



Supporting Healthy School
Communities in Alberta

News Release

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April 9, 2018

New Initiative Increases Physical Activity Opportunities for Cochrane Students

Ever Active Schools, in partnership with Rocky View Schools, is excited to announce the launch of the Physical Literacy Mentorship initiative in Cochrane. Made possible through funding from the Jumpstart Community Development Program, this initiative will engage five school communities, directly impacting approximately 1900 students and adding up to four additional hours of physical activity and sport programming per week during the school year.

“We’re thrilled to partner with Rocky View Schools to connect Cochrane’s students with increased sport and physical activity programming,” said Brian Torrance, director of Ever Active Schools. “This initiative will build the confidence of teachers to provide inclusive opportunities, while reducing barriers to participation for students living with disabilities or who come from low-income backgrounds.”

The Physical Literacy Mentorship provides an immersive experience for staff in their own school setting, enriching physical literacy opportunities in the classroom, across curriculum, at recess and in the community. Its proven ‘train-the-trainer’ approach helps build capacity and knowledge amongst school staff that will lead to lasting change for years to come.

[Ever Active Schools](#) is a provincial initiative that promotes and supports healthy, active school communities. Funding is provided by the Government of Alberta through the ministries of Culture and Tourism, Education and Health.

[Rocky View Schools](#) serves residents to the west, north and east of the City of Calgary. The jurisdiction provides educational services to almost 24,000 public students in Kindergarten to Grade 12 through 53 schools.

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