

Ever Active Schools

ANNUAL REPORT

2016/2017



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Ever Active Schools Overview

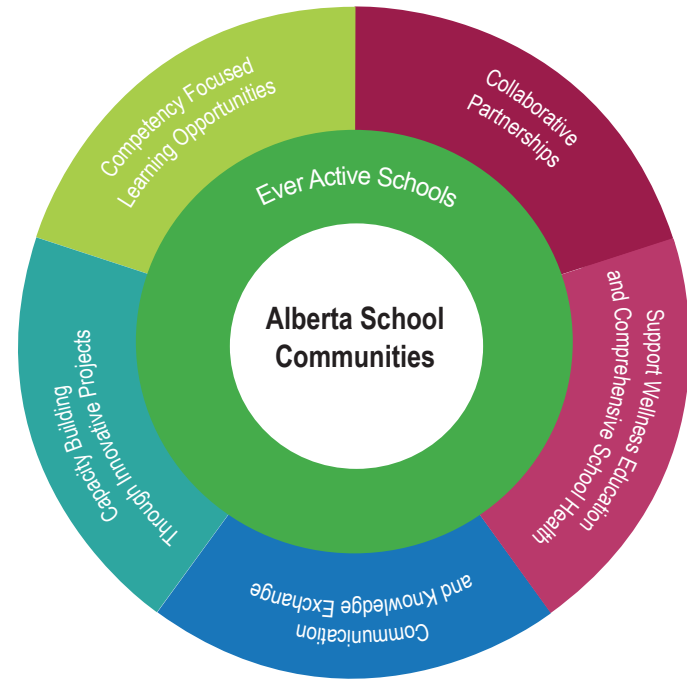
Ever Active Schools is an established cross-ministerial provincial initiative in Alberta that helps to create and sustain active, healthy school communities.

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.

Ever Active Schools aligns with the outcomes in the 2016-2017 Business Plans of the Ministry of Health, Ministry of Education and Ministry of Culture and Tourism and works to improve health and learning outcomes of Alberta children and youth.

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 address their personal and school community wellness.



In 2016/2017, Ever Active Schools celebrated 16 years of supporting schools to create and sustain healthy, active school communities.



2016/2017 Year in Review

Intended Outcomes	Key Outputs
Increased coordination and reach of school health-related activities in Alberta	<ul style="list-style-type: none"> • Ever Active Schools partnered directly with 160 organizations across education, health, active living/recreation, research and other sectors (growth of 54%) and participated on 69 committees around school health issues • An average six partnerships were developed or reinforced for each individual who attended any Ever Active Schools event or professional learning opportunity
Improved positive mental health, healthy eating and physical activity behaviours of students	<ul style="list-style-type: none"> • Two to four months following the Healthy Active School Symposia, respondents indicated that changes to healthy eating behaviours (49%), positive mental wellbeing behaviours (69%) and active living behaviours (60%) occurred at their schools • Five months following Shaping the Future and Resiliency as a Path to Healthy School Communities, school representatives reported changes to healthy eating behaviours (24%), positive mental well-being behaviours (51%) and active living behaviours (46%) at their schools
Reduced disparities in health and educational outcomes amongst First Nations, Métis and Inuit, and other at risk populations	<ul style="list-style-type: none"> • Directed funding and focused projects on Indigenous student success, financially disadvantaged youth and gender equity through girls participation

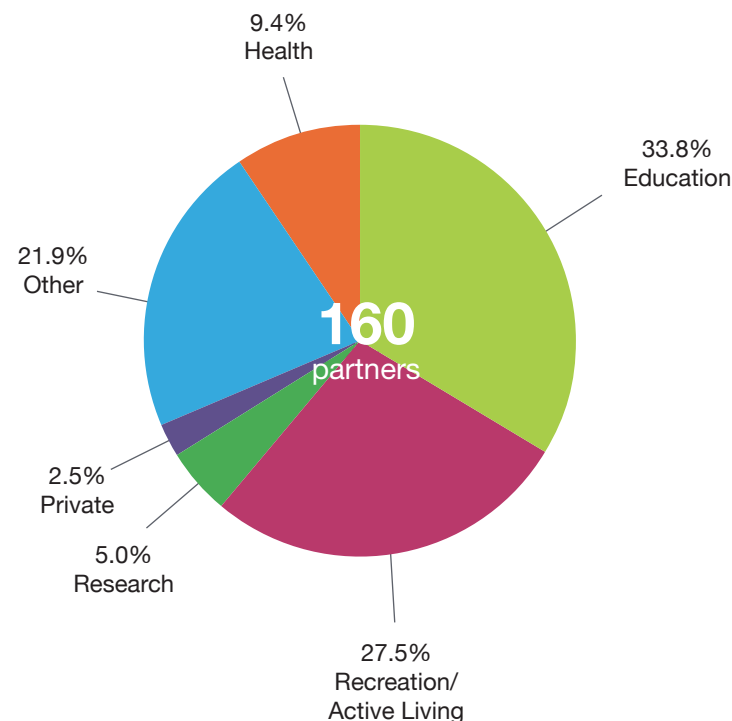
Intended Outcomes	Key Outputs
<p>More Alberta school communities use resources, research and evidence-based practices to assess, prioritize, plan, implement, evaluate and celebrate student health and learning outcomes</p>	<ul style="list-style-type: none"> • Assisted schools in assessing, planning and implementing a comprehensive school health approach • 337 Alberta school communities are using the Healthy School Planner from the Joint Consortium for School Health • 296 healthy school action plans were developed with student voice at the Healthy Active School Symposia • Following attendance at Ever Active Schools events, Alberta school representatives reported using resources, research and evidence-based practices to assess (14%), plan and implement (37%), evaluate (16%) and celebrate (18%) • Provided 128 professional learning opportunities to school stakeholders; provided a platform for the delivery of 98 additional sessions through the hosting of events • 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
<p>Wellness is embedded in culture of school communities, across subject areas and settings in a welcoming, caring, respectful and safe school environment</p>	<ul style="list-style-type: none"> • 96% of delegates across all learning opportunities or events agree or strongly agree that the opportunity contributed to their awareness and deeper understanding of student well-being in school communities • 93% agreed that the knowledge gained during the professional learning will impact health and learning outcomes of students

Collaborative Partnerships

In 2016/2017, the Ever Active Schools team identified 160 distinct partners with whom we engage from health, education, recreation/active living, research, private and other sectors. Fifty-six of these were new partners, yielding a growth rate of 54%. Participation on inter-sectoral committees also allows Ever Active Schools an avenue to facilitate partnerships. Collectively, Ever Active Schools staff engaged in 69 regional, provincial or national committees in this reporting period, demonstrating sustained participation and minimal growth from last year's 68. See a full listing in Appendix B: Ever Active Schools Provincial Leadership Committee Involvement 2016/2017.

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.





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
- Healthy, inclusive environments
- Active transportation

Attending an Ever Active Schools event enabled each participant to develop or reinforce an average of **six** 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 14 Healthy Active School Symposia around the province
- Maintaining robust communications platforms as central tools

Wellness Education and Comprehensive School Health

Ever Active Schools supports school communities with tools for wellness education and with leadership for a 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

Reach was evaluated by tracking the school's active participation in learning opportunities, workshops, collaborative events or projects. This year Ever Active Schools interacted with 1,014 schools, almost half of which had two or more interactions (44%).

Forty-four per cent of Ever Active Schools' resources directly promote student competencies.

Reach in 2016/2017 By Number of Interactions



Resource Development and Distribution

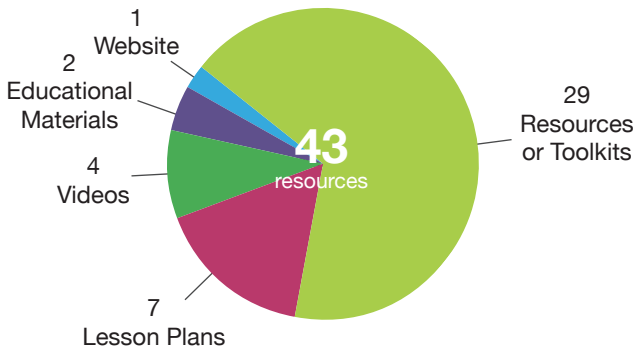
Developing and distributing resources offers a tangible support for school communities. Historically, our resources have been directed at teachers in classrooms as a means to promote uptake in the priority areas of healthy eating, active living and mental well-being. Resources developed and distributed by Ever Active Schools also focus on support for wellness education and the comprehensive school health approach. Although directed at classroom teachers, resources also support others in the school community, including those in active living, recreation and community programs.

In the 2016/2017 school year, Ever Active Schools distributed 4,884 resources. Resources include, but are not limited to, Daily Physical Activity Bins, Recipe Cards Lesson Plans, Safety Guidelines, Move and Play Cards, Snack and Activity Bites, Don't Walk in the Hallway, Daily Physical Activity Greatest Hits, AMA Youth Run Club Resources and more. This number is up 28% from last year.

Additionally, Ever Active Schools distributed three videos this reporting period, promoting Don't Walk in the Hallway, introducing the Healthy Active School Symposia and outlining how to prevent running injuries. Together these three videos reached more than 12,000 viewers.

In 2016/2017 Ever Active Schools worked directly with 1,014 Alberta school communities, up 12% from the previous school year.

Resources Distributed by Type

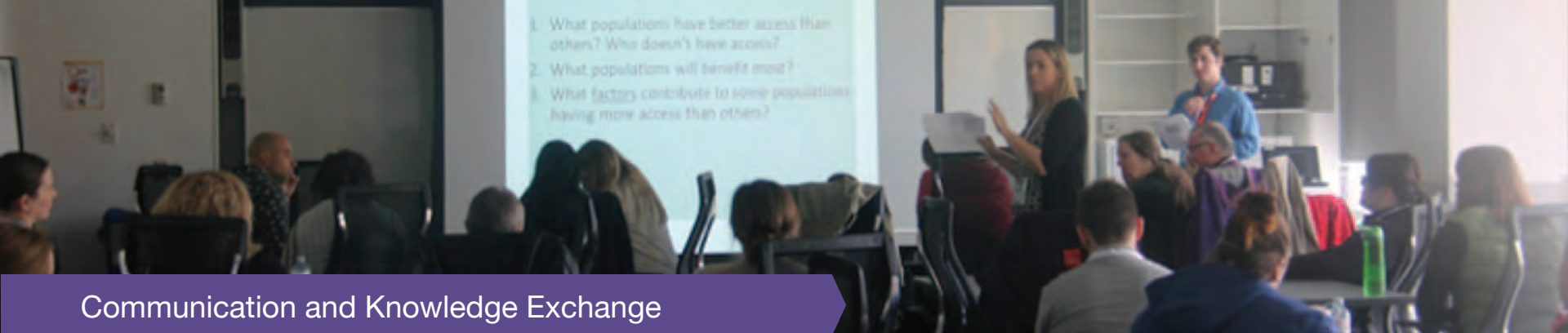




Assess, Plan, Implement, Evaluate and Celebrate

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 337 school communities to use the tool in the 2016/2017 school year.

Since early 2016, Ever Active Schools has been working with Alberta Health Services and with the Alberta Healthy School Community Wellness Fund to collaborate on a new provincial Action Plan Tool. This tool would support school communities in developing quality action plans a key step in the comprehensive school health process. In the 2016/2017 school year Ever Active Schools used a draft version of the tool with 296 school teams that attended the Healthy Active School Symposia. The final version of the new action plan tool is still in the development stages, currently being piloted with the intended audience.



Communication and Knowledge Exchange

Communication to School Communities

Ever Active Schools disseminates information and facilitates conversations about wellness in school communities. In 2016/2017, 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 news 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(s)
- Monthly electronic newsletter
- Biannual Magazine, Healthy Schools Alberta
- Social Media (Twitter, Facebook, Instagram, Pinterest)
- Email and personal communications

Website(s)

In the 2016/2017 year, Ever Active Schools launched a new website with a new look that highlights many updates. The new website now features three affiliate sites; Alberta Medical Association Youth Run Club, Safe Healthy Active People Everywhere (SHAPE) Alberta and Resilient Indigenous School Communities.

Connecting Point



Website

66,552 website visits **10%** GROWTH

39,977 unique visitors **10%** GROWTH

59% new visitors **4%** GROWTH

80 Alberta communities reached **10%** GROWTH

520 Canadian cities/towns reached **21%** GROWTH



Electronic Newsletter

8,000 email subscribers **24%** GROWTH



Social Media

Facebook

17.5%

GROWTH

Instagram

61.5%

GROWTH

Twitter

34.5%

GROWTH



Biannual Magazine

2,298

school &
partner
recipients

13.5%

GROWTH

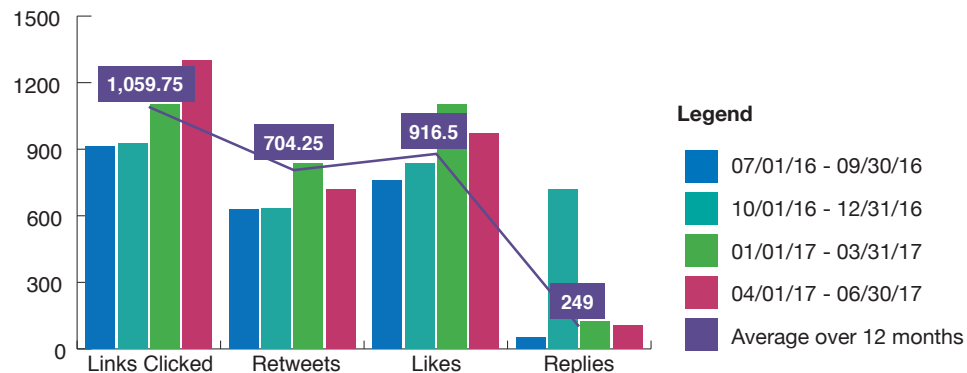
Social Media

Ever Active Schools manages a number of social media accounts including our Ever Active Schools' Twitter, along with the Alberta Medical Association Youth Run Club and SHAPE Alberta. Ever Active Schools also has an Instagram account, a Youtube channel and a Facebook page.

The three twitter platforms had a total of **91,000** social media impressions over the last 12 months.

@EveractiveAB Tweet Engagements

July 2016 - June 2017



Other Twitter Accounts and Statistics

	@EveractiveAB	@AMAYouthrunclub	@SHAPE_Alberta
Total Followers	4,100	623	676
New Followers (12 month average)	100	63	79
Profile Visits (12 month average)	2,082	742	97
Mentions (12 month average)	351	42	18

Our Popular Hashtags

#physicalliteracy



#EASHASS



#EASSTF



#EASLAS



#participation150 & @AMAYouthrunclub



Ever Active Schools in the News

Healthy Active Schools Symposia

Media Outlet	Date
CHAT TV, Medicine Hat , “Symposium aims to turn Healthy Ideas into Reality” http://chattelevision.ca/__news/symposium-aims-to-turn-healthy-ideas-into-reality/ Shaw TV.	October 6, 2016
My Lakeland Now , “Lakeland Students Learn about Health at Healthy Active School Symposium” http://www.mylakelandnow.com/7408/lakeland-students-learn-health-healthy-active-schools-symposium/	October 27, 2016
Daily Herald Tribune, Grand Prairie , “Students Generate Ideas” http://www.dailyheraldtribune.com/2016/11/01/students-generate-ideas	November 1, 2016
Peace River Record Gazette , “Healthy School Communities focus of Symposium” http://www.prrecordgazette.com/2016/11/09/healthy-school-communities-focus-of-symposium	November 9, 2016
CTV News Calgary , “Giving Calgary Students the Tools to create a Healthy, Active Lifestyle” http://calgary.ctvnews.ca/giving-calgary-students-the-tools-to-create-a-healthy-active-lifestyle-1.3162231	November 15, 2016
Lethbridge School District No.51 , “District High Schools Participate in Healthy Active School Symposium” http://www.lethsd.ab.ca/view.php?action=object&id=42195&stream=Homepage%20News	November 22, 2016
The Lethbridge Herald , “Students Meet for the Health of it” (No longer accessible online.)	November 24, 2016

Don't Walk in the Hallway

Media Outlet	Date
Red Deer Advocate , "Run, Don't Walk to Keep Fit" http://www.reddeeradvocate.com/news/run-dont-walk-to-keep-fit/	September 15, 2016
Red Deer Express , "Students Benefiting from Movement Between Class" https://www.reddeerexpress.com/news/students-benefiting-from-movement-between-classes/	September 21, 2016
Active for Life , "All Schools can get Kids Moving with 'Don't Walk in the Hallway' Decals" http://activeforlife.com/dont-walk-in-the-hallway-decals/	October 31, 2016
Camrose Canadian , "Learning: a hop, skip and a jump away" http://www.camrosecanadian.com/2016/11/30/learning-a-hop-skip-and-a-jump-away	November 30, 2016
The Stettler Independent , "Clearview undertakes 'Don't Walk in the Hallway' initiative" http://www.stettlerindependent.com/news/clearview-undertakes-dont-walk-in-the-hallway-initiative/	December 7, 2016
Chat TV , "Elm Street School Tells Students 'Don't Walk in the Hallway'" http://chattelevision.ca/__news/elm-street-school-tells-students-dont-walk-in-the-hallway/	January 7, 2017

Resilience as a Path to Healthy School Communities

Media Outlet	Date
CTV News Calgary , "Empowering First Nations Teens" http://calgary.ctvnews.ca/video?clipId=1043450&binId=1.1201914&playlistPageNum=1	January 25, 2017

Capacity Building Through Innovative Projects

Ever Active Schools is a catalyst for innovative projects enhancing student wellness through interdisciplinary learning. Our projects take a multi-sectoral approach to empower local communities to build capacity to support wellness initiatives both during and after school hours.

Project Themes

- Indigenous student success
- Female participation in sport and physical activity
- Active transportation
- Physical activity in the out-of-school period
- Healthy built environments and activity-permissive learning
- Mobilizing systems change around comprehensive school health



438

schools reached
through projects

80

school authorities
reached through
projects

29K

approximate
students impacted
through projects

16

active projects
in 2016/2017



Alberta Medical Association Youth Run Club

The Alberta Medical Association Youth Run Club (AMA YRC) 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.

Coaches Workshops

Learning opportunities were offered through six coaches workshops in Lethbridge, Grande Prairie, Calgary, Red Deer and Edmonton. Topics included warm-up games, stretching and strength, ways to increase participation and motivation and resource sharing. Eighty-one coaches participated.

“I thought that the active teaching was great as it is always good to ‘do’ in order to learn. I thought that the sharing at the end was great as well regarding the different running club activities.”

- Coach Workshop Participant

455 run clubs in
413 school
communities

27,000 students
participated

Students report:

93%
will keep running

85%
felt supported
to make healthy
choices

76%
felt more
connected to
classmates

Coaches report:

85%
felt that implementing
the AMA YRC has lead
to positive changes in
student behaviour

82%
felt the AMA YRC has
engaged students
that have not been
traditionally physically
active

97%
found that as a coach
they benefitted from
participating in the
AMA YRC



Community Runs

Four fun runs were organized in Edmonton, Calgary and Fort McMurray to celebrate local run clubs, engage community and recognize the contributions of partners. The fun runs engaged a total of 18 AMA YRC school communities. The community run in Fort McMurray was held in conjunction with Participaction's Canada 150 Playlist, leveraging national partnerships and local groups such as the Wood Buffalo Primary Care Network for over 300 students.

GO! (Girls Only) Run

A pilot project designed to close the gender gap in girls' participation in sport and physical activity, GO! (Girls Only) Run engaged eight clubs in seven communities to engage 176 participants.

"The girls enjoy coming and bring other students to join each week." - Coach

"Our greatest success was seeing all the happy and excited faces every week and the positive feedback from other staff." - Coach

Active After School Alberta

This project leverages progress in the after school time period from active living and recreation partners, building a legacy for this important work in Alberta. Resources, information and a community of practice are accessible on a national and provincial after school website operated by the national Leisure Information Network. In 2016/2017, the emphasis of the network of partners was the development of recommendations to inform provincial active after school program guidelines.

Key Successes

- Maintained *activeafterschool.ca/alberta* as a resource for providers and program coordinators working in the out of school time period
- Convened a committee of program administrators for Active After School to meet 2-3 times annually
- Expanded social media engagement through Twitter, with a 50% increase in followers to 171

- Coordinated training with Be Fit for Life, Out of School Time Conference and Calgary After School. Trainings were recorded and made available online in six videos that have been accessed 87 times in the short time they've been posted
- Initiated consultation with stakeholders in a workshop at the Live Active Summit to inform the Alberta Active After School Guidelines
- Developed draft guidelines and an implementation handbook for Active After School programs

Next Steps

- Pilot test the guidelines and handbook in four communities
- Complete stakeholder consultations to finalize the guidelines and implementation supports
- Initiate an online database of active after school programs to promote a network of professionals in a fluid community of practice

Expanding the Online Presence of Active After School

- Followers as of June 27, 2017: 171
- Impressions (12 Month Average): 1.3K+
- Profile Visits (12 Month Average): 97
- Mentions (12 Month Average): 2
- New Followers (12 Month Average): 3



Teachers of Tomorrow

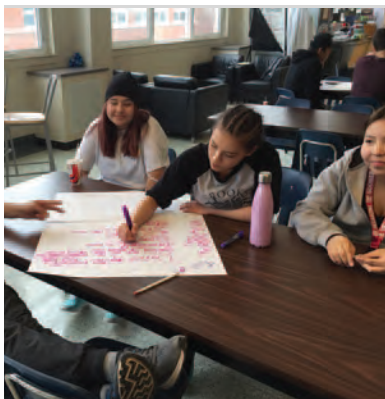
Preparing teachers in their role as health champions in school communities happens at the post-secondary education level. This project works with education faculties to deliver high-quality learning opportunities around wellness education and comprehensive school health to pre-service teachers. The teaching faculty at the University of Calgary, the Werklund School of Education, has been a leader in this area. Ever Active Schools is involved as a community partner in the development of the first comprehensive school health course in Canada to be a requirement of a Bachelor of Education degree.

EDUC 551: Creating Healthy School Communities will provide almost 40 hours of training in wellness education and comprehensive school health to 600 preservice teachers annually.

Key Successes

- Consulted as a core committee member on the development of the course outline and instructor's guide
- Liaised with community and provincial partners to gather input on the course content from subject matter experts in Alberta
- Participated in two peer reviewed articles:
 - Russell-Mayhew, S., Ireland A., Murray, K., Alberga, A.S., Nutter, S., Gabriele, T., Peat, G. & Gereluk, D. (2017). 'Reflecting and Informing Health and Wellness: The Development of a Comprehensive School Health Course in a Bachelor of Education Program. Journal of Educational Thought.'
 - Russell-Mayhew, S., Ireland, A., Alberga, A.S., Gabriele, T., Murray, K., Peat, G., & Sunada, J. (under review). 'Effects of a professional development program in health education for BEd students. Journal of School Health.'
- Awarded a grant by the Taylor Institute for Teaching and Learning with Drs.Shelly Russell-Mayhew (principal), Diane Gereluk and Tina Gabriele to examine the effect of the course. The study is called Transforming Teacher Preparation: The Impact of a Comprehensive School Health Course on Teaching and Learning.

Ever Active Schools works with three other post-secondary institutions to support pre-service teacher training through consultation, resources and guest lectures.



Resilient Indigenous School Communities

Ever Active Schools has worked closely with Alberta First Nations and Métis communities to build relationships, laying the foundation for the critical reduction of health and education disparities. The capacity-building work has a specific focus on an Indigenous medicine wheel concept of child development called the Circle of Courage, created by Dr. Martin Brokenleg.



Active Projects

- Sport as a Platform for Resilience – engaging youth in school through sport by increasing opportunities and removing barriers
- Miyomahchihowin – providing relevant training for youth to participate in the recreation and active living economy as program leaders, coaches and volunteers, while earning credits toward high school graduation
- Kainai Wellness Initiative – supporting the Kainai Board of Education in the implementation of their wellness policy
- The Learning Grounds – facilitating community-specific outdoor traditional learning through contact with the land and Elders
- Aboriginal Youth Mentorship Program – an evidence-based peer mentorship program that sees older youth mentor younger youth in cultural activities, physical activity and healthy eating after school

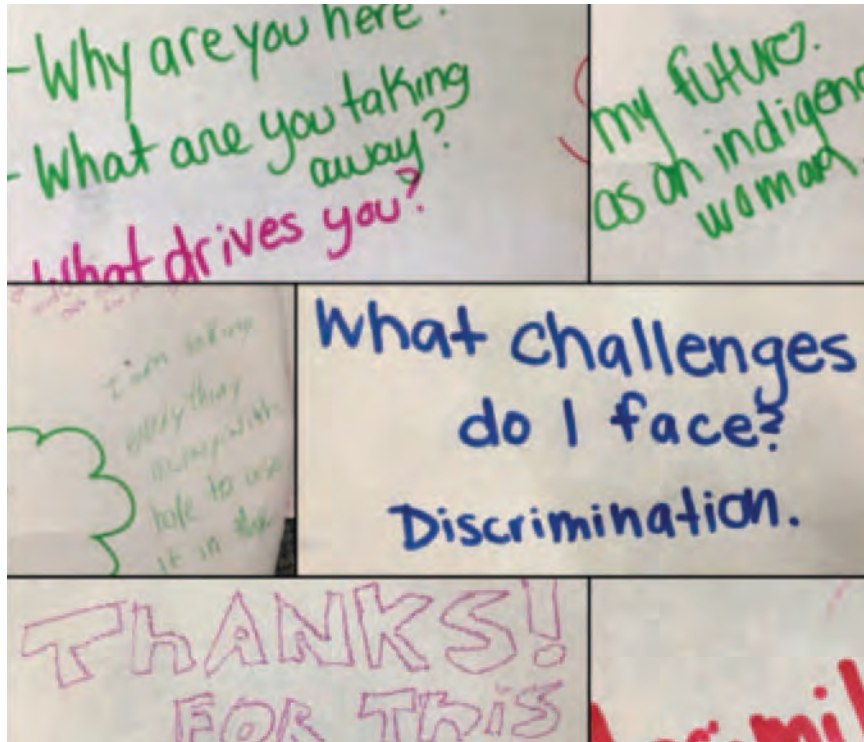


Indigenous Youth Wellness Collaborative

Ever Active Schools convenes a gathering of 14 wellness organizations working in Indigenous communities. The groups meet twice per year to share successes, challenges and lessons learned, to avoid duplication and to provide more cohesive, consistent support to communities across the province.

Miyomahchihowin: In Good Health

Ever Active Schools received funding for the Urban Partnerships program through the Urban Aboriginal Strategy of Indigenous and Northern Affairs Canada between August 2016 and March 2017. The aim of the project was to provide pathways for Edmonton Indigenous youth to access and build personal skills to gain employment or volunteer opportunities in the areas of sport, recreation, health and physical fitness.



Key Successes

- Miyomahchihowin was successful in building skills, knowledge and training in 30 urban Indigenous youth from 10 high schools in Edmonton
- Youth received five certifications and six training modules
- Twenty-three youth each earned four high school credits for their participation and four graduated high school as a result of receiving these credits
- Students were provided with a reference letter to enclose with their resumes after the program
- 100% of youth indicated that they were very likely or somewhat likely to apply for a job in the next three months

Some youth mentioned their career aspirations.

These included:

- Physical education teacher
- Nurse practitioner
- Social worker
- Lawyer
- Makeup artist
- Culinary chef
- Aboriginal teacher

Of the youth who mentioned career aspirations, all of them spoke of a supportive adult in their lives. "My family is what drives me."

Miyomahchihowin Post-camp Participant Survey

How likely is it that you will:

	Very likely	Somewhat likely	Unlikely
Apply for a job in the next month?	14	6	0
Apply for a job in the next 3-6 months?	14	6	0
Try and volunteer at a sporting event?	16	3	1
Include your new certifications on your resume?	20	0	0
Seek further training opportunities?	17	3	0
Recommend similar training to your friends?	19	1	0

Number of responses = 20

“I learned that I am stronger than I thought. I can push to get where I want to be. And that it’s a lot easier when you put your mind to something. Like when we did the first day, and I put my mind to that, you know, and even throughout the self-defence and everything, it made me feel like I can actually do something.”

- Miyomahchihowin Youth Participant

“My experience here has been one of the best experiences I’ve had in my 17 years. No, it’s been one of the better experiences. It’s more involved and actually helps me get somewhere, like with the first aid, refereeing soccer, the volleyball...It makes me feel more welcomed into society, like ‘I have these things, I can do that too!’”

- Miyomahchihowin Youth Participant

Sport as a Platform for Resiliency

Sport is a powerful mechanism for social impact, community engagement, cultural pride and self worth. Building upon a rich history of sport, traditional games and physical activity, this project offers a strengths-based approach to engage Alberta's Indigenous youth in positive experiences at school through sport and non-competitive activities. This initiative aims to build a coordinated system of support first by removing barriers to participation and engaging youth in school in their local communities, and ultimately by scaffolding opportunities to participate in sport and physical activity across regions, the province and inter-provincially.

Key Successes

- 20 Schools from 11 First Nation School Authorities and one Charter School Society participated
- 3326 student participants from Kindergarten to Grade 12
- Over 30 coaching certifications were earned by community coaches

Feedback from Communities

- "With this funding we ran after school Grade 6/7 volleyball team practices, Grade 8/9 girls volleyball team practices, Grade 1- 3 cheer leading team practices, Grade 4-5 cheerleading team practices, after school cooking classes, after school dryland hockey training, after school tutoring, Booty Fit classes and Boot Camps. The funding provided rides home after every activity for the students. We probably averaged 75 students rides home per week. We did activities four nights a week." - Sunchild teacher on overcoming transportation as a barrier to participation in rural and remote communities

- "Having these opportunities has really motivated our students, especially the girls. It gave them more time to practice on a wider variety of events. They were running once a week and jumping once per week, and most hadn't tried that before." - Tsuut'ina teacher
- "A lot of kids are only exposed to school events, and not all the kids have parent supports, so school is the only place for them to try sports. You really see the kids come out of their shells - it is a game changer for them." - Parents from Alexis

At the request of participating schools, students were celebrated in a track meet that drew 250 students across four age groups from 10 schools to Rollie Mills Field in Edmonton on May 30, 2017.



"It was important to our students to have the all-First-Nations event; it made it an even playing field to compete with other First Nations schools which have the same lack of equipment and training. Knowing that the other athletes would also be running in their sock feet gave them the courage to get on the bus today."
- Tsuut'ina teacher

Competency Focused Professional Learning Opportunities

Shaping the Future

Shaping the Future is an annual platform to bring together leaders from health, education and active living sectors to engage in learning opportunities that support the implementation of comprehensive school health strategies. The theme of the conference in January 2017 was To Be Wisely Aware. This honours the experience of First Nations peoples, speaks to roles of leadership in education, health and active living to foster wisdom and awareness in youth and conveys a message of well-being - body, mind and spirit. 430 Delegates attended and 50 school jurisdictions were represented.

Evaluation Results

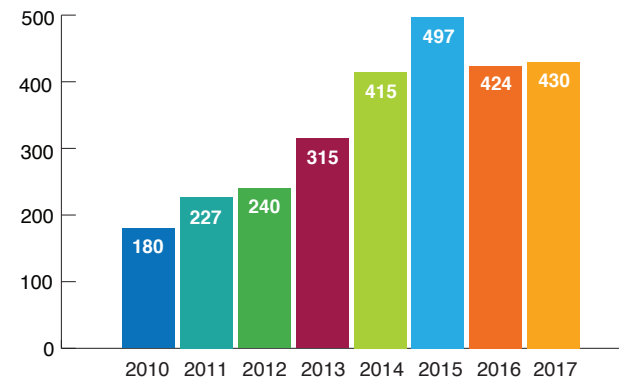
One-month survey with 48% response rate (n=205):

- 96% of the delegates felt their reason for attending was mostly or fully met
- 94% are likely or very likely to use the knowledge gained in the next month
- 96% are likely or very likely to use the knowledge gained in the next five months

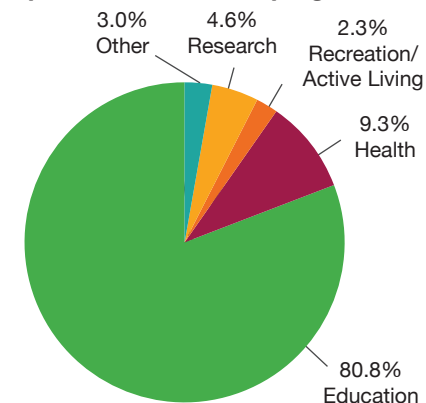
Five-month survey with 15% response rate (n=65):

- 85% of respondents think their attendance positively influenced their practice to a moderate or extreme extent
- Half of respondents mostly or fully think their attendance influenced the wellness culture of their school community

Shaping the Future Delegates



Sector Representation at Shaping the Future





Since attending Shaping the Future:

- 33% have initiated changes to healthy eating practices in their school community
- 64% have initiated changes to support physical activity in their school community
- 56% have initiated changes to support positive mental well-being in their school community
- 81% used new resources to support healthy school communities
- 75% used research to support healthy school communities
- 84% used evidence-based practice to support healthy school communities
- 89% agree or strongly agree that Shaping the Future provided them strategies for integration of learning into their current practice
- 99% agree or strongly agree that Shaping the Future contributed to their awareness and deeper understanding of student well-being in school communities
- 95% agree or strongly agree that Shaping the Future allowed them to develop key partnerships to advance wellness in their school/jurisdiction or community

How the culture of schools shifted to support wellness across subject areas and within the whole school community:

- Nutrition policies
- Healthy school policies
- Don't Walk in the Hallway
- Focus on mental well-being
- Wellness across district
- Increased student input

Resiliency as a Path to Healthy School Communities: Lessons Learned from Indigenous Youth

Resilience as a Path to Healthy School Communities is a full-day event held in January designed to empower Indigenous youth, along with their teachers and community members, with tools, successes and lessons learned from resiliency-promoting work across the province. The 2017 event marked the second annual workshop and featured all Indigenous presenters.

The workshop was attended by 249 students and 139 adults. A total of 17 sessions were offered, including a youth role model panel, many breakout sessions, a youth planning and sharing session and two keynotes. Sessions included traditional games, sitting with a knowledge keeper, youth leadership, traditional lessons/storytelling, moose calling, re-imagining play, sharing your gifts through music and hip hop, resiliency through rediscovery and the blanket exercise.



Evaluation Results

One-month survey results with a response rate of 29% (n=40 adults):

- 91% of respondents agreed that the workshop helped to build skills and abilities to support students in a healthy school community
- 87% of respondents reported that the workshop increased their readiness to support students in a healthy school community
- 96% and 92% reported that they were likely or very likely to apply what they learned in the next one month and five months, respectively

Five-month survey with a response rate of 5% (n=7 adults):

- All respondents reported that their attendance at the workshop positively influenced their practice to a moderate or extreme extent



Live Active Summit

In April 2017, Ever Active Schools hosted the Live Active Summit in partnership with the City of Edmonton and Edmonton Sport Council. The event served as a launch for Edmonton's 10 year Live Active Strategy to support well-being, and was a catalyst to educate, engage and bring to life active living, active recreation and sport in a school and community setting. It involved collaborative work around physical literacy and shared successful practices from across the province. Ever Active Schools and committed partners aimed to connect all delegates by disseminating knowledge in a variety of interactive learning formats including four keynote speakers, three panel discussions and 28 concurrent sessions.

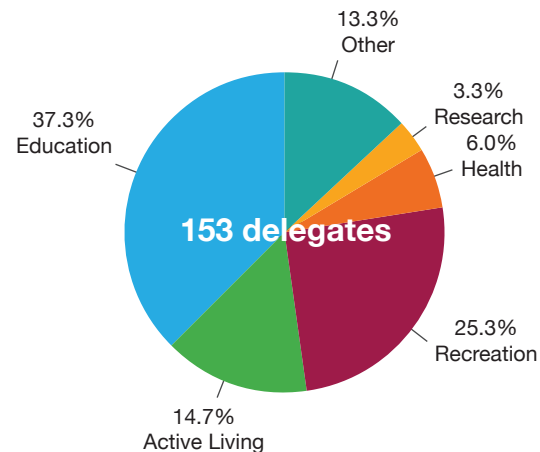
Key Topics Covered

- Teaching games for understanding
- Physical literacy
- Long-term athlete development
- Student leadership
- Healthy bodies and brains
- Inclusion
- Equitable access
- Indigenous school communities

Evaluation Results with a 37% response rate (n=56)

- 77% reported increased knowledge in active living or physical activity
- 54% reported increased knowledge in positive mental well-being
- 20% reported increased knowledge in healthy eating environments
- 72% were likely or very likely to apply what they learned in the next month
- 82% were likely or very likely to apply what they learned in the next five months.

Sector Representation at the Live Active Summit



Edmonton All Access was a free, city-wide community-focused sport and physical activity day hosted in conjunction with the Live Active Summit. The City of Edmonton opened access to three facilities across the city for citizens to participate in recreation opportunities. Approximately 13 other organizations also offered fitness, active living or recreation opportunities for anyone to attend and get active.

Professional Learning Opportunities

Ever Active Schools' professional learning opportunities are made available to school communities across the province and support comprehensive school health, imbedding wellness in cross-curricular teaching, student leadership, support to wellness policies such as the Daily Physical Activity policy and staff wellness. These opportunities address the needs of school communities today and help to develop competencies needed for learning, living and working in the 21st century.

Evaluation Results

- 82% identified and formed new partnerships as a result of participating in professional learning opportunities
- 87% reinforced existing relationships and support networks as a result of participating in professional learning opportunities
- 96.5% felt a deeper understanding of student wellness as a result of participating
- 93% will use the knowledge gained in the next 1-3 months
- 95% will use the knowledge gained in the next 4-6 months
- 93% agreed that the knowledge exchange during the professional learning will impact health and learning outcomes of students

Workshops

2,985 Participants

74,625 Students reached

108 Professional learning workshops offered

Workshops offered:

- School or jurisdiction professional development days
- Pre-service teacher training
- Teachers' conventions

Conferences

1,011 Participants

Conferences offered:

- Shaping the Future
- Resiliency Day
- Summer Institute
- Live Active Summit

Educators in Residence

1,500 Participants

21,000 Students reached

Residencies offered:

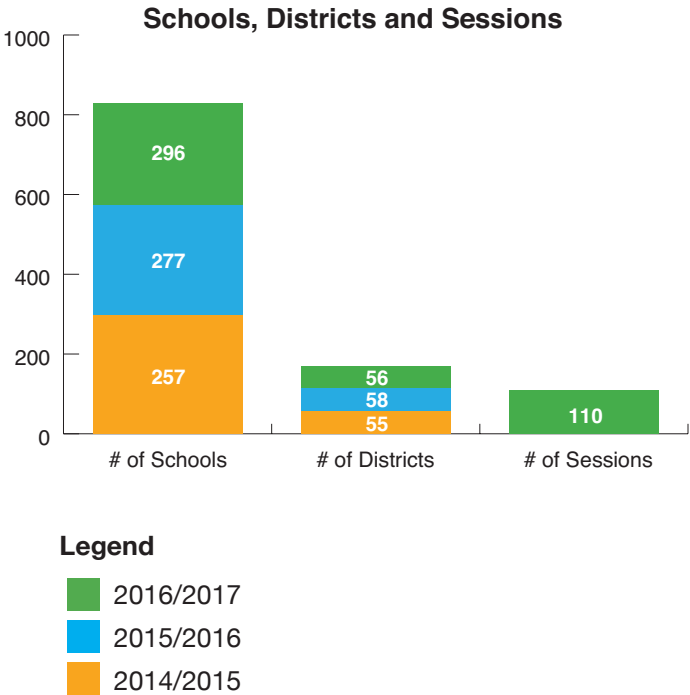
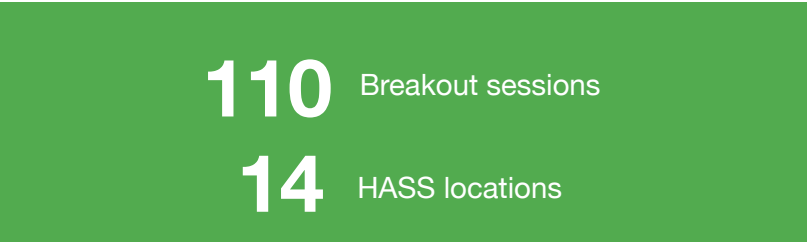
- Physical Literacy in Residence

Healthy Active School Symposia

Ever Active Schools led school health partners in 14 Healthy Active School Symposia events across the province involving 296 schools from 56 jurisdictions with 2,354 participants. The events focused on building competencies that support students and focused on student leadership skills while addressing health and learning outcomes.

The sessions within each event empowered students to develop communications skills, provided opportunities to think critically about their role as school health champions and allowed them to interact with others while working cooperatively within their school 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 finding showed sustained impact and successful implementation of action plans.



Student Competency Development

Development of the following student Competencies was measured during Healthy Active School Symposium and the results are as follows:

Critical Thinking:

97% of adults surveyed agree or strongly agree that HASS allowed students to think critically about health and wellness

99% of students surveyed agree that HASS allowed their team to think critically about school health and wellness

Problem Solving:

88% of adults surveyed agree or strongly agree that HASS allowed students to identify problems related to health and wellness

93% of students surveyed agree that HASS allowed their team to identify problems to health and wellness

Personal Growth and Well-being:

93% of adults surveyed agree or strongly agree that HASS allowed students to think critically about health and wellness

92% of students surveyed agree that HASS allowed their team to identify ways to support our personal growth and well-being

Communication:

96% of adults surveyed agree or strongly agree that HASS allowed students to think critically about health and wellness

98% of students surveyed agree that HASS allowed their team to communicate their ideas about school health and wellness

Key Successes

Adults believed:

- HASS helped our school team develop a useful healthy school action plan (84% agree or strongly agree)
- We intend to use information from the HASS when implementing our Healthy School Action Plan (95% agree or strongly agree)
- We are confident that our school health team can implement our Healthy School Action Plan (90%)
- The knowledge gained today will support the improvement of our overall school wellness (96% agree or strongly agree)

Students believed:

- 94% feel more connected with their school because of their participation in HASS
- 92% developed knowledge and skills that can help us be physically active
- 81% developed knowledge and skills that can help us eat healthy food
- 92% developed knowledge and skills that can help us create a positive mental wellness





Healthy Active School Symposia Results, 2-4 Months Post-Event

Following HASS, schools chose to focus on the following priorities -
 Healthy eating (40%), positive mental wellness (60%), active living (36%) - when completing a school health action plan.

Changes to healthy eating behaviours	49%
Changes to positive mental wellness behaviors	69%
Changes to physical activity behaviour	60%
Increased community connectedness	55%
Developed provincial partnership	51%
Student leadership development	95%
School policy development	44%

Acknowledgements

Ever Active Schools is grateful for the grant funding from the Ministry of Health, Ministry of Education and Ministry of Culture and Tourism. We would also like to acknowledge our provincial partners – the Alberta Healthy School Community Wellness Fund and Alberta Health Services in support of comprehensive school health in Alberta.

Lastly, thank you to the Alberta Teachers' Association and the Health and Physical Education Council for their guidance and oversight of Ever Active Schools.

Appendices

Appendix A: Ever Active Schools 2016-2017 Financials

Appendix B: Ever Active Schools Provincial Leadership Committee Involvement 2016/2017

*Appendices available upon request to Brian Torrance, Director. Email: brian@everactive.org

