

the Ever Active Schools program

2007-2008 HIGHLIGHTS

In 2007-2008 Ever Active Schools:

Demonstrated Leadership

- Participated on the Coordinating Committee of the Alberta Healthy Living Network, the Executive Board of the Alberta Coalition for Healthy School Communities and the CAHPERD Quality School Health Program Advisory Committee.
- Developed and delivered sessions at Alberta Teachers' Conventions.
- Partnered with APPLE schools and the University of Alberta to develop a Healthy School Assessment Tool and accompanying Action Plan framework to be implemented in 2008-2009.
- EAS received a number of short-term grants and contracts in 2007-2008.
 - Live outside the Box grant - \$9,000 in support of HASS.
 - Healthy Eating, Active Living School Audit Tool - \$25,000 (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

Increased Capacity

- EAS successfully delivered three *Healthy Active School Symposiums*. These one day symposiums were held in Edmonton, Red Deer and Calgary to bring together teachers, administrators, students and parents for a day of learning how to create and support a healthy active school community. (97% of adults and 94% of students would recommend this day to their peers).
- Revised the membership process (effective September 2008) to allow more schools to benefit from the supports and services provided by EAS.
- Began work on an Alberta wide Promising Practices database to share health promoting school successes.
- Supported member schools with materials, school visits and professional development.

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.

2007-2008 Impact Stats:

Healthy Active School Symposia »
3 locations, 47 schools, 129 adults and 156 students

Presentations/Workshops » 41

Number of participants » 1,315

Bulletin Distribution » 502

www.everactive.org

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.

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2008-2009 INITIATIVES

Check out the new EAS in September 2008!

Ever Active Schools is pleased to add the staff and services of Schools Come Alive under the EAS umbrella. As one organization we will be more efficient in the delivery of services and supports, development of partnerships and providing leadership in the area of healthy active school communities. This merger enables more Alberta schools to access a wide variety of improved services and supports for **physical activity, healthy eating and mental wellbeing** under the following four *pillars* of Ever Active:

Education: 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.

EAS will continue to align with government initiatives such as the Active Living Strategy, Healthy Kids Alberta and Healthy Alberta School Communities. All services and supports formerly offered by SCA will now be available through EAS. Discover what EAS can offer to your school community at www.everactive.org.

2008-2009 Priorities

- New membership designations will allow more schools to access the programs and services of EAS – sign up on the website!
 - **EAS Member:** schools currently in the EAS database and actively working on an Action Plan for a healthy active school community. These schools will complete an online assessment each year and also submit their Action Plan annually. Member benefits include recognition programs, full website access, full EAS event support, opportunities to participate in special projects and events and member rates for workshops and presentations.
 - **EAS Associate:** schools signed up as “interested” through the registration page on the EAS website (form to change slightly for Fall 2008) and beginning to plan their healthy active school community. These schools will have an opportunity once a year to complete an online assessment and move to member status.

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.

Associate benefits include greater website access, invitations to events, partial EAS event support and a discount for workshops and presentations.

- Solidify connections to relevant research going on in Alberta’s universities.
- Continued support and direction for the Battle River Project (funded by the Active Living Strategy and the Alberta School Community Wellness Fund).
- In continued partnership with health regions and funding agencies, deliver the Healthy Active School Symposia (HASS) – 11 locations are planned across the province.
- Launch the Health Promoting Schools Alberta Promising Practices database - a “one stop shop” for resources, activities and supports across the province.

Member Feedback

I had a great day! I loved getting up & moving and speaking with colleagues, also loved getting free posters!
(TEACHER – CALGARY)

I loved the activity and discussion sessions. I thought the topics were great. The planning sessions with the students were great.
(ADMINISTRATOR – RED DEER)

The best part of the day was going into groups to list ideas about how to help our school. I also liked the juggling, cooperation games etc.
(STUDENT – EDMONTON)

I thought that today was great and we learned a lot about a Healthy Active School.
(STUDENT – RED DEER)

It was well done, very fun, I felt like I could be myself and express my opinions.
(STUDENT – CALGARY)



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Alberta

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