

**DATE:** October 25, 2011

**TO:** Board of Trustees

**FROM:** Edgar Schmidt, Superintendent of Schools

**SUBJECT:** The Milk Revolution at Westglen School

**ORIGINATOR:** Mark Liguori, Assistant Superintendent for Schools

**RESOURCE  
STAFF:** Jody Lundell, Principal Westglen School  
Adrienne Swelander, Teacher Westglen School

**REFERENCE:** [Staff Room – Around the District](#)  
[Jamie Oliver’s Food Revolution](#)

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#### **ISSUE**

In April 2011, grade four students at Westglen School began *The Milk Revolution* in an attempt to educate others about the amount of sugar in chocolate milk and to encourage them to make healthier choices.

#### **BACKGROUND**

During a health lesson, students watched a clip from Jamie Oliver’s Food Revolution and learned that a 250 ml carton of chocolate milk contains a 26 g of sugar. They decided to take action by educating others about healthier choices when it comes to drinking milk. This action took several forms, including *The Milk Revolution* Blog and three episodes of *MooTV*.

#### **CURRENT SITUATION**

Westglen students have worked hard to spread their message. They involved other classes at their school and at neighbouring schools. They also shared their message with the Westglen Parent Association, Board Chair Dave Colburn and Assistant Superintendent Mark Liguori. Edmonton-based singer/songwriter, Kristilyn Roberston, wrote a song, “[One Glass at a Time](#)” in honour of The Milk Revolution. To date, [The Milk Revolution](#) blog has received over 27,000 hits from around the world. Jamie Oliver has been following along on Twitter, and included *The Milk Revolution* as a Blog of the Month on his [Food Revolution website](#). By June 2011, students achieved their goal of reducing the amount of chocolate milk and increasing the amount of white milk consumed by students during the lunch hour by 60%.

**KEY POINTS**

- *The Milk Revolution* project created by Westglen students is aligned with the Board Priority to promote health and wellness for all students and staff and with the District Plan as it pertains to enhancing quality teaching practices and supports for diverse learners. This project is just one example of how district teachers facilitate flexible, innovative and personalized approaches to learning.
- *The Milk Revolution* demonstrates the potential of a *Universal Design for Learning* approach in creating more accessible, flexible and engaging activities that meet the needs of a broad range of learners.
- Throughout *The Milk Revolution*, students acquired and demonstrated skills in 21<sup>st</sup> century learning, including critical and creative problem solving, collaboration, communication, effective use of technology, and digital citizenship.
- *The Milk Revolution* is an example of the leadership role students can take in promoting health and wellness for all students and staff. This student-driven project promoted healthy food and beverage choices, encouraged students, staff and parents to examine their nutrition practices, and provided opportunities, support and encouragement for staff and students to eat healthy foods.

ML:ljb