



Ever Active Schools

ANNUAL REPORT

2017/2018

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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 2017-2018 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 2017/2018, Ever Active Schools celebrated 17 years of supporting schools to create and sustain healthy, active school communities.

This year, Ever Active Schools hosted 2 conferences, 13 student leadership symposia and 402 professional learning workshops on topics ranging from physical literacy, staff wellbeing, positive mental health and more.



2017/2018 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 215 partner organizations across education, health, active living/recreation, research and other sectors (growth of 34%) and participated on 74 committees around school health issues. • Attending an EAS event or learning opportunity catalyzed a mean of 8 partnerships for delegates to support their healthy school community.
Improved positive mental health, healthy eating and physical activity behaviours of students	<ul style="list-style-type: none"> • Three to six months following the Healthy Active School Symposia, respondents indicated that changes to healthy eating behaviours (57.4%) positive mental well-being behaviours (57.4%) and active living behaviours (68.3%) occurred at their schools • Five months following Shaping the Future and Resiliency as a Path the Healthy School Communities, school representatives reported changes to healthy eating behaviours (24%) positive mental well-being (51%) and active living behaviours (46%) at their school
Reduced disparities in health and educational outcomes amongst First Nations, Métis and Inuit, and other at risk populations	<ul style="list-style-type: none"> • EAS supported health and learning outcomes for approximately 42,000 children and youth through 15 innovative projects running in 537 school communities. Many project themes centered around equity, including supporting Indigenous student success, girls participation in physical activity and increasing access for students in high financial need. Approximately \$747K of funding was leveraged from existing grants to support these projects. EAS worked with 31 schools in 19 First Nations School Authorities.

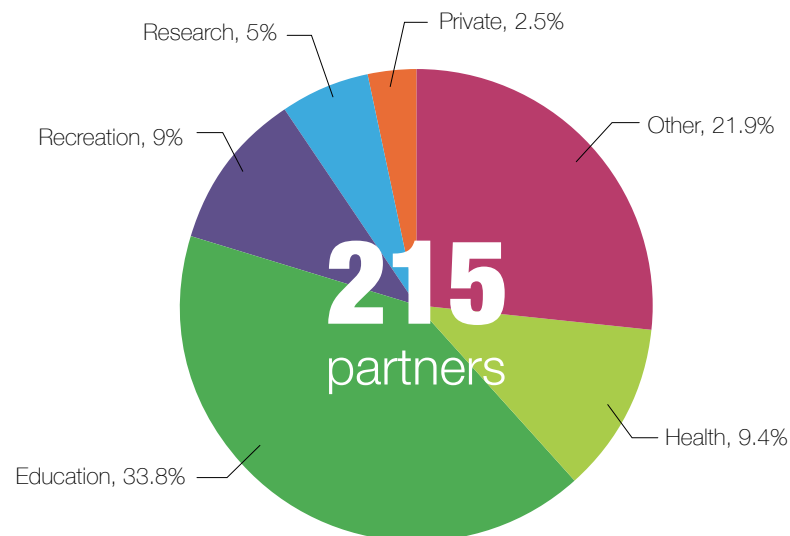
Intended Outcomes	Key Outputs
<p>More Alberta school communities use resources, research and evidence-based practices to assess, prioritize, plan, implement, evaluate and celebrate student health and learning outcomes</p>	<ul style="list-style-type: none"> • Assisted schools in assessing, planning and implementing a comprehensive school health approach • 182 Alberta school communities are using the Healthy School planner from the Joint Consortium for School Health • 263 healthy school action plans were developed with student voice at the Healthy Active School Symposia and Resilient Indigenous Youth Summit • Following attendance at Ever Active Schools events, Alberta school representatives reported using resources, research, and evidence-based practices to assess (14%), prioritize goals (37%) evaluate (16%) and celebrate (18%) • Provided 402 professional learning opportunities to school stakeholders; provided a platform for delivery of 88 additional sessions through hosting of events • Across all professional learning, 88% of surveyed participants believed that the opportunity contributed to their awareness and deeper understanding of student well-being in their school community
<p>Increase knowledge, skills, and attitudes about optimal health and learning environments</p>	<ul style="list-style-type: none"> • 88% 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
<p>Increased Awareness of Resources, Activities and Initiatives</p>	<ul style="list-style-type: none"> • EAS disseminated information and facilitated conversations about wellness in school communities. In 2017/18, EAS continued to improve and enhance reach to school champions by focusing on a social media strategy and expanding our network of school contacts. EAS managed 5 twitter accounts with a total of 6900 followers. EAS had 297 mentions on twitter per month. Earned media grew by 28%, for a total of 18 news articles.

Collaborative Partnerships

In 2017-18, the Ever Active Schools team identified 215 distinct partners with whom we engage from health, education, recreation/active living, research, private and other sectors. Forty-seven of these were new partners, yielding a growth rate of 34%. Participation on inter-sectoral committees also allows Ever Active Schools an avenue to facilitate partnerships. Collectively, Ever Active Schools staff engaged in 74 regional, provincial or national committees in this reporting period, demonstrating sustained participation and minimal growth from last year's 69.

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 **eight** partnerships that support the work of their healthy school community. This is **up 33%** from last year.

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 Symposium around the province
- Maintaining robust communications platforms to 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 1,083 schools, 530 of which had two or more interactions (49%).

In 2017-18 Ever Active Schools worked directly with 1,083 Alberta school communities, up 7% from the previous school year.

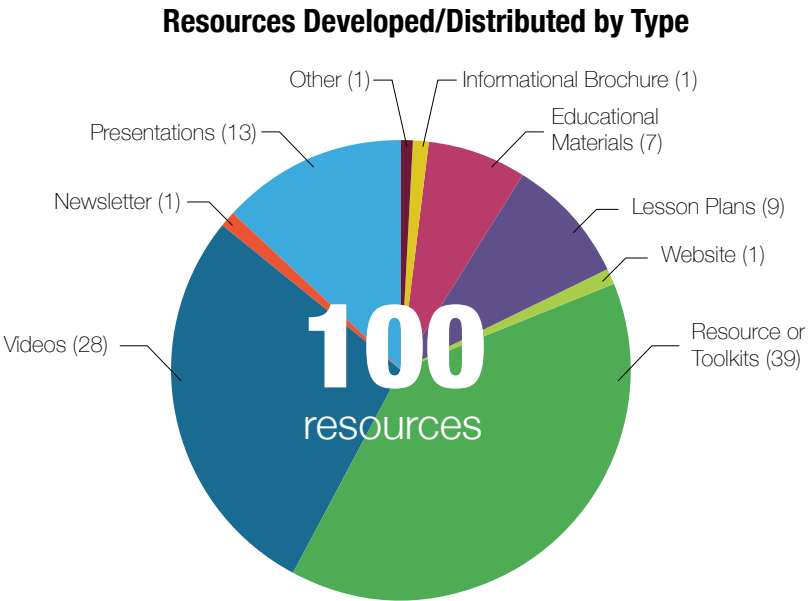


Resource Development and Distribution

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 2017-18 school year, Ever Active Schools distributed 5,302 of 100 teacher friendly and unique types of resources. Resources include, but are not limited to, Daily Physical Activity Bins, Recipe Cards Lesson Plans, Safety Guidelines, Snack and Activity Bites, Daily Physical Activity Greatest Hits, AMA Youth Run Club Resources, and more. This number is up 9% from last year.

Additionally, Ever Active Schools distributed 28 videos this year, 24 of which were developed within the year, putting our video development up 700% from the previous year. Together these videos have accumulated more than 21,840 views, 9,640 of which were new views. Our total number of views over time is up 79% from last year. Our videos include promotions of our initiatives such as Don't walk in the Hallway, and Go Run! Others feature game ideas for teachers and community members to use in their classrooms, while others feature community success stories.





Assess, Plan, Implement, Evaluate and Celebrate

Supporting school communities through a comprehensive school health 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 a change process for a more intensive perspective into school health for others. This collaboration has enabled 182 school communities to use the tool in the 2017/18 school year.

Since early 2016, Ever Active Schools has been working with provincial partners, Alberta Health Services and the Alberta Healthy School Community Wellness Fund to collaborate on resources to support quality action planning. Through this collaboration the Idea Generator was developed. This resource supported 263 school teams that attended the Healthy Active School Symposia in the 2017/2018 school year completing quality action plans to guide their school plans.



Communication to School Communities

Ever Active Schools disseminates information and facilitates conversations about wellness in school communities. In 2017/2018, 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 and Pinterest)
- Email and personal communications

Website(s)

Our website features three affiliate sites

- Alberta Medical Association Youth Run club
- Resilient Indigenous School Communities
- Safe Health Active People Everywhere (SHAPE AB)

Connecting Point



Website

41,444 website visits

21,665 unique visitors

78% new visitors

78 Alberta communities reached

448 Canadian cities/towns reached



Electronic Newsletter

15,000 email subscribers

87%

GROWTH



Social Media

Facebook

22%

GROWTH

Twitter

22%

GROWTH



Biannual Magazine

2,538

school &
partner
recipients

10%

GROWTH

Social Media Successes

- Continued growth and engagement over previous year on EAS main twitter account
- Great engagement around our main event (Shaping the Future) with close to 100K tweet impressions in January 2018
- Strong media coverage drove brand awareness – one segment (GO! Run launch) was featured on Global TV stations across Alberta

The three twitter platforms had a total of **95,600** social media impressions over the last 12 months.

Twitter Metrics

	EAS	AMA YRC	SHAPE
Profile Visits	1,777/month	324/month	330/month
Mentions	297/month	24/month	21/month
New Followers	73/month	8/month	24/month

All numbers averaged over 12 months

Ever Active Schools in the News



CTV News Lethbridge, *October 5, 2017*

fast forward to one minute before the end



Global News Lethbridge, *October 5, 2017*



Northland School Division Website, *October 11, 2017*



Medicine Hat News, *October 14, 2017*



Vulcan Advocate, *October 15, 2017*



CTV News Edmonton, *October 19, 2017*

fast forward to the 14 min mark



Medicine Hat News, *October 18, 2017*



Global News Edmonton, *October 24, 2017*

Red Deer HASS



Red Deer Advocate, *October 25, 2017*

Red Deer HASS



Red Deer Express, *October 25, 2017*

GO! Run



Global News 980, *October 27, 2017*

GO! Run



Global News Family Matters Podcast, *October 28, 2017*

St. Albert HASS



St. Albert Gazette, *November 25, 2017*

Indoor Recess Guidelines



Global Edmonton, *February 15, 2018*

Stoney Nakoda



Cochrane Eagle, *April 4, 2018*

ParticipACTION Report Card



Calgary Herald, *June 24, 2018*

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.

Projects offer a way for Ever Active Schools to respond to emerging priorities and work in a deeper way on wellness issues of importance in school communities.

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
- Career and employment training



537

schools reached
through projects

91

school authorities
reached through
projects

42K

approximate
students impacted
through projects

15

active projects
in 2017/2018



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 continue to be a valuable way to provide increased support to coaches and to connect schools and communities together. In 2017/18, a webinar series was developed to enhance access to training for rural and remote communities. Topics included:

- Fun and games for K-6
- Mini workouts for Jr. and Sr. high run clubs
- GO! Run: Engage and motivate females in your run club

500 school-based
run clubs

24,000 students
participated

Students report:

98%

will keep running

88%

felt supported
to make healthy
choices

78%

felt more
connected to
classmates

Coaches report:

91%

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

89%

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

99%

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



2017/18 marked the fifth year of the AMA Youth Run Club. A pedometer evaluation of the program revealed:

- AMA Youth Run Club participants are achieving 8% more moderate to vigorous physical activity than the Canadian average
- Participants take 2000+ steps more than the average Albertan
- Compared to the 2014 evaluation, average steps per student during run clubs has increased by 800, indicating improved implementation of the clubs

“It makes me feel excited to have someone like Rilee, who has won running events professionally, come to our school. It can help us feel more confident, and to teach us more about running, and his experiences that he had when he was our age. I am grateful that we get opportunities like this in our small school.”

*- Zoey Alook Noskiye on school visit from
AMA YRC Ambassador, Rilee Manybears,
Peerless Lake, Alberta*

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. In 2017-18, the Recreation and Physical Activity Division of the Ministry of Culture and Tourism awarded EAS a grant to enrich after-school programs with physical activity through the development and implementation of active after-school guidelines and provision of support through a community of practice.

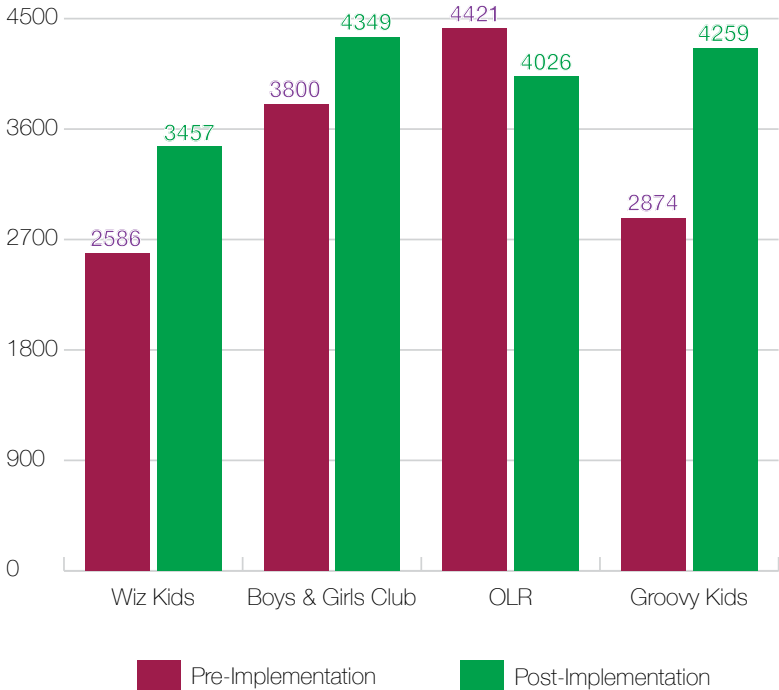
Key Successes

- Prototyped and piloted guidelines in 4 sites across the province: Wizkids After School Program (Brooks), Boys & Girls Clubs of the Foothills (Black Diamond), OLR Kidz Club (Sylvan Lake), and Groovy Kids Club (High Level).
- Provided hands-on professional learning to participating groups.
- Evaluated moderate to vigorous physical activity (MVPA) pre- and post-project; Most programs increased their MVPA, some by more than 25%, while decreasing the gap in levels of physical activity between boys and girls.
- Convened a provincial committee with a cross-section of partners, the AB Active After School Committee, to review the data pilot sites, finalize the Guidelines and Implementation Guide, and inform a proposed implementation plan.
- The Provincial Activity Guidelines for After School Programs in Alberta are now in a final state, ready for provincial implementation. The pilot has shown that these Guidelines and the Implementation Guide are useful tools for increasing physical activity in the after school time period.

Next Steps

The next steps for this work are to facilitate implementation of the Guidelines provincially and continue to build out a community of practice. The AB Active After School Committee has informed a proposed plan, which has been submitted to the Ministry of Culture and Tourism for consideration.

Overall Steps Pre and Post Implementation of the Alberta Active After School Guidelines



Learn to Skate

As a strategy to foster access and physical activity for all children, the Oilers Community Foundation, City of Edmonton, Skate Canada and Ever Active Schools work together to provide opportunities for students from inner city and underserved school communities in Edmonton to visit the Downtown Community Arena to learn to skate.

Through this initiative, transportation, equipment, coaching and ice time was provided at no cost to the schools, completely removing cost as a barrier to access.

Key Successes

- 735 students from 35 classes in 7 schools learned to skate
- Approximately 90% of students experienced skating for the first time. This includes a number of New Canadian youth, many of whom had not yet seen ice or been to an arena before and three students who had arrived to Canada within the week prior to participating.
- All students learned fundamental movement skills on the ice, appropriate to their skill level, while improving their physical literacy for ice environments.
- The program was accessible for students with a disability through the use of sleds and an additional opportunity was created for one class to experience adapted physical activity through Sledge in Schools.



“Thank you for teaching us to skate and sledge. My favourite part was playing sledge hockey.”

- Omar, Grade 3

“Everything was my favourite part, especially learning how to jump.”

- Katline, Grade 3



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, fused with a comprehensive school health approach.

31 schools reached

19 First Nations school authorities

4,500 students impacted

Active Projects:

- Sport as a Platform for Resilience - engaging youth in school through sport by increasing opportunities and removing barriers
- Miyomahchihowin - providing relevant career 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
- Indigenous 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
- Culture as a Source of Wellness - working as an ally to schools and school authorities who are positioning their local culture as the foundation for learning experiences and environments (e.g., culture-based wellness policies and land-based learning)
- Indigenous Youth Wellness Collaborative - convening a gathering of 14 wellness organizations working in Indigenous communities to share successes, challenges and lessons learned, avoid duplication and provide more cohesive, consistent support to communities across the province

Sport as a Platform for Resilience

Sport as a Platform for Resilience in Indigenous

Communities recognizes that 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 in Treaty areas 6, 7 and 8, this project aims to reduce barriers and improve access to opportunities within communities and regions while strengthening a coordinated system of support for Indigenous youth at the provincial and national levels. Funding for this initiative was provided by Jumpstart and the Canadian Coaching Association of Canada.

“It will help me in the future in becoming a leader in my community. I felt more confident after, I feel like I was able to help the kids more and that I am able to actually teach them skills. It’s rare to have these opportunities in our communities. I feel like it allows us to build our resumes and will give us more opportunities to give back to our community in the future, which I am thankful for.”

- Hannah Houle on NCCP Basketball course

Program activities include:

- Provision of sports equipment
- Creative community-based strategies to reduce participation barriers (e.g., improved capacity for transportation)
- Coach and official training and certification
- Hosting local and regional events

Results of the program were assessed through program records, participant and partner feedback, and reflective surveys.

To support the outcome of reducing barriers and improving access within Indigenous communities:

- 57 people received coach training certifications
- 17 were high school students who began helping their teachers coach younger students in basketball
- Many additional coaches were trained using additional funding leveraged from national sport partners

To advance the system of Indigenous sport and recreation across the province and nationally:

- 19 schools were supported to attend gatherings focused on wellness and resilience. They had opportunities to share their successes and learn how to overcome challenges from others.
- These events facilitated an average of 8 partnerships for each attendee to support their efforts in creating healthy, active school communities.
- 240 participants from 11 Indigenous communities attended the second annual Indigenous Track and Field Meet in Leduc, Alberta.



"I really enjoyed being able to stay in a hotel in the mountains with the Resiliency Summit. I also learned some new Traditional Games."

Sonny Kay, Student from Enoch

Competency Focused Professional Learning Opportunities

Pan Canadian School Health Summit: Shaping the Future

In 2018, Shaping the Future (STF) went National, bringing together leaders from health, education and active living sectors from across Canada and beyond to engage in learning opportunities that support the implementation of comprehensive school health strategies. The theme of the conference in January 2018 was Active Collaboration, and Ever Active Schools was grateful to have support from many partnering organizations from across the country. 524 delegates attended representing 60 school jurisdictions and five First Nations School Authorities.

Evaluation Results

One-month survey with 45% response rate (n=239):

- 84% of the delegates felt their reason for attending was mostly or fully met
- 87% of attendees were likely to use the knowledge gained from the Summit
- 89% are likely or very likely to use the knowledge gained in the next five months
- 88% of delegates agreed or strongly agreed that the STF conference provides strategies for integration of learning from their current practice
- 89% of delegates agree or strongly agree that STF contributed to their awareness and deeper understanding of student well-being in school communities
- 91% of delegates agree or strongly agree that STF contributed to their knowledge and understanding of creating a welcoming, safe, caring, respectful and inclusive environment



87% of attendees
were likely
to use the knowledge
gained from the Summit



"I enjoyed the session on flexible learning environments teaching in the 21st century. I am taking a lot of those ideas back to our school to be introduced. I also learned more for my P.E. program on injury prevention and adapted/ inclusive physical education. As athletic director at my school, I found the lessons very inspiring and motivating to bring back to my school."

"This is one of the best conferences I have attended in a long long time. Every session I attended I was able to take away something I can immediately bring to my professional role (this is not an easy task for a 25 year veteran!). The conference organizers were fantastic and prepared. The Ever Active School team was engaging, friendly and championed every individual they saw- I was very impressed. I loved this conference!"



"Delegates really need to understand that they are not going to hear the 'same old positions', that these speakers push the envelope and challenge us."

"The conference renewed my belief in the importance of physical, nutritional, and social health as it relates to Wellness."

Resiliency as a Path to Healthy School Communities: Honouring Youth Voice

In Fall 2017, Ever Active Schools hosted the first ever two-day Resiliency Summit, formerly a single day event hosted in January entitled Resiliency Workshop. Resilience as a Path to Healthy School Communities is 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 fall 2017 event marked the third event, featuring all Indigenous presenters with the theme of Honouring Youth Voice.

The Summit was attended by 292 students and 172 adults, which is a 20% increase in attendance from the January event the previous school year. A total of three keynotes and 33 sessions took place. Sessions highlighted content on traditional games, arts, dance, storytelling, sitting with an elder, and more.

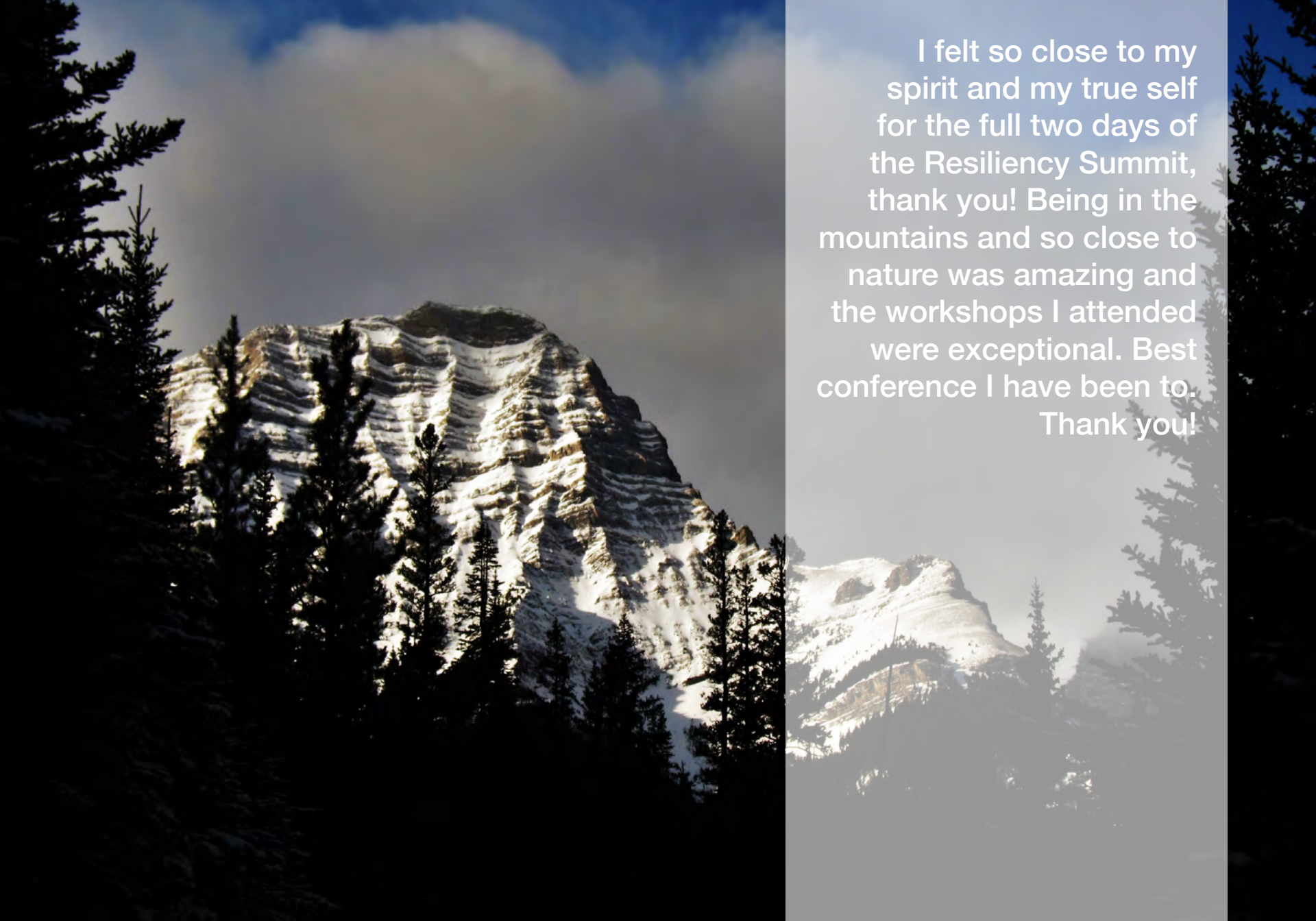


Evaluation Results

One-month survey results with a response rate of 16% (n=28 adults):

- 88% 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
- 87% and 92% reported that they were likely or very likely to apply what they learned in the next one month and five months, respectively





I felt so close to my
spirit and my true self
for the full two days of
the Resiliency Summit,
thank you! Being in the
mountains and so close to
nature was amazing and
the workshops I attended
were exceptional. Best
conference I have been to.
Thank you!

Healthy Active School Symposia

Throughout the 2017/18 school year, Ever Active Schools led school health partners in 13 Healthy Active School Symposia events across the province involving 263 schools from 53 jurisdictions with 2,241 participants. The theme this year was “The Leader within: Through the arts, creative expression, and a growth mindset”.

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 communication 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 findings 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:

94% 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:

96% of adults surveyed agree or strongly agree that HASS allowed students to identify problems related to health and wellness

91% of students surveyed agree that HASS allowed their team to identify problems to health and wellness

Personal Growth and Well-being:

94% of adults surveyed agree or strongly agree that HASS allowed students to think critically about health and wellness

96% of students surveyed agree that HASS allowed their team to identify ways to support our personal growth and well-being

Communication:

94% of adults surveyed agree or strongly agree that HASS allowed students to think critically about health and wellness

97% of students surveyed agree that HASS allowed their team to communicate their ideas about school health and wellness

Key Successes

Adults

- 84.24% of adult participants agree or strongly agree that HASS helped their school team develop a useful healthy school action plan
- 95.13% of adult participants agree or strongly agree that they intend to use information from the HASS when implementing their Healthy School Action Plan
- 94.08% of adult participants agree or strongly agree that they are confident that their school health team can implement their Healthy School Action Plan
- 65.95% of adult participants agree or strongly agree the knowledge gained at the event will be a catalyst for sustainable wellness behaviour change in their school community

Student Teams (Students complete evaluation as a group)

- 91.36% of student teams reported they felt more connected with their school because of their participation in HASS
- 94.04% of student teams developed knowledge and skills that can help them be physically active
- 81.9% of student teams agreed they developed knowledge and skills that can help them eat healthy food
- 89.64% of student teams reported they developed knowledge and skills that can help them support positive mental wellness environments
- 89.64% of student teams reported they developed skills that can help them be leaders

Follow Up Survey Highlights:

Between three and six months post HASS a second survey was sent out to participants to gain a better understanding of intentions, planning, and changes in practice that have begun following HASS. We heard back from 25% of participants at this time period.

	Healthy Eating	Mental Well-being	Active Living
Does your school health team intend to support _____ activities in your school?	95%	94%	98%
Has your school health team started to plan any new _____ activities in your school since HASS?	65%	71%	75%
Have _____ habits changed in your school since the HASS event?	48%	57%	68%

Professional Learning Opportunities

Ever Active Schools' professional learning opportunities are made available to school communities across the province and support comprehensive school health, embedding 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

- 78% identified and formed new partnerships as a result of participating in professional learning opportunities
- 76% reinforced existing relationships and support networks as a result of participating in professional learning opportunities
- 76% felt a deeper understanding of student wellness as a result of participating
- 94% will use the knowledge gained in the next 1-3 months

Workshops

3,970 Participants

69,928 Students reached

402 Professional learning workshops offered

Workshops offered:

- School or jurisdictional professional development days
- Mentorship
- Teacher's conventions

Conferences

988 Participants

Conferences offered:

- Shaping the future
- Resiliency Summit

Educators in Residence

53 Schools participated

12,479 Students reached

Residencies offered:

- Physical Literacy Mentorship



Physical Literacy Mentorship

This opportunity aims to normalize physical activity across a students' school day with a focus specifically developing physical literacy. An Ever Active Schools school health facilitator works closely with a school health champion all year to implement professional learning, the distribution of resources and student-level supports that aim to increase physical activity. In 2017-2018, 53 schools received Physical Literacy in Residence Mentorship program reaching 12,479 students. These opportunities are created to ensure no extraneous work is added to the school health champion's day-to-day work. Some early outcomes we aim to achieve through this mentorship are physical activity professional learning, resource development and distribution, creation of indoor, outdoor and inclement weather recess plans, playground markings and a wide distribution of activity to address physical activity needs of all students.



Teachers Conventions 2018

Ever Active Schools coordinated and led professional learning workshops at nine Alberta Teachers' Association Teachers' Conventions in 2018 on topics ranging from social and emotional learning, positive mental wellbeing, healthy eating, daily physical activity, to youth mentorship. In total, 1,600 teachers received professional by utilizing a symposium-style strategy where Ever Active Schools, and provincial health-promotion partners, were able to leverage each other's participation to offer 47 health related workshops.

47 Health-related workshops

1,600 Teachers impacted

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