

## **Schools Come Alive**

**A Special Project of the Health and Physical Education Council (HPEC)  
of the Alberta Teachers' Association (ATA)**

### **History Notes**

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- ❖ October 1989 - The Health and Physical Education Council (HPEC) submits a proposal for *Schools Come Alive*, A Leisure Lifestyle Special Project, to Alberta's Recreation, Parks and Wildlife Foundation (RPW). This pilot project, designed by HPEC in cooperation with RPW, would promote awareness and provide the skills necessary for students to make choices for a present and future healthy, active lifestyle. An assistant to the HPEC executive would be hired as full-time staff to coordinate, implement and help evaluate the project under the direction of the HPEC Executive. This assistant would personally service 100 Alberta schools accepting the RPW's *Success in Fitness* indoor billboards, which promote fitness and health.
- ❖ June, 1990 – HPEC advertises in the ATA News for a Special Project Coordinator to oversee the *Schools Come Alive* (SCA) Project and to present workshops that would facilitate teacher needs in promoting healthy, active lifestyles of students in 100 pilot schools in Alberta.
- ❖ August 1990 – Margaret Schwartz of Morinville, Alberta, a University of Alberta graduate and physical education specialist, is hired as the Project Coordinator for SCA. The SCA office is housed in the ATA's Barnett House in Edmonton. Lynn Dyck, HPEC Past President serves as the Chairperson of the SCA Committee to liaise between HPEC and RPW. Also on the committee are Mary Ann Downing, HPEC Past President, and Sharin Adams, member of the HPEC Executive.
- ❖ February 1991 – HPEC submits a summary report to RPW which highlights the accomplishments of the pilot project between April 1990 and January 1991 and makes the following recommendation: that HPEC establish an ongoing relationship with the RPW Foundation as long as they both share the same mandate to improve and promote the active lifestyles of Albertans. This recommendation is accepted by RPW and a three-year funding agreement, to be reviewed annually, is developed.
- ❖ October 1991 – SCA publishes its first newsletter, *ACTIVE*, Volume 1 Number 1, with news and updates regarding Active Living in Alberta schools. The newsletter is distributed to all schools through the ATA mailbag. The new SCA Logo appears in the masthead of the newsletter. In the newsletter, the following SCA workshops are advertised and available to all schools in Alberta: "A.C.T.I.V.E., Cowagunga, Dudes" and "Help! I'm Stuck in the Classroom".
- ❖ June 1992 – SCA produces copies of the resource binder entitled *Active Living Helps Your School Come Alive* and distributes it to 1300 Alberta schools.
- ❖ September 1993 – Wendae Grover becomes SCA's RPW Foundation Liaison to the HPEC Executive.
- ❖ January 1994 – SCA hosts its first weekend workshop to train Active Living leaders and HPEC's Quality Daily Physical Education (QDPE) leaders in Alberta. The workshop includes information and resources for QDPE, Active Living and CAHPERD and CIRA's Canadian Active living Challenge (CALC).

- ❖ January 1994 – SCA hosts an Educational Strategy Meeting on *How to Make Physical Education and Physical Activity a Priority in Alberta Schools*. Funding is provided by CAHPERD as part of their commitment to Health Canada to increase physical activity levels of Canadian children and youth.
- ❖ April 1994 – RPW restructures and becomes the Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF) and continues to provide funding for the SCA Project.
- ❖ September 1994 – Sharin Adams, HPEC Past President, becomes SCA’s RPW Foundation Liaison to the HPEC Executive.
- ❖ November 1994 – The SCA Strategic Plan highlights the mission statement: *Schools Come Alive is committed to increasing awareness and implementation of the Active Living concept in Alberta schools through education, resources and leadership in a coordinated and effective manner*. The plan includes goals in Education, Resources, Networking and Provincial Coordination.
- ❖ January 1995 - QDPE (CAHPERD), CIRA and Health Canada provide funding to SCA to bring the Active Living leaders and QDPE leaders together annually for training.
- ❖ January 1995 – On behalf of the Active Living Alliance for Canadians, SCA provides training for teachers to utilize the *Moving to Inclusion* resources.
- ❖ September 1995 – SCA Project Coordinator, Marg Schwartz, is appointed the ATA’s representative on the Provincial Coordinating Committee on Heart Health and the Canadian Intramural Recreation’s (CIRA) *Health in Perspective* program.
- ❖ March 1995 – The draft Strategic Plan of Educational Strategy on *How to Make Physical Education and Physical Activity a Priority in Alberta Schools* is compiled and distributed by SCA to active living stakeholders and agencies in Alberta and Canada.
- ❖ March 1995 – At the national CAHPERD conference, SCA, along with CIRA, trains leaders and presents resources to deliver the *Canadian Active Living Challenge*.
- ❖ September 1995 – SCA presents the following workshops available for the 1995-96 school year: “Living with Exercise, Canadian Active Living Challenge, From Couch Potato to Hot Tomato, Help! I’m Stuck in the Classroom, Cowbunga, Dudes!, Stress-Busters, Energize, Omnikin Ball, Creating Healthy Schools, Canadian Active Living Challenge, Moving to Inclusion” and “Changing Philosophies Toward Extracurricular Involvement for Students”.
- ❖ January 1996 – SCA Project Coordinator, Marg Schwartz, is appointed Chair of the Alberta Coalition for School Health (ACSH).
- ❖ May 1996 – Working with the Alberta Coalition for School Health (ACSH), SCA is successful in encouraging the Alberta Medical Association (AMA) to agree to display and distribute HPEC’s QDPE brochure, in doctors’ offices across Alberta.
- ❖ September 1997 – The SCA Mission Statement is revised: *Schools Come Alive is dedicated to providing education and resources to the people within Alberta’s school Communities to ensure that lifelong physical activity is valued and integrated into daily life*. Workshops “K-12 PE Assessment” and “Getting Girls Involved” are added to the SCA repertoire.
- ❖ January 1998 – SCA is included as a member agency of ASRPWF’s Active Lifestyle Portfolio
- ❖ April 1998 – SCA supports and presents at ACSH’s *Healthy Kids Learn Better* forum held in Calgary and provides *Healthy Kids Learn Better* workshops at provincial and national conferences and at the AAHPERD state conference in Idaho.
- ❖ May 1998 – SCA begins working with the Alberta Center for Injury Control and Research (ACICR) to coordinate the development and adoption of *Safety Guidelines for Physical Activity in Alberta Schools*.

- ❖ Summer 1998 - SCA is contracted by Alberta Education to coordinate the development and implementation of the *Physical Education On-Line* interactive teacher website
- ❖ September 1998 – SCA develops a website [www.incentre.net/hpec](http://www.incentre.net/hpec) to increase awareness of the SCA project and to provide resources, workshop information and links in support of healthy active lifestyles.
- ❖ March 1999 - SCA receives Diabetes Strategy Funding from Health Canada for 18 months to support two projects. In one project, SCA works with the AISI coordinator for the Holy Family Catholic School Division in Peace River to provide resources and professional development in support of their existing *Healthy Bodies, Healthy Minds* project. The second project occurs in Battle River School Division where a part-time coordinator is hired to provide support for healthy active lifestyles in schools and to coordinate community resources within the school division.
- ❖ May 1999 – SCA and the ACICR launch the *Alberta Guidelines for Physical Activity in Alberta Schools*. Alberta Education hosts two symposiums inviting Superintendents from across Alberta to attend information sessions related to the resource. Over 100 *Safety Guidelines* workshops are held over the next 18 months.
- ❖ June 1999 - Alberta Education provides further contract funding to SCA to complete the *Physical Education On-line* website.
- ❖ September 1999 – The SCA Project Coordinator serves as a Member at Large on the Curriculum Advisory Committee for the new Alberta physical education curriculum.
- ❖ September 1999 – SCA and the provincial committee revised the K-12 Physical Education and K-9 Health & Life Skills Programs of Study.
- ❖ September 1999 - SCA launches the pilot program, *Ever Active Schools* in 30 Alberta schools. The program provides further leadership, support and encouragement for active living initiatives in schools. The program is membership-based and promotes the four E's of a *Comprehensive School Health* model: EDUCATION, EVERYWHERE, EVERYONE, and ENVIRONMENT to encourage students to live happily Ever Active
- ❖ March 2000 – SCA Project Coordinator, Marg Schwarz, is seconded by Alberta Learning three days a week from March 1 – June 30, 2000 to help to complete the *Physical Education Guide to Implementation*. Heather Rootsart is seconded to SCA for two days a week to help to oversee the SCA Project and the Ever Active Schools Program.
- ❖ September 2000 – SCA revamps its website and changes the url: [www.schoolscomealive.org](http://www.schoolscomealive.org)
- ❖ January 2001 – SCA adopts a revised mission statement: *Schools Come Alive provides education and resources, which focus on increasing physical activity and promoting healthy active lifestyles in Alberta school communities*. For the first time, a Vision Statement is included in the SCA Business Plan: *Schools Come Alive works cooperatively with Alberta schools to help create an active healthy school community. In active healthy schools, the benefits of active living are known and valued. Everyone has equal opportunity to participate regularly in physical activity. Physical activity programs are safe, offer choice and encourage success for all. Instruction is provided by knowledgeable and skilled teachers who utilize positive practices to create a desire to participate. Alberta schools come Alive!*
- ❖ January 2001 – With funding from Alberta Community Development, Alberta Health and Wellness and Alberta Learning, HPEC launches the Ever Active Schools Program to support and recognize active living programs in Alberta schools. Marg Schwartz becomes the Project Coordinator for HPEC's Ever Active Schools (EAS) Program.
- ❖ January 2001 – Diane Clark becomes the interim Project Coordinator for SCA. SCA and Ever Active Schools share resources and office space in the ATA's Barnett House.

- ❖ September 2001 – Diane Clark becomes the Project Coordinator for SCA. Workshop offerings include: “Planning for Quality Learning Experiences, Evaluating, Assessing & Communicating Physical Education Programs, Hip Hop Hoorah!, Let’s Go Surf’n Now, Heart and Sole, New Games!, Run, Jump, Throw....a Playday, Back to the Basics in Movement, Team Building Activities, No Gym, No Problem!, Fair Play and Respect, From Couch Potato to Hot Tomato, Omnikin Ball and More!” and “The New K-9 Health and Life Skills Program”. *SCA receives a grant from Alberta Education to support the implementation of the Run, Jump, and Throw and Away we go! resource during the 2001 Track and Field Games.*
- ❖ January 2002 – SCA and EAS collaborate with Alberta Learning to produce *Physical Education Resource Guide K-12* and to finalize *Physical Education On-Line* in support of the new K-12 Physical Education Program of Studies. An *Administrator’s Guide to the Physical Education Program of Studies* is also developed.
- ❖ May 2002 – SCA becomes a member of the Steering Committee and major contributor to the *SummerActive* Program. SCA is contracted by Alberta Community Development to coordinate the school packages and promote the events of *SummerActive*.
- ❖ June 2002 – SCA partners with other agencies to present *Go Girl 2002*, a variety of sport, recreation and active living events in Edmonton for girls ages 12 – 17.
- ❖ September 2002 – Lois Vanderlee is appointed as the Ever Active Schools Program Liaison to the HPEC Executive.
- ❖ September 2002 – SCA revises its Mission Statement: *Schools Come Alive provides leadership through inservices, resource development and collaborative partnerships in order to improve healthy active lifestyles in Alberta schools.* SCA offers the workshop “The ABCD’s of Physical Education” in support of the implementation of the new physical education Program of Studies. *Funding for the development and delivery of this workshop was provided through a grant from Alberta Education to Alberta Regional Professional Development Consortia (ARPDC) who partnered with SCA. As a partner in adult learning and support for Alberta teachers, collaborating with ARPDC has provided the opportunity for SCA to develop and deliver new workshop and resources to teachers and administrators. Partnerships such as the one with ARPDC support the profile of SCA, improve programs, services and resources to meet the needs of all our stakeholders.*
- ❖ January 2003 – Distribution of 2600 *ACTIVE* Newsletters to HPEC members and Alberta schools. New SCA workshops: “K-9 Health and Life Skills Program”, Hip Hop II, Physical Activity Guides for Children and Youth” and “Alternative Environments: Playground, Outdoor Activities, Special Events”. *Funding for the development and delivery of the K-9 Health and Life Skills workshop was provided through a grant from Alberta Education to ARPDC who partnered with SCA.*
- ❖ September 2003 – Shelley Constantin becomes the SCA Project Coordinator. Dean Hengel becomes the EAS Provincial Director. Both projects relocate from Barnett House to the Percy Page Center on Groat Road in Edmonton. Fourteen workshops are promoted by SCA. New workshops include “Making Sense of Comprehensive School Health, EverActive – Forever Healthy, Fitness Frenzy” and “Assessment Antics”.
- ❖ October 2003 – SCA creates monthly “Activity Calendars” to provide ideas for classroom teachers to integrate physical activity into other subject areas and throughout the school community. *Funding for the development and delivery of these calendars was provided through a grant from Alberta Education to ARPDC who partnered with SCA.*
- ❖ October 2003 – SCA creates a *Curriculum Facilitators Resource Manual* which includes facilitator’s notes and participant handouts for four workshops in support of Alberta’s K – 9

Health and Life Skills Program of Studies. Funding for the development of this resource guide was provided through a grant from Alberta Education to ARPDC who partnered with SCA. As a result of the funding for these facilitator resources, SCA was able to provide them online as downloadable pdf files making them more accessible to teachers and administrators across the province.

- ❖ November 2003 – SCA partners with the City of Edmonton, ASRPWF, Be Fit for Life Network and Alberta Milk to host the third annual *Go Girl* event in Edmonton.
- ❖ November 2003 – HPEC initiates an Employee Performance Review Policy to provide annual performance reviews of the SCA Project Coordinator and EAS Provincial Director based on self-assessment and peer reviews. The reviews and a report are to be completed by the appropriate project liaison executive prior to the HPEC Annual General Meeting.
- ❖ January 2004 – SCA and EAS are contracted by Health Canada to develop, in collaboration with key active living and healthy eating partners, the 2004 *SummerActive* School Resource Guide.
- ❖ February 2004 – The SCA website is revamped and includes on-line access to the monthly “Activity Calendars” and SCA workshop handouts.
- ❖ June 2004 – SCA is contracted by the Alberta Regional Professional Development Consortia (ARPDC) to assist in the development of a coordinated implementation plan and professional development for Alberta Learning’s Daily Physical Activity Initiative (DPA).
- ❖ September 2004 – Doug Gleddie becomes the EAS Provincial Director.
- ❖ November 2004 – SCA partners with the City of Edmonton, ASRPWF, In Motion Network, Be Fit for Life Network and Alberta Milk to provide the fourth annual *Go Girl* event in Edmonton.
- ❖ November 2004 – SCA and EAS are contracted by ASRPWF to support the development of the 2005 *SummerActive* Resource Guide in collaboration with a variety of health and physical activity organizations.
- ❖ January 2005 – SCA hosts a one-day facilitator-training workshop in Edmonton. Participants are introduced to the DPA resources available to schools and are trained to deliver the “Creating a Desire to Participate” workshop to support the implementation of DPA. Funding for the development and delivery of this workshop was provided through a grant from Alberta Education to ARPDC who partnered with SCA.
- ❖ April 2005 – SCA and EAS are contracted by ASRPWF to coordinate the May 5 launch of the *SummerActive* campaign in Alberta.
- ❖ June 2005 – SCA completes 197 workshops in 2004-05. SCA has attended DPA Advisory Committee meetings, coordinated and facilitated workshop sessions in each of the six regional consortium and has offered a one-day SCA workshop to every school jurisdiction in Alberta. 33 out of 62 school jurisdictions requested a “District Day” of professional development with SCA. Funding for the development and delivery of these workshops was provided through a grant from Alberta Education to ARPDC who partnered with SCA.
- ❖ June 2005 – SCA revises the mission and vision statements: Mission – *Schools Come Alive provided leadership through workshops, resource development and collaborative partnerships to increase physical activity opportunities and promote healthy choices in Alberta school communities.* Vision – *All teachers and administrators in Alberta implement quality health and physical education programs.*
- ❖ September 2005 – SCA offers the following new workshops in support of the DPA Initiative: “Daily Physical Activity for the Elementary Generalist Teacher, The DPA School Handbook Comes Alive, Motivating the Masses, Promising Practices for Implementing Daily Physical Activity, Assessment Antics” and “The Amazing Race for School Communities”.

- ❖ September 2005 - SCA hosts a two-day training workshop in Edmonton for 25 facilitators from across the province. The facilitators will deliver workshops to support the implementation of DPA, physical education and health education programs. The names of the facilitators are shared with the Executive Directors of each Regional Consortium. *Funding for the development and delivery of this workshop was provided through a grant from Alberta Education to ARPDC who partnered with SCA.*
- ❖ October 2005 – SCA partners with a variety of agencies to host the fifth annual *Go Girl* event in Edmonton. SCA coordinated the school mail out, group leaders and volunteered during the event. 100 girls aged 12 – 17 attended the event.
- ❖ November 2005 – SCA and EAS are contracted to support the development of the *Healthy Active School Communities* Resource in support of the 2006 *SummerActive* campaign.
- ❖ November 2005 – SCA hosts a one-day facilitator-training workshop in Grande Prairie to support the implementation of DPA. *Funding for the development and delivery of this workshop was provided through Alberta Education to ARPDC who partnered with SCA.*
- ❖ January 2006 –June 2006 – SCA delivers 119 workshops to 2419 participants in support of quality physical and health education programs and the DPA initiative in the 2005 - 2006 school year. There are 20,166 visits to the SCA website during the year with 30% being repeat visitors. 11,500 resources are downloaded from the website. *Alberta Education funds ARPDC, who partnered with SCA to develop and deliver these workshops.*
- ❖ March 2006 – The SCA contract with ARPDC, to support the implementation of DPA in Alberta schools, is extended until December 2006.
- ❖ June 2006 – SCA and EAS collaborate to produce posters that profile the timetables of Alberta schools that have implemented daily physical education.
- ❖ November 2006 – The SCA DPA contract with ARPDC is extended until June 2007.
- ❖ December 2006 – SCA Project Coordinator Shelley (Constantin) Barthel takes a Maternity Leave from SCA.
- ❖ January 2007 –Susan Yakulic becomes the Replacement Project Coordinator for SCA.
- ❖ June 2007 – SCA applies for a Rural Alberta Development Fund Grant to provide staff development and expertise to support the implementation and development of quality health and physical education programs and wellness initiatives in Northern Gateway Public and Separate schools. The grant application is not successful.
- ❖ June 2007 – SCA adopts revised Mission and Vision statements: Mission – *Schools Come Alive provides leadership and expertise to support the implementation and development of quality health and physical education programs and wellness initiatives in Alberta school communities.* Vision: *All Alberta teachers and administrators offer programs and model behaviors that allow all school-aged children and youth to participate in and demonstrate an enduring passion for healthy active living,*
- ❖ June 2007 – Tracy Lockwood becomes the SCA Program Manager.
- ❖ September 2007 – SCA offers the following new workshops, “Beyond One Size Fits All (Differentiated Instruction), Assessment for Learning in Physical Education” and “ So, You Have to Teach Health....” and creates new Facilitator resource guides for “DPA for the Classroom Teacher” and” Assessment for Learning in Physical Education”. *Alberta Education funds ARPDC, who partnered with SCA to develop and deliver these workshops and create the Facilitator resource guides.*
- ❖ December 2007 – SCA and EAS receive a grant from Alberta Active Living and Healthy Eating Federal Strategy to promote healthy active school communities in First Nations Treaty Six schools.

- ❖ April 2008 – SCA is contracted by Alberta Education to produce educational and support resources for DPA including topic-specific booklets to be inserted into the Alberta Education DPA Handbook.
- ❖ May 2008 – SCA is contracted to create the physical activity portion of the combined *SummerActive/WinterActive* resource
- ❖ June 2008 – SCA receives a grant from ARPDC to deliver assessment and differentiated instruction workshops in support of the implementation of DPA during the 2008 – 2009 school year.
- ❖ June 2008 – SCA receives a Healthy Active School Community Award [from Alberta Health and Wellness](#).
- ❖ June 2008 – SCA completes 98 workshops in the 2007 – 2008 school year.
- ❖ September 2008 – SCA merges with the Ever Active Schools Program (EAS). SCA Program Manager, Tracy Lockwood, becomes the Education Coordinator for the Ever Active Schools Program. New workshops being offered include “Dynamic DPA!”, “Interactive Health: A Resource Toolbox for Health Teachers”, “[Beyond ‘One Size Fits All’: Differentiated Instruction in Physical Education](#)”, “[Considering a School Nutrition Makeover? Bite Off What You Can Chew!](#)”, “Heart Health – Support for Outcomes B & D”, “[Hitting the Target: Assessment For Learning in Physical Education](#)”, “[Mental Wellness: Part of Your Healthy School Community](#)”, “[Recipe Card Lesson Plans](#)”. Alberta Education funds ARPDC, who partnered with SCA to develop and deliver the Heart Health workshop.
- ❖ June 2008 – Joyce Sunada is hired as the EAS School Coordinator in Calgary and Shannon Horricks is hired as the Battle River Project/EAS Communications Coordinator.
- ❖ September – November, 2008 – EAS hosts the third annual *Healthy Active Schools* Symposia in Edmonton, Red Deer, East Central, Grande Prairie, Calgary, Lethbridge ([postponed to Feb. 3, 2009](#)), High Level, Fort McMurray, Aspen Health Region, Treaty Six Band Schools and Palliser Health Region.