



TOGETHER FOR HEALTHIER FUTURES

2025-26 HIGHLIGHTS

With your support we are making our shared vision for children and youth a reality.
Here is a snapshot of our collective impact across the 2025-26 school year.

SIGNATURE PROGRAMS AT A GLANCE

A majority of Ever Active's school and community work is reflected across these four signature programs. The work of these programs push the vision and mission of Ever Active forwards.

Active & Safe Travel

Active & Safe Travel is a collaborative approach that supports schools and communities in creating safer conditions for students to walk, bike, and wheel.

▶ **8,769** people reached across 19 schools

▶ Increase in participants walking and wheeling to school and a decrease in private vehicle use.



Because of [Active & Safe Travel], I feel like I can do things in my community to help people and make it a better place — Student Participant

Everybody Plays

Everybody Plays is an inclusive program that increases opportunities for all children and youth to participate in recreation, sport, and play at school and in their communities.

12,194

children and youth who participated across 290 sessions, received a total of 24,085 minutes of physical activity programming.

91%

of Everybody Plays participants reported that the program helped them feel like they belong and are part of a group.



Everybody Plays helped me feel like I can meet new people, play with others, help everyone have fun and make new friends. — Participant

Youth Sport Club

Youth Sport Club is a free, fun, flexible program that helps more kids participate in sport at school and in the community.

▶ **100%** of leaders reported that Youth Sport Club increased opportunities for their participants to participate in physical activity

▶ **100%** of leaders shared that Youth Sport Club improved their participants sense of social connectedness and belonging



[The greatest success of Youth Sport Club is] the sense of belonging and accomplishment the students feel when they are done. — Coach



The Indigenous Youth Mentorship Program (IYMP) is a relationship-based, community-led healthy living program that brings Indigenous children, youth, and adults together through an intergenerational model of mentorship, leadership, culture, and wellness.

179

mentors were trained through IYMP

97%

of participants reported developing leadership skills.

93%

felt they could make a difference in their school community.



My favorite part about IYMP is being able to make someone's day a little bit brighter by just listening to what they have to say while providing guidance and support. — IYMP Mentor

Creating lasting change begins by asking the right questions. This year, our work has been guided by three simple but powerful "What if..." questions that reflect our vision for healthier futures for children and youth. In the pages that follow, we share how we have worked toward answering these questions. Together, these stories reflect the impact we've made and the progress we're building toward, one child, one school, and one community at a time.



WHAT IF EVERY KID FELT THE BENEFITS OF PLAY?

More kids like Theo would walk into school feeling safe, supported, and confident.

[FULL STORY](#)



More recess leaders would step up, making sure no one plays alone.

[READ STORY >](#)



One Step Closer, Every Morning

For many kids, the walk to the classroom could be a small daily adventure, a chance to move, explore, and build confidence before the school day even begins. But busy, congested drop-off zones often squeeze out that opportunity, rushing children through rather than letting them experience the walk as something playful.

For one young Cranston School student, the morning routine was a battle of nerves, spent gripping his father's hand. The shift didn't happen in the classroom, but on the sidewalk, through Ever Active's Active & Safe Travel program. The Drop and Go Ambassador initiative transformed an isolated, anxious commute into an anticipated, lively morning walk and opportunity for genuine connection.

Each morning, a grade four ambassador waited near the drop-off zone, ready to walk students in. For two weeks the young boy said no, with his dad staying close and gently encouraging him to try. Slowly, he let the ambassador join them both. A few days later, he let go of his father's hand entirely, walking the final stretch on his own beside his new friend, while his dad waved from the sidewalk.

That morning, a small boy turned a walk into school into something playful, social, and his own. Moments like this are why Ever Active helps schools open up the simple joy of active movement to every child: one ambassador, one walk, one morning at a time.

In the 2025-26 school year, Ever Active supported **37,994** children and youth across Alberta, Saskatchewan, and the Yukon. The numbers tell a clear story:

91%

said they felt like they belonged and were part of a group because of the support they received.

87%

said they moved more because of Ever Active's programming.

91%

felt they had the skills to be a strong leader.

87%

felt they could make a difference in their school or community.

Teachers saw the same shift in their classrooms:

96%

said Ever Active's programming increased opportunities for their students to be physically active.

97%

said it improved their students' sense of belonging.

93%

felt they were given the tools to help their students become leaders.

This is what it looks like when every kid gets the chance to feel the benefits of play. Not as a privilege, but as something every child can expect.



WHAT IF THE KIDS WHO NEED THE MOST SUPPORT GOT IT?

More girls like Katie would be able to play, move and find friendship

[FULL STORY](#)



More youth would have the space to express themselves fully

[READ STORY >](#)



Finding Friendship

Entering a new school can be intimidating, particularly as a middle school girl. Figuring out how to express yourself, exploring new activities and making friends can feel overwhelming. This is how Katie, a Grade 6 student at Lawrence Grassi Middle School, felt upon moving provinces.

As physical activity rates across Canada continue to decline, young girls are often the most affected. According to the Canadian Health Measures Survey Data (2025) only 8% of girls are meeting the minimum physical activity requirement. There is a clear connection to the gap in programs that are designed to provide a welcoming, engaging, and strengths-based space where girls can foster connection, participate in movement, and build confidence. This is where Movement & Mindset, a girls' program offered through Everybody Plays, designed in partnership with Right from the Start, became the entry point to belonging for many of the girls involved.

Katie joined Movement & Mindset and was timid entering the first session and quietly engaged in the activities with minimal conversation with her peers. She highlighted to the facilitators on a slip of paper that she was looking for friendship from the program. Each session, her confidence began to steadily increase. She was connecting with her peers in the movement activities, sharing her experiences through artistic expression and building friendships within the group. By the end of the program, she reflected, "It made me feel like I belonged here after leaving the province I was born in. It helped me love art. It made me like school".

Katie began to flourish through the opportunities to play, move and create alongside fellow middle school girls. This deepened sense of belonging is something that all young girls deserve the opportunity to experience.

Through accessible and inclusive programs, we are reaching the children and youth who often face the greatest barriers to participation and well-being, including newcomer youth, low-income youth, Indigenous youth, gender and sexually diverse youth, girls, and persons with disabilities. Equity is at the centre of our work:

83%

of our programs and supports are intentionally designed with equity-deserving children and youth in mind.

24,241

children and youth were reached through programs created to foster belonging, connection, and provide opportunities to thrive for equity-deserving groups.



WHAT IF EVERY ADULT SUPPORTING KIDS FELT EQUIPPED TO HELP THEM THRIVE?

More teachers like Joanne would feel confident and supported with a new curriculum.

[FULL STORY](#)



More teachers would feel energized with tools to help every student thrive

[READ STORY >](#)



The Power of Equipping Educators

When teachers are given the right tools, the outcomes can be astounding. From increased confidence, reduced workloads and being given practical resources, teachers can focus on what really matters, the students. That's the story of one educator preparing for the new curriculum.

As K-6 schools across Alberta implement the new Physical Education and Wellness curriculum, this has created a lot of stress, uncertainty and change for teachers as they navigate the new learnings. Joanne (name changed for anonymity), a teacher delivering the new curriculum at a rural school, was experiencing these issues and, upon learning about Ever Active's resources, reached out to us.

Ever Active provided Joanne with access to classroom-test our new resources at no cost, reducing the burden of creating materials from scratch and helping ease the workload during a time of change. The resources gave Joanne confidence that she was delivering meaningful learning experiences aligned with the new curriculum. One resource in particular, a Physical Education and Wellness reflection journal, quickly became a valuable classroom tool.

"I just thought it was a really great idea. It is definitely something that I'm going to continue to use... I even did an entire presentation in front of our whole staff in regards to just how important it is to think about reflection, especially when we're trying to regulate kids and things like that. And how it can connect with your physical activity as well as the wellness piece together."

The impact extended beyond one classroom. Students described the journals as helping them "calm down," "release feelings after gym," and feel "ready to go back to class."

At Ever Active, we know that when educators are equipped with practical, classroom-tested tools, educator confidence grows, and students benefit too. By partnering with teachers to develop and refine resources that reflect real classroom experiences, we reduce educator workload, build capacity, and help create the conditions for young people to thrive.

In total, **4,066** teachers, alongside more than 200 school and jurisdiction-level leaders from 388 unique schools engaged with Ever Active through workshops, podcasts learning, event attendance or project based work. Beyond schools, we reached 416 program staff and eight program managers across 28 unique community programs. The impact extended beyond participation.

96%

reported feeling more confident and equipped to champion well-being in their schools and programs

95%

said their readiness to take meaningful action to improve child and youth well-being had increased

Together, these results highlight a clear shift: when school and community leaders feel equipped, they are better positioned to create environments where children and youth can thrive.

WE COULDN'T DO THIS WITHOUT YOU — OUR SUPPORTERS!

67 individual and corporate donors supported our work in 2025-26. Without this support our work wouldn't be possible.



OUR RATINGS

In 2025-26, our services were rated 4.5/5 stars, by over 588 participants.



WHO YOUR DOLLAR SUPPORTS:

234,527

INDIVIDUALS

388

SCHOOLS

4066

TEACHERS

37,994

CHILDREN / YOUTH

28

COMMUNITY
PROGRAMS

204

SCHOOL & JURISDICTION-
LEVEL LEADERS

416

PROGRAM
STAFF

8

PROGRAM
MANAGERS



**FOR UNDER \$85 A CHILD OR YOUTH CAN
ACCESS OUR PROGRAMMING FOR A YEAR.**

To find out more about how you can get involved, and support our work through the next school year, visit everactive.org/donate or scan the QR code.



DEAR FRIENDS,

This year, Ever Active lived the very lesson we teach children and communities every day: challenges can become opportunities to build resilience.

It was a year of significant change. We welcomed a new Executive Director and Board Chair, launched a refreshed name and brand that better reflects who we are today, and navigated an unprecedented province-wide teachers' strike that disrupted schools and communities across Alberta.

Yet through every transition, our mission remained unchanged.

When classrooms closed, our team adapted programs, rescheduled sessions, and stayed connected with educators and partners, because children and youth still needed safe, active, and joyful places to belong. Our new logo and visual identity were not simply a rebrand—they represented a promise you have supported for years: that movement, connection, and belonging can change the course of a child's day, and sometimes their life.

Your support made this possible.

Because of your generosity and commitment, thousands of young people continued to benefit from programs such as Everybody Plays, Indigenous Youth Mentorship, Youth Sport Club, and Adapted Sport Festivals. Thousands of educators and community leaders also accessed resources and professional learning that helped them better support the children who need it most.

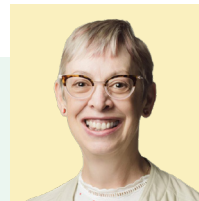
This year reminded us that resilience is never built alone. It is strengthened by dedicated staff and volunteers, inspired by those who came before us, and sustained by partners, sponsors, and donors who continue to believe in our work.

Thank you for standing with Ever Active through a year of change and growth. We are deeply grateful for your trust and excited for what we will build together in the years ahead.

With heartfelt gratitude,



Kerri Murray &
Executive Director



Dr. Kim Kelly
Board Chair

ABOUT EVER ACTIVE

Children and youth are the foundation of our future. Yet across Canada, too many young people face barriers to well-being—barriers that affect how they learn, how they connect, and how they grow. Mental health challenges, social isolation, physical inactivity, and systemic inequities are not abstract statistics. They are the lived realities of children and youth in our schools and communities right now.

Ever Active exists to change that. As a registered national charity, we work alongside schools, educators, families, and communities to create the conditions where children and youth can truly thrive—not just survive. Our approach is wholistic, evidence-informed, and deeply relational. We believe that well-being is not a program to be delivered but a culture to be built.

This helped me feel like I
can.....

Belong
I am important.

This helped me feel like I
can.....

Be more aware about peoples
individuality, and how other
people with different opinions see
the world. I can be more open-
minded and welcoming.

This helped me feel like I
can.....

make friends
easy
be kind

Being a part of this helped
me.....

be polite

Being a part of this helped
me.....

Be come a better
leader

Being a part of this helped
me.....

prepare myself for the future
and learn how to support the
wellbeing of myself and others!

Being a part of this helped
me.....

feel good after a bad day
and help connect with
friends and do crafts.

Being a part of this helped me...

Move more be more cautious
and can finally get the energy
to walk to school.

Being a part of this helped
me.....

Helping other
being a leader
helping people score now
game.

This helped me feel like I
can.....

talk to student leaders and
wellness representatives about my
struggles to school and how
we can implement positive
change to our school.

This helped me feel like I
can.....

Help people
make
included.

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Being a part of this helped
me.....

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Being a part of this helped
me.....

Be me and not
Have to act like
someone I'm not

Being a part of this helped
me.....

help me learn
leadership

Being a part of this helped
me.....

Be my self

Being a part of this helped
me.....

make more friends

I feel like I can...

I feel like I can actually
change our school to make it a bet

Being a part of this helped
me.....

Be a leader
engage with kids
learn new games

CHARITY REGISTRATION NUMBER: 891288334RR0001