

# EVER ACTIVE!

## SCHOOLS PROGRAM

2008 - 2009 HIGHLIGHTS

### IN 2008-2009 EVER ACTIVE SCHOOLS:

#### Demonstrated Leadership

- Included the staff, support and services of Schools Come Alive under the EAS umbrella to better serve Alberta school communities with professional development, implementation, communication and research support for the Health Promoting Schools approach
- Member of Alberta Education's K-12 Wellness Framework External Working group and External Advisory Committee
- Developed and delivered sessions at Alberta Teachers' Conventions
- Launched the Health Assessment Tool for Schools for Members and Associates
- EAS received a number of short-term grants and contracts in 2008-2009
  - 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 Database Development (ASRPWF)
  - Treaty 6 HASS event (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

- Implementation and delivery of a workshop to support the Heart Health Resource (ARPDC)

#### Increased Capacity

- EAS successfully delivered eleven Healthy Active School Symposia. These one day symposiums were held in High Level, Fort McMurray, Grande Prairie, Westlock, Edmonton, Kinsella, Red Deer, St. Albert, Calgary, Lethbridge 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)
- Revised the membership process (effective September 2008) to allow more schools to benefit from the supports and services provided by EAS
- Launched a Promising Practices database website in partnership with PHE Canada to share health promoting school successes, tools and resources

### 2008-2009 Impact Stats:

HEALTHY ACTIVE SCHOOL SYMPOSIA » 11 locations, 151 schools, 413 adults and 444 students

PRESENTATIONS/WORKSHOPS » 181

NUMBER OF PARTICIPANTS » 5,542

COMMUNICATIONS LIST » 550 contacts

NEWSLETTER DISTRIBUTION » 2,500 copies / 16 pages / three times a year

WEBSITE VISITS » 59,780 (April 2008-March 2009)

MEMBERS » 162 schools

ASSOCIATES » 123 schools



- Supported member schools with materials, school visits and professional development
- Developed the Recipe Card Lesson Plans specifically to improve the quality of physical education implementation for elementary generalist teachers



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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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## WHAT'S NEW FOR 2009-2010?

Ever Active Schools will continue to become more efficient in the delivery of services and supports, development of partnerships and providing leadership in the area of healthy active school communities. New workshops and professional development opportunities will be available in the areas of *physical activity*, *healthy eating* and *mental wellbeing*. EAS program staff are working in four distinct, yet linked, *pillars* of support for schools:

### **Tracy Lockwood: EDUCATION »**

Developing and delivering professional development opportunities, supporting the implementation of wellness curricula, planning and coordinating events to support Alberta schools.

### **Joyce Sunada: SCHOOL IMPLEMENTATION »**

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.

**Shannon Horricks: COMMUNICATION/ PROJECTS »** Continued website development, updates and improvements, producing and distributing a regular Newsletter (Ever ACTIVE!), maintaining the Alberta Promising Practices for Health Promoting Schools Database and networking and advocating for health promoting schools.

**Doug Gleddie: 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](http://www.everactive.org).

## 2009 - 2010 PRIORITIES

- Through the progress and evaluation of the Battle River Project, EAS is developing a district model for implementation of the program. 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.
- Membership designations are allowing more schools to access the programs and services of EAS. **Members** are those schools actively working on an Action Plan for a healthy active school community. These schools complete an online assessment (HATS) each year. **Associate** schools register through the registration page on the EAS website and are beginning to plan their healthy active school community. These schools will have an opportunity once a year to complete the HATS each year and move to member status.
- Solidify connections to relevant research going on in Alberta's universities and initiate research partnerships with our Members.
- Continue to 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 and promote the Alberta page of the Promising Practices for Health Promoting Schools.
- Update and 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.

## 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.

### Funding for 2009 – 2010 provided by:

ALBERTA TOURISM, PARKS, RECREATION AND CULTURE (ASRPWF) » \$175,000

ALBERTA HEALTH AND WELLNESS » \$110,000

ALBERTA EDUCATION » \$110,000