

THE EVER ACTIVE SCHOOLS PROGRAM

Alberta's voice for Health Promoting Schools



Ever Active Schools is a special project of the **Health and Physical Education Council** of the Alberta Teachers Association and is funded through grants from the Alberta Sport Recreation Parks and Wildlife Foundation, Alberta Education and Alberta Health and Wellness.



In 2009-2010 Ever Active Schools:

Demonstrated Leadership

- Hosted the *Shaping the Future*, Health Promoting School conference for 140 participants from across Alberta
- Member of Alberta Education's K-12 Wellness Framework External Working group and External Advisory Committee
- Developed and delivered sessions at Alberta Teachers' Conventions
- Provided the *Health Assessment Tool for Schools* for Members and Associates
- EAS received a number of short-term grants and contracts in 2009-2010
 - *Take Action!*: Tips to Building Daily Physical Activity into Your School Community that serve as appendices to the DPA Handbook provided to schools in partnership with Alberta Education
 - *Promising Practices* Conference (ASRPWF)
 - *Recipe Card Lesson Plans* (ASRPWF)
 - The Battle River Project – funding of \$105,000/yr (Active Living Strategy and Wellness Fund) to positively improve health behaviours of children and youth through the implementation of EAS with school district support
 - *Moving Forward – HPS with Reserve Schools* (ASRPWF)

2009-2010 Impact Stats:

Healthy Active School Symposia:

11 locations, 166 schools, 436 adults and 526 students

Presentations/ Workshops: 228 (up from 181)

Number of participants: 7552 (up from 5542)

Communications List: 680 (up from 550)

Newsletter Distribution: 2500 copies / 3 x year

Website Visits: 79,073 (up from 47,543)

Members: 195 (up from 162)

Associates: 143 (up from 123)

HATS Completions: 280

Recipe Cards Sold: 1212

DPA Bins Sold: 174

Increased Capacity

- EAS successfully delivered eleven **Healthy Active School Symposia**. In collaboration with Alberta Health Services, these one day symposiums were held in High Level, Fort McMurray, Peace River, Edmonton, Kinsella, Red Deer (x2), Calgary, Lethbridge, Bonnyville and Medicine Hat to bring together teachers, administrators, students and parents for a day of learning how to create and support a healthy active school community. (100% of adults and students would recommend this day to their peers)
- Continued revision of the membership process allows more schools to benefit from the supports, resources and services provided by EAS
- Maintained a Promising Practices database website in partnership with PHE Canada to share health promoting school successes, tools and resources
- Supported member schools with materials, school visits and professional development
- Developed the *Recipe Card Lesson Plans* (K-3 Set 1; K-3 Set 2; 4-6 Set 1; 4-6 Set 2; 7-9 Set 1) specifically to improve the quality of physical education implementation for elementary generalist teachers and those with minimal training

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What's New for 2010-2011?

Ever Active Schools strives to be efficient in the delivery and development of resources, services and supports; development of partnerships, and providing leadership in the area of healthy active school communities. This process enables more Alberta schools and School Districts to access a wide variety of ongoing services and supports for health promoting schools including **physical activity, healthy eating, student leadership and mental wellbeing** under the following four *pillars* of Ever Active:

Education (Professional Development): Developing and delivering professional development opportunities, supporting the implementation of wellness curricula, planning and coordinating events to support Alberta schools.

Schools: Providing support and services to member and associate schools, maintaining a provincial database of members and associates, assessing the capacity for health promotion and assisting schools with Action Plans through the development and delivery of implementation supports.

Communication: continued website development, updates and improvements, producing and distributing a regular Newsletter (Ever ACTIVE!), maintaining the Health Promoting Schools Alberta Promising Practices Database and networking and advocating for health promoting schools.

Research: promoting and monitoring research in member schools, linking with key HPS research and developments, linking member schools with current research from Alberta universities and evaluation of the EAS framework.

EAS will continue to align with government initiatives such as the Active Living Strategy, Healthy Kids Alberta and Healthy Alberta School Communities as well as the K-12 Wellness Curriculum review. Discover what EAS can offer to your school community at www.everactive.org.

Vision

Alberta students live, learn and play in healthy, active school communities.

Mission

The Ever Active Schools Program facilitates the development of healthy children and youth by fostering social and physical environments that support healthy, active school communities.

Goals

1. The EAS Program is a recognized Provincial leader for contributing to the development of healthy, active school communities.
2. EAS member schools have increased capacity to support healthy active living within their school communities.

Target Audience

School Communities – teachers, administrators, students, parents, health practitioners and community stakeholders.

2010 - 2011 Priorities

- Through the progress and evaluation of the Battle River Project, EAS is developing a district model for implementation of Health Promoting Schools. Relationships are being developed with several school districts across the province to imbed the HPS approach into policy, leadership, professional development and the culture of a school district.
- EAS will continue to dialogue with Deputy Ministers and staff of each funding partner to carry on the conversation began at the December 2009 DM meeting outlining the rationale, strategy and impact of the proposed *Healthy Schools Alberta* document
- Publish research data pertaining to EAS from current sources such as REAL-Kids and SHAPES as well as evaluation reports from the HATS and Member Evaluation. EAS will continue to solidify connections to relevant research going on in Alberta's universities and initiate research partnerships with our Members
- Plan and deliver the Healthy Active School Symposia (HASS) with health and education partners including ongoing refinement of the agenda to meet the changing needs of participating schools
- Populate, vet and promote the Alberta page of the Promising Practices for Health Promoting Schools database.
- Continually improve the EAS website to ensure ease of navigation and delivery of resources to school communities.
- Develop new resources such as the *Recipe Card Lesson Plans* to support wellness curricula and ultimately improve the health of children and youth
- Host the Second Annual *Shaping the Future* Health Promoting Schools Conference. In partnership with Physical and Health Education Canada (PHE), January 27th – 29th 2011, Kananaskis, AB.
- Seeking out new and innovative sources of funding to provide supports and services for the implementation of the Health Promoting Schools approach