

Ever Active Schools

# ANNUAL REPORT

2015/2016



# Table of Contents

Ever Active Schools Overview.....	3
2015-16 Year in Review.....	7
Collaborative Partnerships.....	10
Wellness Education and Comprehensive School Health.....	12
Communication and Knowledge Exchange.....	15
Capacity Building Through Innovative Projects.....	19
Resilient Indigenous School Communities.....	21
Alberta Medical Association Youth Run Club.....	23
21st Century Spaces for 21st Century Learners.....	24
Alberta Active After School Network Coordination.....	26
Competency Focused Learning Opportunities.....	27
Healthy Active School Symposium.....	27
Shaping the Future Conference.....	32
Resilience as a Path to Healthy School Communities: Lessons Learned from Indigenous Teachings.....	34
Physical Literacy Summit.....	36
Professional Learning Opportunities.....	38
Appendices.....	39

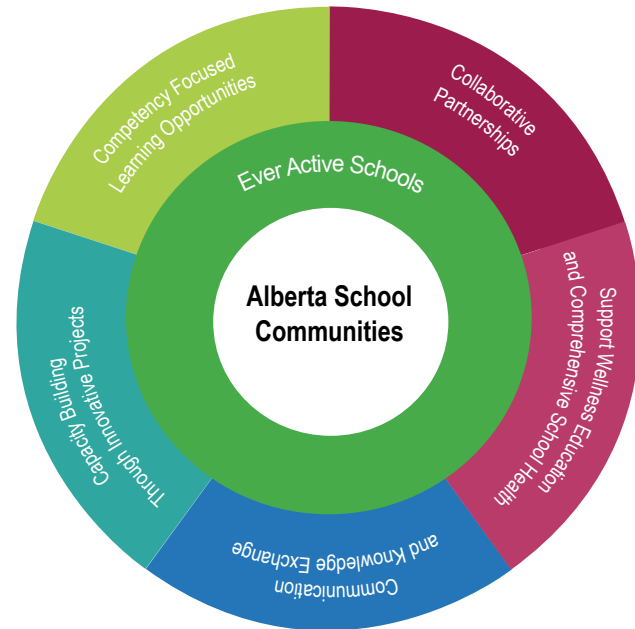
# Ever Active Schools Overview

Ever Active Schools is an established cross-ministerial provincial initiative in Alberta that helps to create and sustain active, healthy school communities.

Ever Active Schools supports quality wellness education through a comprehensive school health approach and works to ensure schools have the resources they need to respond to the complexity of Alberta's classrooms.

Five core strategies are implemented to advance the health and learning outcomes of Alberta students:

- **Collaborative Partnerships**
- **Support Wellness Education and Comprehensive School Health**
- **Communication and Knowledge Exchange**
- **Capacity Building Through Innovative Projects**
- **Competency Focused Learning Opportunities**



## VISION

All Alberta students belong to healthy school communities that enable optimal health and learning.

## MISSION

To provide provincial leadership that promotes and supports healthy, active school communities through a comprehensive school health approach.

## PRIORITY

Lead, support and connect work towards improved health and learning outcomes of children in Alberta.



## Ever Active Schools' Five Core Strategies

### Collaborative Partnerships ///

Ever Active Schools facilitates collaborative partnerships within and across health, education, recreation and active living sectors through direct relationships with school communities and school jurisdictions, participation on local, regional and provincial interagency committees and hosting opportunities that bring together professionals from different sectors.

### Wellness Education and Comprehensive School Health ///

Ever Active Schools supports the development and delivery of wellness-related curricula through high quality resources that promote interdisciplinary competency-focused approaches and increase the number of schools in Alberta that assess, prioritize and action plan as part of a comprehensive school health approach with online and in-person support.

### Communication and Knowledge Exchange ///

Ever Active Schools acts as a conduit for communication and knowledge exchange for school health through the website, newsletters, social media, *Healthy Schools Alberta* and work with post-secondary institutions. Ever Active Schools is a platform to promote wellness resources by providing ongoing support and informing schools of evidence-based best practices.

### Capacity Building Innovative Projects ///

Innovative projects empower local communities to build capacity to support wellness initiatives both in and out of school hours and use evaluation to determine best practices that can be scaled up and shared across the province.



### Competency Focused Learning Opportunities ///

Ever Active Schools provides competency-focused, interdisciplinary learning opportunities for school communities through professional learning opportunities, the annual school health Shaping the Future conference, the Physical Literacy Summit and the Summer Institute. Ever Active Schools also hosts the province-wide Healthy Active School Symposia events, which focus on building competencies to support students to become engaged thinkers and ethical citizens with an entrepreneurial spirit.



In 2015-16, Ever Active Schools celebrated 15 years of supporting schools to create and sustain healthy, active school communities.







Students of all ages working together during a group activity at the Healthy Active School Symposium.

## 2015-16 Year in Review

Intended Outcomes	Key Outputs
<p>Increase preparedness of school communities to offer interdisciplinary competency focused learning opportunities to support wellness education</p>	<ul style="list-style-type: none"> <li>• Developed and distributed 32 different resources that support wellness and cross-curricular competencies</li> <li>• Assisted schools in assessing, planning and implementing a comprehensive school health approach; 22% (508) of Alberta school communities are using the Healthy School Planner from the Joint Consortium for School Health and 290 schools developed student-led action plans at the Healthy Active School Symposia</li> </ul>
<p>Support communication and collaboration between school communities</p>	<ul style="list-style-type: none"> <li>• Facilitated delegates to develop or reinforce a mean of five partnerships (range = 0-40) to support their healthy school community through platforms such as Shaping the Future, the Resiliency Workshop and the Physical Literacy Summit</li> <li>• Shared success stories and evidence-based best practices provincially via the <i>Healthy Schools Alberta</i> magazine, distributed to all schools in Alberta</li> <li>• Maintained social media platforms as a means to facilitate communication with 3,084 followers and had 47,000 monthly impressions on Twitter</li> <li>• Communicated healthy schools information with a monthly newsletter to 6,455 email subscribers</li> </ul>

Intended Outcomes	Key Outputs
<p>Support health initiatives that increase improved health behaviours in student populations continued</p>	<ul style="list-style-type: none"> <li>Supported health and learning outcomes for children and youth through 12 innovative projects running in 420 school communities</li> <li>Doubled the support for First Nations, Métis and Inuit school communities, to work directly with 11 and provide indirect support to a further 17</li> <li>60.7% of schools made changes to the physical activity participation in their school two months after attending Healthy Active School Symposium</li> <li>52.4% of schools made changes to the healthy eating practices at their school two months after attending Healthy Active School Symposium</li> <li>73.8% of schools made changes that impacted the positive social environment of their school two months after attending Healthy Active School Symposium</li> <li>Partnered with the Alberta Medical Association on the Youth Run Club, reaching 380 school communities and impacting 22,000 students <ul style="list-style-type: none"> <li>89% of coaches reported that the Youth Run Club helped to engage students that were not traditionally physically active</li> <li>92% of students reported that they will continue running when Youth Run Club is over</li> </ul> </li> </ul>

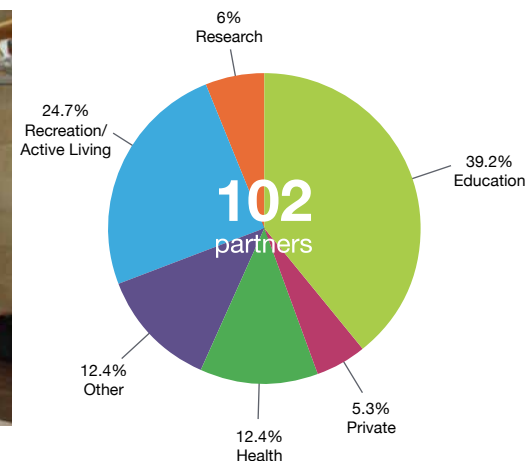


Intended Outcomes	Key Outputs
<p>Increase the self-efficacy of school community leaders to address comprehensive school health priorities.</p>	<ul style="list-style-type: none"> <li>• Provided 128 professional learning opportunities to school stakeholders; provided a platform for the delivery of 98 additional sessions through the hosting of events</li> <li>• Across all professional learning, 83% of surveyed participants believed that the opportunity contributed to their awareness and deeper understanding of student well-being in their school community</li> </ul>
<p>Increase the coordination and reach of school health-related activities in Alberta.</p>	<ul style="list-style-type: none"> <li>• Collaborated with 97 municipal, provincial and national partners to support school wellness</li> <li>• Participated in partner meetings with Government of Alberta, Alberta Health Services and Alberta Healthy School Community Wellness Fund to implement a provincial three year Healthy Schools Action Plan</li> </ul>



## Collaborative Partnerships

In 2015-16, the Ever Active Schools team identified 102 distinct partners with whom we engage from health, education, recreation/active living, research, private and 'other' sectors. Thirty of these were new partners, yielding a growth rate of 46%. Participation on inter-sectoral committees also allows Ever Active Schools an avenue to facilitate partnerships. Collectively, Ever Active Schools staff engaged in 68 regional, provincial or national committees in this reporting period, demonstrating modest growth from last year's 62. See a full listing in Appendix B: Ever Active Schools Provincial Engagement: 2015-16.



Ever Active Schools' participation in local, provincial and national partnerships brings strength to communities in the areas of:

- healthy, local foods
- First Nations, Métis and Inuit health
- physical literacy
- healthy food policy
- after school hours programming support
- injury prevention.



## Ever Active Schools is a hub for school health in Alberta.

Established relationships with schools, community and government uniquely positions Ever Active Schools to strengthen communities through reinforcing partnerships and services. Activities enable connections between school community stakeholders, organizations and community partners to improve health and wellness in schools and increase sustainability of comprehensive school health at the local level.

Attending an Ever Active Schools event enabled each participant to develop or reinforce an average of **five** partnerships that support the work of their healthy school community.

## Key activities Ever Active Schools employs to facilitate partnerships:

- Hosting the annual Shaping the Future conference
- Implementing innovative project based learning opportunities
- Hosting 13 Healthy Active School Symposia around the province
- Maintaining a website as a central communication tool.

# Wellness Education and Comprehensive School Health

Ever Active Schools supports school communities with tools for wellness education and with leadership for the comprehensive school health approach. Activities that support schools in all steps of developing a healthy school community include:

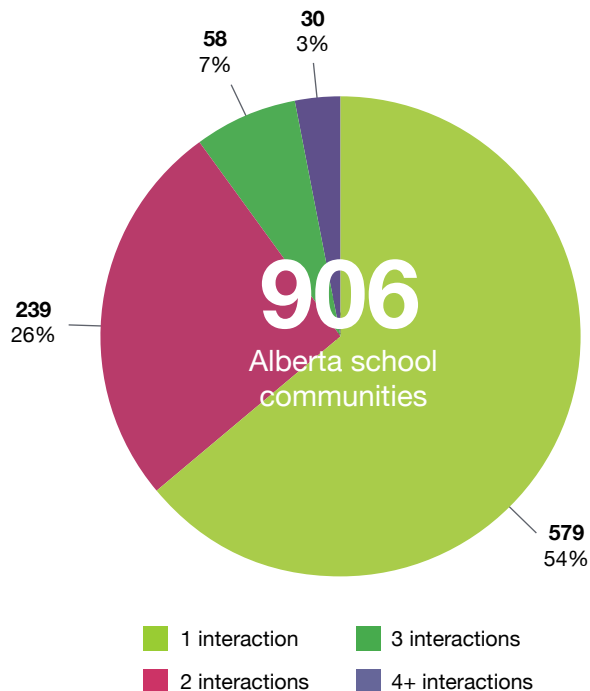
- Developing and distributing resources
- Promoting and assisting schools with the Joint Consortium for School Health Healthy School Planner
- Supporting schools with the development and implementation of action planning.

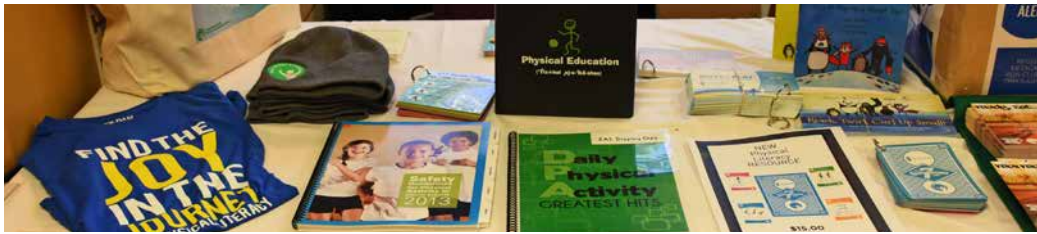
## Ever Active Schools Works Directly With 906 Alberta School Communities

The reach of Ever Active Schools was previously tracked through a membership system. In 2015-16, this system was updated for target audience value and utility, into the Healthy Schools Hub (a shared provincial tool, providing online customized support that is in development).

Current reach was evaluated by tracking the schools' active participation in learning opportunities, workshops, collaborative events or projects. Ever Active Schools worked with 906 Alberta school communities this year, 1/3 of which participated in two or more initiatives.

Reach in 2015-16 By Number of Interactions

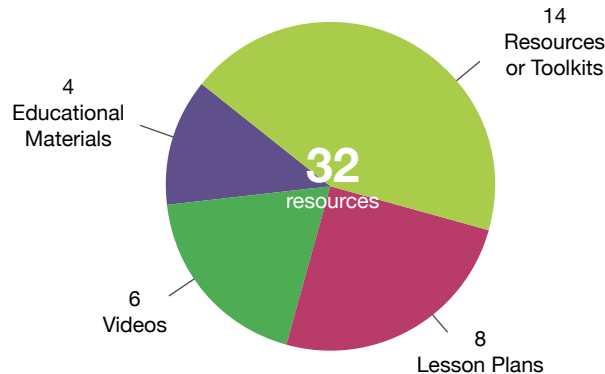




## Resource Development and Distribution

Developing and distributing resources offers a tangible support for school communities. Historically, our resources have been directed at teachers in classrooms as a means to promote uptake in the priority areas of healthy eating, active living and positive well-being. However, the increasing importance to provide supportive resources for wellness education and the comprehensive school health approach that are interdisciplinary and competency-focused has strongly shaped resource development this year.

**Resources Distributed by Type**



# 3,823

Total number of Ever Active Schools resources distributed including: Daily Physical Activity Bins, Recipe Card Lesson Plans, Safety Guidelines, Move and Play Cards, Snack and Activity Bites, Daily Physical Activity Greatest Hits, AMA Youth Run Club Resources, Videos, Information Briefs.

# 31

Number of different Ever Active Schools resources available to school communities.

# 11

Number of resources developed this reporting period.

# 54%

Number of Ever Active School Resources directly promoted CSH and cross-curricular competencies.





## Assess, Plan, Implement, Evaluate and Celebrate

Supporting school communities through the change process of assessment, planning, implementation, evaluation and celebration is essential. In recent years, organizations that promote school health in Alberta have made great progress to consolidate efforts in this area. As a result, Alberta school communities consistently use the Joint Consortium for School Health, Healthy School Planner, a validated assessment tool offering a gateway to the change process for some and a more intensive perspective into school health for others. This collaboration has enabled 508 school communities to use the tool in the 2015-16 school year. Half of the schools completed specialty modules in health eating, physical activity, positive mental health or tobacco use, representing a maturation of the use of the tool. Use of the specialty modules has also increased over the last year.

Additionally, Ever Active Schools has partnered with Alberta Healthy School Community Wellness Fund and Alberta Health Services to collaborate on a new tool - the Healthy Schools Action Plan. A quality action plan is key to the Comprehensive School Health process, helping teams to identify priority areas and set smart goals and actions to achieve success. The new action plan will be the primary tool for Alberta schools involved in Comprehensive School Health to use, assisting school and district wellness teams by having a consistent plan when attending HASS, working with their local Health Promotion Coordinator or Facilitator and when applying for Wellness Fund grants.

The action plan is intended to be an effective one, with the ability to walk teams through creating the right kinds of goals and highlight potential actions for these goals.

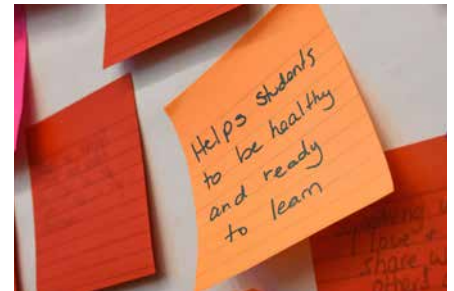
# Communication and Knowledge Exchange

## Communication to School Communities

Ever Active Schools disseminates information and facilitates conversations about wellness in school communities. In 2015-16, Ever Active Schools continued to improve and enhance our reach to school champions by focusing on a social media strategy and expanding our network of school contacts. Continuing to share good new stories from schools that are creating and sustaining healthy school communities, Ever Active Schools has shared messaging around the provincial work of wellness, student leadership initiatives and success stories from schools that have embedded comprehensive school health.

### Platforms that engage community stakeholders:

- Website
- Monthly electronic newsletter
- Biannual magazine, *Healthy Schools Alberta*
- Social media (Twitter, Facebook, Instagram)
- Email and personal communications



## CONNECTING POINT



**187,509**

website  
page  
views.



**2%**

GROWTH

**60,625**

website  
visits.



**12%**

GROWTH

**36,391**

unique  
visitors.



**13%**

GROWTH



**6,535**

email  
subscribers.



**13%**

GROWTH



**766**

likes.



**24%**

GROWTH



**3,112**

followers.



**40%**

GROWTH

**161**

Instagram  
followers.

**2,025**

Alberta schools receive the  
Healthy Schools Alberta  
magazine.

## Ever Active Schools in the News

Media Outlet	Date
Battle River School Division. "Healthy Active Schools Symposium." <a href="http://www.brsd.ab.ca/NewsEvents/publications/Documents/As%20the%20River%20flows%20.%20.%20.%20.pdf">www.brsd.ab.ca/NewsEvents/publications/Documents/As%20the%20River%20flows%20.%20.%20.%20.pdf</a>	September/October 2015
Shaw TV. "Healthy Alberta School Symposium in Medicine Hat." <a href="https://youtu.be/f-r3v8xSecs">https://youtu.be/f-r3v8xSecs</a>	October 16, 2015
Spruce Grove Examiner. "Students determined to take the lead on healthy schools." <a href="http://www.sprucegroveexaminer.com/2015/11/27/students-determined-to-take-the-lead-on-healthy-schools">www.sprucegroveexaminer.com/2015/11/27/students-determined-to-take-the-lead-on-healthy-schools</a>	November 27, 2015
Parkland School Division Blog. "Day 55: Healthy Active School Symposium 2015." <a href="http://www.psdblogs.ca/184/2015/11/30/day-55-healthy-active-school-symposium-2015/">www.psdblogs.ca/184/2015/11/30/day-55-healthy-active-school-symposium-2015/</a>	November 30, 2015
Parkland School Division Youtube Channel. "Healthy Active School Symposium 2015." <a href="https://youtu.be/QOkdbxQY8o0">https://youtu.be/QOkdbxQY8o0</a>	Dec 1, 2015
High River Times. "High River schools take part in HASS." <a href="http://www.highrivertimes.com/2016/01/14/high-river-schools-take-part-in-hass">www.highrivertimes.com/2016/01/14/high-river-schools-take-part-in-hass</a>	January 14, 2016

## Ever Active Schools in the News

Media Outlet	Date
Gateway Gazette. "Foothills School Division: Healthy Active School Symposium." <a href="http://panopticnews.com/gatewaygazette/127039-2/">http://panopticnews.com/gatewaygazette/127039-2/</a>	January 20, 2016
Okotoks Western Wheel. "Students given skills to lead." <a href="http://www.westernwheel.com/article/Students-given-skills-to-lead-20160120">www.westernwheel.com/article/Students-given-skills-to-lead-20160120</a>	January 20, 2016
Prairie Post. "Students come together to learn ways to be healthy." <a href="http://www.prairiepost.com/news/alberta/item/9578-students-come-together-to-learn-ways-to-be-healthy.html">www.prairiepost.com/news/alberta/item/9578-students-come-together-to-learn-ways-to-be-healthy.html</a>	February 25, 2016
CBC News Calgary. "Youth fun run." <a href="http://www.cbc.ca/news/canada/calgary/photos/youth-fun-run-1.3253055">www.cbc.ca/news/canada/calgary/photos/youth-fun-run-1.3253055</a>	May 2016
Calgary Herald. "Calgary teacher promotes physical literacy through creative movement." <a href="http://calgaryherald.com/news/local-news/calgary-teacher-promotes-physical-literacy-through-creative-movement">http://calgaryherald.com/news/local-news/calgary-teacher-promotes-physical-literacy-through-creative-movement</a>	March 2016



## Capacity Building Through Innovative Projects

In 2015-16, Ever Active Schools supported and led innovative projects to provide meaningful solutions that support improved health and learning outcomes for Alberta students.

The findings from the projects have the potential to be shared provincially and the opportunity for best practices to be scaled up to impact more school communities across Alberta.

Ever Active Schools was able to leverage additional funding of \$483,905 to support innovative, collaborative wellness projects that have resulted in increased capacity and better understanding of evidence based approaches to improved health in children and youth. Project-based work helped lay a foundation of wellness and has provided an understanding of the actions and strategies needed to impact change in complex learning environments.

The projects on the following pages involved collaborative partnerships, resulting in increased capacity to address health and learning outcomes in Alberta students. Full project reports available upon request.



Students and school staff participate in *Traditional Games at Resilience as a Path to Healthy School Communities: Lessons Learned from Indigenous Teachings* in January, 2016.



## Resilient Indigenous School Communities

Ever Active Schools has worked closely with Alberta First Nations, Métis and Inuit (FNMI) communities to build relationships, laying the foundation for the critical reduction of health and education disparities that currently exist. The capacity building work has a specific focus on an Indigenous medicine wheel concept of health called the Circle of Courage, created by Dr. Martin Brokenleg. Preliminary findings suggest this intervention is effective for building capacity in preventing obesity, improving healthy living knowledge and self-efficacy.

### Project work:

- Physical Literacy in Residence - providing mentorship and coaching to foster physical literacy and resilience.
- Kainai Board of Education wellness support and policy development.
- Engaging youth of all five Treaty 7 communities in school through sport.
- Resiliency as a Path to Healthy School Communities: Lessons Learned from Indigenous Teachings - an event that drew 393 participants from 27 school communities.



In a span of six years,  
high school graduation at  
Kainai High School has  
increased from

**1 to 29**





Students warm up before  
beginning an Alberta Medical  
Association Youth Run Club  
one km run.



**380** impacted schools

**22,000** impacted students

**92%** will keep running

**93%** felt supported to make healthy choices

**77%** felt less stressed

**84%** felt more connected to classmates

## Alberta Medical Association Youth Run Club

The Alberta Medical Association Youth Run Club is a free school-based running program designed to get children and youth active. Through this initiative, teachers, parents and community members become ambassadors for physical activity in their school communities.





## 21st Century Spaces for 21st Century Learners

This project promotes the development of healthy, activity-permissive learning environments in schools and classrooms. Two initiatives within the project include Don't Walk in the Hallway, to increase physical activity through hallway patterns, and Don't Sit Still in Class, to reduce sedentary behaviour through creative classroom design.

### Key Successes

- Worked with four schools and two community partners to develop the Don't Walk in the Hallway resource package.
- Disseminated 101 copies of the resource to Alberta schools.
- Hosted two learning opportunities on activity permissive spaces for 67 people from 33 school communities.
- 97% (n=31) reported increased understanding of the common principles, best practices and benefits of activity permissive learning spaces.
- 77% (n=31) were likely or very likely to use what they learned to implement APPLE in their schools within 1 month; 87% (n=31) in five months.
- Hosted a workshop for 144 participants at the annual Shaping the Future conference.
- Prototyped the design of an activity permissive classroom in a rural Alberta school (Daysland) in partnership with teacher, principal and students.





**Caroline Lampron** @carolampron99 · Feb 9

On ne marche plus dans les corridors! @EverActiveAB thanks!



5



6



### Next Steps:

- Qualitative and quantitative analysis of impacts of Don't Walk in the Hallway and Don't Sit Still in Class on student physical activity and learning behaviour (Fall, 2016).
- Development of "Don't Sit Still in Class on a Dime," a resource to guide simple and cost-effective changes in school settings that promote activity and learning (Winter, 2016).

### Integrating Support for First Nations Schools Across Projects

Through a Communities Choosewell Grant, the Don't Walk in the Hallways resource package has been customized to reflect Blackfoot and Cree medicine/traditional wheel colours. To accompany the decals, we've partnered with Kainai Board of Education's language and culture instructor, Pat Twigg, to develop a guidebook that teaches Indigenous languages using this resource. The new Guidebook will include active games to learn Blackfoot, Cree and Stoney Nakoda grammar, spelling and pronunciation through lesson plans and active games that have been contributed from each community.

## Alberta Active After School Network Coordination

This project leverages progress toward increased physical activity for children and youth in the after school time period. Coordinating efforts from active living, recreation and school community partners, a network is built to support this important work in Alberta. Resources, information and a community of practices are accessible on a provincial after school website operated by the national Leisure Information Network.



### Key Successes

- Development and dissemination of four videos promoting free physical activity resources. Combined, they have been viewed 687 times.
- Videos were disseminated out to key provincial partners for common messaging and sharing of best practices.
- Provision of bursaries to attend physical literacy and physical activity programming training for front-line staff (Nyarkenki Development Foundation).
- Population and promotion of [activeafterschool.ca/alberta](http://activeafterschool.ca/alberta) and [@ABafterschool](https://www.instagram.com/ABafterschool) yielded 1,069 visitors from Alberta; Alberta was second to Ontario in location usage. The web page had 872 page views.

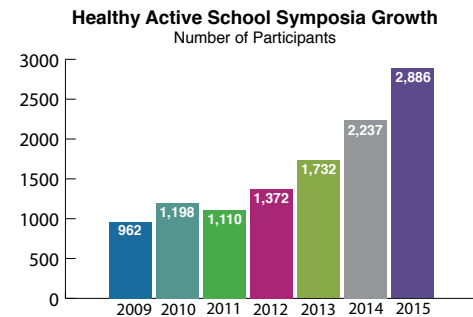
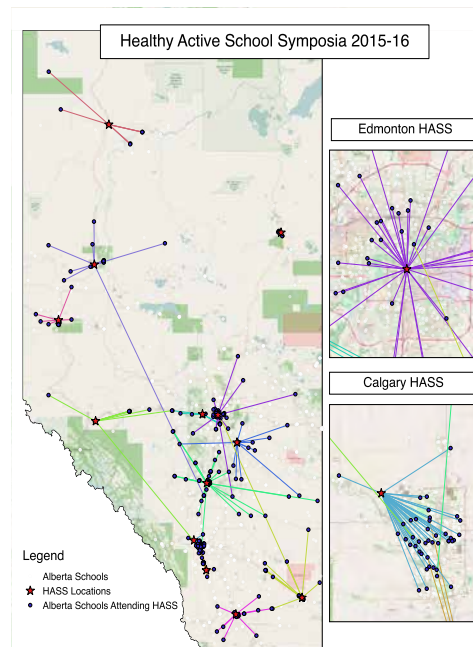
## Competency Focused Learning Opportunities

### Healthy Active School Symposia

Ever Active Schools led school health partners in 13 Healthy Alberta School Symposia events across the province, involving 290 schools from 58 jurisdictions with 2,886 student and adult participants. The events focused on building competencies that support students in building student leadership and addressing health and learning outcomes.

The competency focused learning opportunities empowered students to develop communication skills, provided opportunities to think critically about their role as school health champions and allowed them to experience interaction with others while working cooperatively within their school wellness team.

The Healthy Active School Symposia were evaluated by the Alberta Centre for Active Living to assess changes in practice occurring as a result of the events. The findings showed sustained impact and successful implementation of action plans. Evidence of the sustained impact of the events are within the full report included as Appendix E.



Students getting active at the Healthy Active School Symposium.



### Key Successes

- 82.9% of schools surveyed (n=168) reported that attending HASS increased their readiness, ability and capacity to address CSH priorities.
- 86.8 of schools surveyed (n=231) believed that the knowledge gained at HASS would be a catalyst for sustained health behaviour change in their community.
- Both youth (89%) and adolescents (92%) felt that HASS taught them to be a leader.
- 290 healthy school action plans were developed with student input at the 2015-16 Healthy Active School Symposia.
- 99% of teams indicated that they intended to support new healthy eating initiatives at their school and 64% reported that they began planning healthy eating initiatives 2-4 months after attending HASS.
- 100% of teams indicated that they intended to support new physical activity initiatives at their school and 73% reported that they began planning new physical activity initiatives 2-4 months after attending HASS
- 96% of teams indicated that they intended to support new positive social environment initiatives at their school and 79% reported that they began planning new physical activity initiatives 2-4 months after attending HASS.



## Student Skill Development

Resulting from Healthy Active School Symposia

### Thinking critically ///

**95%**

of adult participants agreed

### Identify and solve problems ///

**87%**

of adult participants agreed

### Demonstrate good communication skills ///

**96%**

of adult participants agreed

### Identify and apply career and life skills ///

**59%**

of adult participants agreed



## Healthy Active School Symposia Results

Result	2-4 Months Post Event	Notes
Changes to healthy eating practices	52%	Healthy breakfast or lunch programs, announcements, special events (“Try It Tuesdays”).
Changes to physical activity participation	61%	Indoor recess, daily walk/run, active living challenges, active assemblies.
Positive social environment changes	74%	Student “recess guardians,” awareness days, “Acceptance Project,” student leadership.
Increased community connectedness	60%	Schools felt connected to other schools.
Developed partnerships	50%	Schools developed relationships in support of their initiatives with organizations outside of their school.
Student leadership development	83%	Healthy Active School Symposia helped the students become leaders.
Policy development	18%	Most commonly nutrition/healthy eating policy changes.

Students presenting at  
Shaping the Future 2016.



# Provincial School Health Conference: Shaping the Future

Ever Active Schools hosted the annual Shaping the Future conference, which brings together leaders from the health, education and active living sectors.

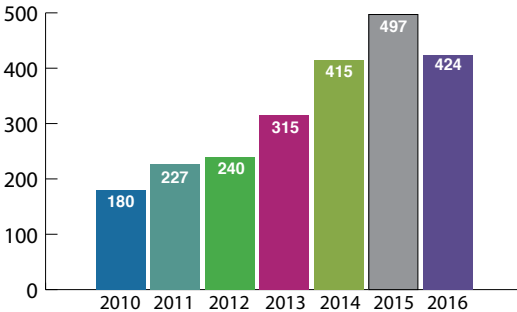
## Evaluation Results:

Shaping the Future brought together professionals from different sectors to engage in learning opportunities that support the implementation of comprehensive school health strategies:

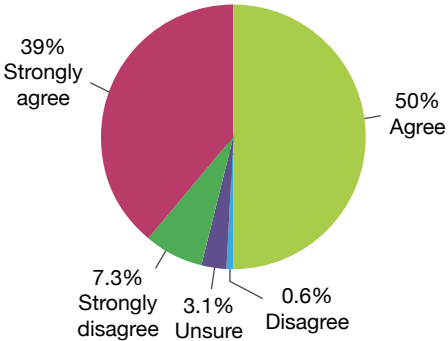
- 424 delegates attending Shaping the Future, with representation from health, active living and recreation, research and policy and education.
- Of the 424, 81% education, 10% health, 6% active living and recreation, 1% from post-secondary and 2% from research.
- 92% of delegates surveyed reported that they were likely or very likely to use the knowledge gained in the next month following the conference.
- 94% of delegates surveyed were likely or very likely to use the knowledge gained at the conference in the next five months.

Find the full report in Appendix C.

Shaping the Future Delegates



The Shaping the Future opportunity contributed to my awareness and deeper understanding of student well-being in school communities:





**“Shaping the Future is an excellent opportunity to develop connections and get ideas from people within the fields of Health, Education, Recreation...even Calgary Police Services. Also, as a member of a group of delegates from my school division, it gave us opportunities to reconnect and strengthen our goals as a division.”**

**- Shaping the Future delegate**



# 100%

of respondents agreed that Dr. Martin Brokenleg's presentation on the Courage of Courage was useful in their current work.

# 85%

of respondents agree that the workshop helped them identify and form new partnerships, collaboration opportunities and support networks.

# 100%

of respondents reported that they were likely to use the information they learned.

# 100%

reported that it increased their capacity to foster resilience in their students.

## Resilience as a Path to Healthy School Communities: Lessons Learned from Indigenous Teachings

At a full day workshop held in January, students and educators learned from youth mentors, Elders, community members and researchers, who highlighted tools, successes and lessons learned from resilience-promoting work across the province.

In 2016, almost 400 participants attended from 27 school communities. Practitioners and adult supporters learned from Indigenous scholar Dr. Martin Brokenleg about a unique model for youth resiliency development, as well as learning directly from youth themselves about programs that are working around Canada. Traditional Games facilitator Jason Plain Eagle (Niitan'ikoo Inahk'awakasii) taught students many different games, and youth were inspired by youth keynotes — mentors who are making a difference in their own lives and in their communities.



Students participating in activities at the Shaping the Future resiliency workshop.



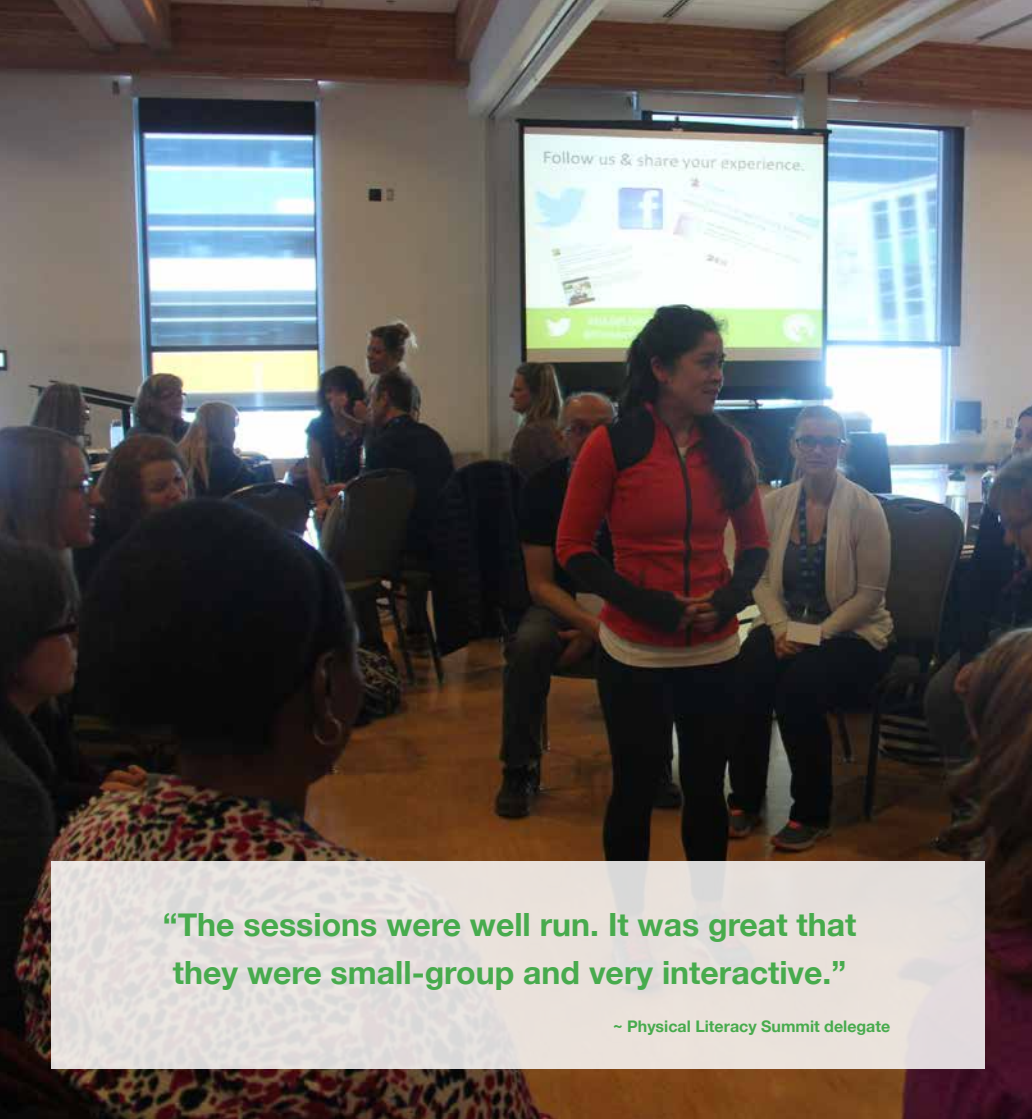
## Physical Literacy Summit

The Physical Literacy Summit was a catalyst to educate, engage and ultimately embed quality physical literacy experiences in a school and community setting. It involved collaborative work around physical literacy and highlighted Active Alberta stories from across the province and beyond. The event aimed to move individuals and organizations from discussion to a common understanding and action.

It brought together the sectors of education, health, sport, and recreation, including teachers, administrators, coaches, recreation leaders, parents, PLAY groups, sport organizations and anyone interested in meaningful participation in development of a healthy active population.

### **Key Successes**

- 93% of participants found the information presented at the Summit useful to their current role or position.
- 80% indicated the Summit enabled them to identify and form new partnerships, collaboration opportunities and support networks.
- 92% indicated they would use the information gained immediately following the Summit.
- Professional Learning and Networking were indicated as the top reasons for attending the Summit and 87% of delegates indicated they met their motivations for attending.



**“The sessions were well run. It was great that they were small-group and very interactive.”**

~ Physical Literacy Summit delegate

# 186

participants from education,  
health, active living/  
recreation, research and  
post-secondary

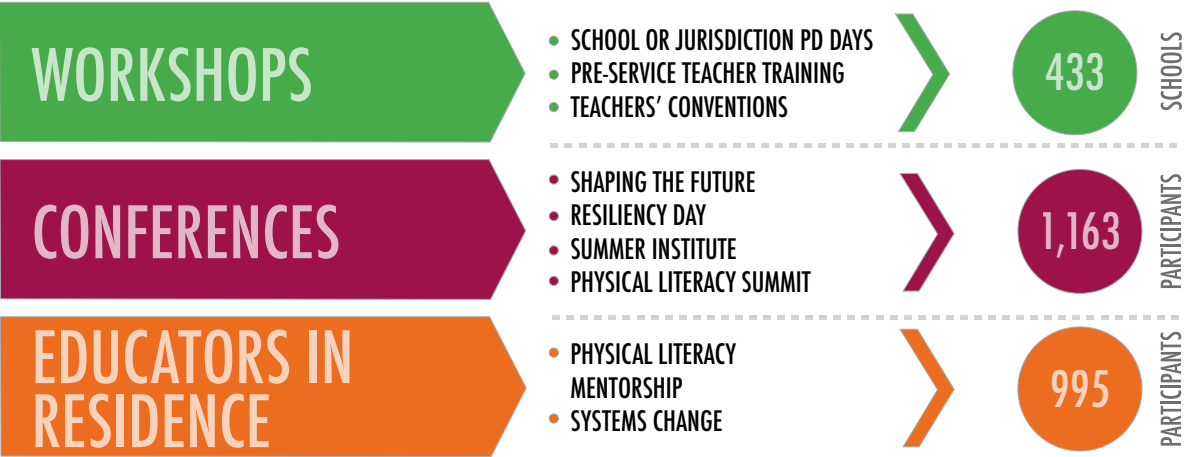
# 93%

of participants found the  
information presented at the  
Physical Literacy Summit  
useful in their current role or  
position

# Professional Learning Opportunities

Ever Active Schools’ learning opportunities are made available to school communities across the province and support a comprehensive school health approach, cross-curricular wellness, student leadership, support of the Daily Physical Activity policy and staff wellness. Learning opportunities provided to participants address the needs of school communities today and help prepare schools for the “education system of tomorrow.” Find the brochure of learning opportunities offered in Appendix E.

Across all professional learning, 83% of surveyed participants believed that the opportunity contributed to their awareness and deeper understanding of student well-being in their school community.



## Appendices

Appendix A: Ever Active Schools 2015-16 Financials

Appendix B: Ever Active Schools Provincial Leadership Committee Involvement 2015-16 - EAS Strategy: Collaborative Partnerships

Appendix C: Shaping the Future Final Report 2016 - EAS Strategy: Competency Focused Learning Opportunities

Appendix D: Shaping the Future Session Evaluation 2016 - EAS Strategy: Competency Focused Learning Opportunities

Appendix E: Professional Learning Opportunities Brochure - EAS Strategy: Competency Focused Learning Opportunities

Appendix F: Healthy School Community Partnerships Evaluation - EAS Strategy: Capacity Building Through Innovative Projects

Appendix G: Alberta After School Success Story (Resource) - EAS Strategy: Support Wellness Education and Comprehensive School Health

Appendix H: Navigating School Community Partnerships Roadmap (Resource) - EAS Strategy: Support Wellness Education and Comprehensive School Health

Appendix I: School Community Partnerships Themes (Resource) - EAS Strategy: Support Wellness Education and Comprehensive School Health

Appendix J: Healthy Schools Alberta (Resource) - EAS Strategy: Communication and Knowledge Exchanges

\*Appendices available upon request of Brian Torrance, Director.

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