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Brookmill Jr. P.S. has been a participant in the 60 Minute kid's club challenge for the past 5 years. In the 2011-12 school year and again in the 2012-13 school year, Brookmill won the most active and healthy school in our district, province and country. Once again, we are proud to announce Brookmill students have led Canada in the 60 Minute kid's club fall challenge for the 2015-16 school year, by placing first amongst all participating schools.

Students are required to track their physical activity, nutrition, amount of screen time, hydration, hours of sleep and mental health on a daily basis by logging into the 60 Minute kid's club challenge website. By providing the students an opportunity to monitor their own lifestyle on a daily basis, they are made accountable to themselves as they move through each challenge. At Brookmill, as in all schools, student well-being and mental health is extremely important. The 60 minute kid's club is an integral part of our school improvement plan as it pertains to community culture and caring as well as our Caring and Safe & Accepting School Action Plan. 60 Minute kid's club provides periodic reports that provide school rankings throughout the challenges, but more importantly, they include individual student participation scores. Teachers and administration are able to use this to track individual scores and possibly compare them to other data such as school climate surveys, EQAO student surveys and report cards, to measure a student's well-being.

The staff, students, parents and Brookmill community agree that coming in first over all in Canada is quite an accomplishment, and over the past five years, having been presented with banners, a free trip to a Blue Jay game and a professional Break Dancer visit our school has been a bonus. In the end however, we are unanimous in our belief that it is each individual's mental health and well-being that is most important and that should be motivation enough for being a participant.