the minor changes in 2015 and 2016, use has increased dramatically. This is evident in the sign in sheets and the longer hours of operation.

Girls traditionally did not use the space as it was an intimidating male orientated “weight room”. With the introduction of cardio equipment (spin bikes), lateral and pulldown pulleys in the first year of the 5 year plan, the space immediately became more conducive to a female workout.

School athletes compete in city, provincial and national competition in the following sports; volleyball, basketball , track and field, ultimate, rugby and soccer. This new Wellness Centre will improve SCT student’s prospects of success at these competitions.

In May 2016, Sir Charles Tupper will host Passport to Play –a sporting event for students with cognitive and physical disabilities from all over BC. This wellness centre will play a significant role in the athlete’s preparation for the event. We are expecting over 300 athletes and aspire to host in the years 2017-2019.

**FIVE YEAR PLAN**

|  |  |  |
| --- | --- | --- |
| **YEAR** | **PLAN** | **HOW TO FUND** |
| **2015** | **Demolish partial wall between current weight room and adjacent classroom****Purchase cardio Equipment** | **School****SCT Parent Advisory Committee** |
| **2016** | **Purchase cardio equipment****Purchase complimentary equipment** | **Fundraising by athletic department****Fundraising & Grants** |
| **2017** | **Continue to develop Wellness Centre** | **Fundraising & Grants** |
| **2018** | **Continue to develop Wellness Centre** | **Fundraising & Grants** |
| **2019** | **Continue to develop Wellness Centre** | **Fundraising & Grants** |

In April 2016, delivery of new equipment (year 2 of the 5 year plan) will continue to make the space more attractive to female and other non-traditional weight room users. This new equipment includes accessories to complement the current equipment.

CONCLUSION & SUMMARY

In conclusion, our hopes are that this special place will be cherished by the community and we will take pride in our efforts in creating this space where all members of the community are encouraged to build a healthy lifestyle and enjoy overall wellbeing among our community