



FOR IMMEDIATE RELEASE

SCHOOL HEALTH CONFERENCE HIGHLIGHTS WELL-BEING AS FOUNDATIONAL TO STUDENT LEARNING

11TH annual Shaping the Future conference brings together health, education and social service sectors to improve student well-being

LAKE LOUISE, Alberta (02/02/2020) – This week, more than 425 education, health promotion, active living and research professionals from across Alberta and beyond gathered for the 11th annual [Shaping the Future](#) conference. The largest of its kind in Canada, Shaping the Future highlighted the connections between school health, student well-being and teacher well-being while raising the profile of school health issues on a national level.

“By bringing together professionals from different sectors, we’re able to expand our own knowledge and understanding of comprehensive school health while also strengthening the collective voice we use to speak on the grand importance of school health and wellness,” said Brian Torrance, Director of Ever Active Schools. “Shaping the Future connects to many of the outcomes of the Government of Alberta’s Well-being and Resiliency: A Framework for Supporting Safe and Healthy Children and Families, and it is a great opportunity to address the critical need for well-being to be a priority for both school communities and policy makers.”

Hosted by [Ever Active Schools](#), the four-day conference addresses current and emerging topics related to comprehensive school health – including healthy eating, physical activity, mental health, equity and Indigenous health. Delegates participated in a variety of sessions on topics such as active school travel, outdoor leadership, land-based learning and improving health outcomes for LGBTQ2S+ students.

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[Supporting healthy school communities.](#)

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Participants left with clear actions they can utilize in their own work across the province and country to improve the lives of students, schools and communities.

Event Details:

Date/Time: Wednesday, January 29, 2020 – Saturday, February 1, 2020

Location: Chateau Lake Louise, 111 Lake Louise Dr, Lake Louise, AB

About Ever Active Schools – Ever Active Schools (EAS) is a provincial initiative designed to create and support healthy school communities. Ever Active Schools engages and supports schools through a Comprehensive School Health approach, which addresses health and education goals to improve the social outcomes of children and youth in Alberta.

Ever Active Schools would like to acknowledge and thank the generous sponsors and partners who made Shaping the Future 2020 possible:



For more information, please contact Rebecca Marjoram at rebecca@everactive.org or 403-210-6012

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