

STOMP School Profile

Central Huron Secondary School

Clinton, ON

STUDENT ACTION TEAM BREAKDOWN

- 20 Students
- 4 School Staff
- 2 Principals/Vice Principals
- 3 Community Partners

SCHOOL CHAMPION

Margery Holmes
Educator, STOMP Champion

NUMBER OF STUDENTS REACHED

530 students reached





KNOWLEDGE PRODUCTS CREATED

- Vaping Posters
- Online Op-Ed Piece in Blackburn News



School Activities



1. Student Survey: The Student Action Team developed student surveys to share out across the school community to better understand the prevalence of vaping and how to best address issues related to vaping.

2. STOMP Poster Development and Reveal Event: After creating posters about the harms of vaping for their school in partnership with a local company called “Sign Guys”, the Student Action Team revealed the posters they created to Bob Montgomery from Blackburn News; a local radio/tv news outlet in the community. The full article from the reveal can be [found here](#). Students also helped hang posters around the school, targeting change rooms and bathrooms specifically, because of the high rates of vaping in those areas.



(Left: Member of the STOMP Student Action Team with the poster; Right: The poster is displayed on the school wall)



**3.**

Wellness Goodie Bags: The Student Action Team worked together to make Wellness Goodie Bags for students who are trying to reduce their vaping consumption. Included in each bag were stress balls, stainless steel breath necklaces, gum and a writing journal with pens.

4.

Meditate With Us: Student Action Team members facilitated “Come Breathe with us” activities in the school Library. All students were welcome to attend. From mid-September to mid-December, they had a Wednesday lunch yoga/breath work class in the drama room. From mid-January until mid-April, the School Champion did a Friday lunch yoga/breath work class as well. All classes were 25 minutes in length and many staff and students joined, including regular attendance by STOMP Student Action Team members.



Sustainability Plan

The STOMP program continues at Central Huron Secondary School:

- The Student Action Team is going to build on what they achieved this year and use the [Healthy Schools Certification Program](#) to help guide their intervention planning in the fall.