



Supporting Healthy School
Communities in Alberta

News Release

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Lethbridge Students Take Action to Build Healthy School Communities

Over 100 Lethbridge area students gathered at the YMCA and Lethbridge Public Library today for the Healthy Active Schools Symposium (HASS). Hosted by Ever Active Schools in partnership with Alberta Health Services, the Be Fit for Life Network and the Alberta Healthy School Community Wellness Fund, this event provided school communities with the knowledge, skills and resources needed to enhance student wellness.

This year's theme focused on finding the leader within through the arts, creative expression and a growth mindset. Symposium participants took part in active sessions, attended presentations, shared ideas, networked with other school communities and created action plans for the school year.

"These events are a unique opportunity for students to connect with other schools, get inspired and take action to create healthy school communities." said Katelynn Theal, Comprehensive School Health Coordinator with Ever Active Schools.

In 2016-17, Ever Active Schools hosted 14 Healthy Active Schools Symposia events in communities across Alberta, engaging over 2000 participants in 56 of 61 school authorities.

Ever Active Schools (EAS) is a provincial initiative that promotes and supports healthy, active school communities. Schools engaged with EAS are actively supported to assess wellness in their school community, and participate through a comprehensive school health approach that addresses health and education goals to improve the social outcomes of children and youth in Alberta. Funding is provided by the Government of Alberta through the ministries of Culture and Tourism, Education and Health.

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