

EVER ACTIVE SCHOOLS

ANNUAL REPORT: 2018/2019



TABLE OF CONTENTS

This report contains interactive pieces. Rollover objects marked with an arrow (➡) to see additional information.

Best viewed in Adobe Acrobat or Adobe Reader.

Overview.....	2
Collaborative Partnerships.....	4
Support for Wellness Education and Comprehensive School Health	6
Communication and Knowledge Exchange.....	9
Capacity Building Through Innovative Projects.....	11
Competency Focused Learning Opportunities	14
Acknowledgements.....	17



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.

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.

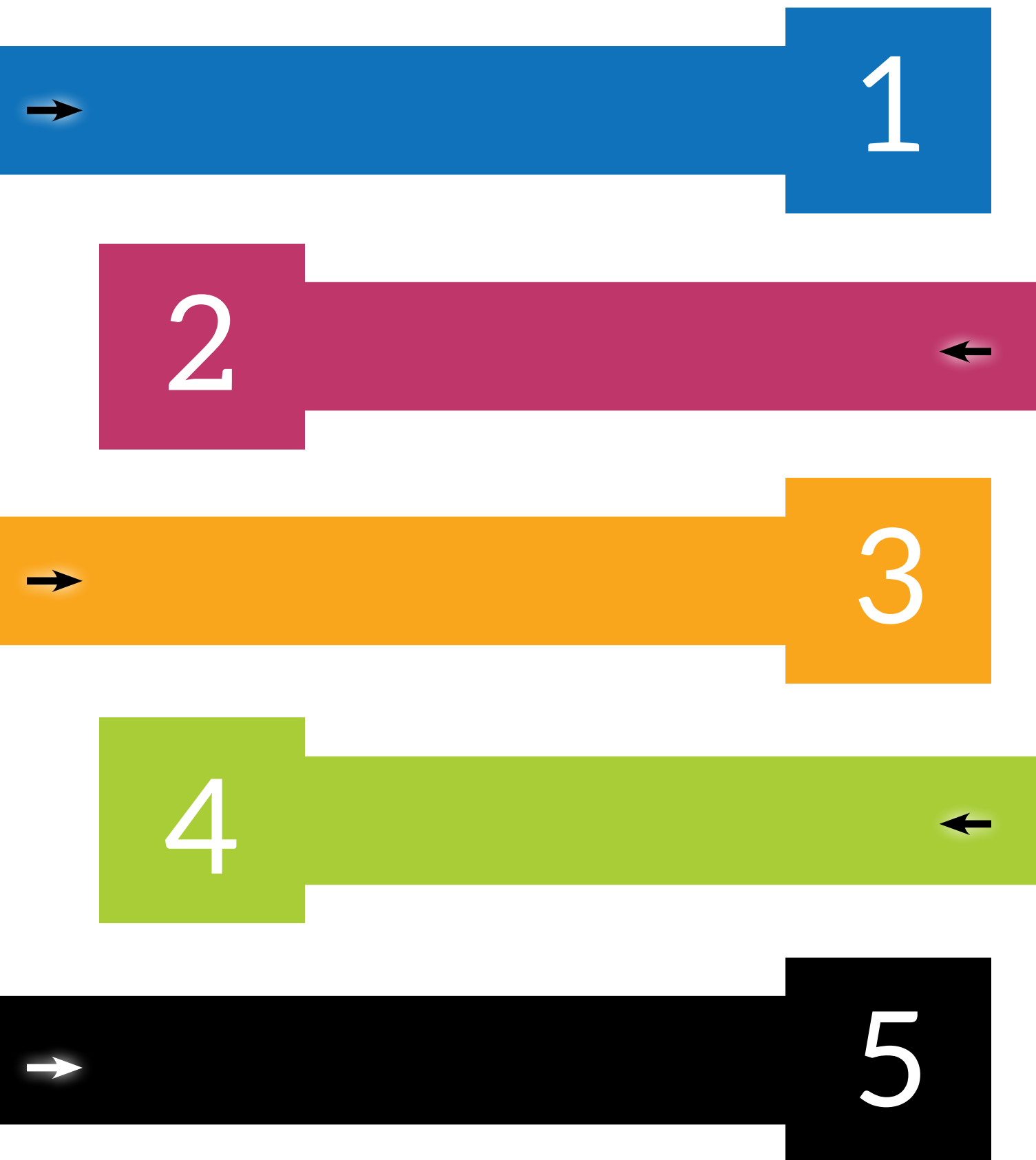
PRIORITY

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

The background of the lower half of the page is a photograph of a grassy field with several children playing. Some children are standing, some are sitting on the grass, and there are some colorful objects on the ground. In the background, there are tall evergreen trees and a blue sky with some clouds. A large blue circle is overlaid on the right side of the image, containing text.

In 2018/2019,
Ever Active Schools
celebrated **18 years**
of supporting schools
to create and sustain
healthy, active school
communities.

Ever Active Schools implements **five core strategies** to advance the health and learning outcomes of Alberta students:

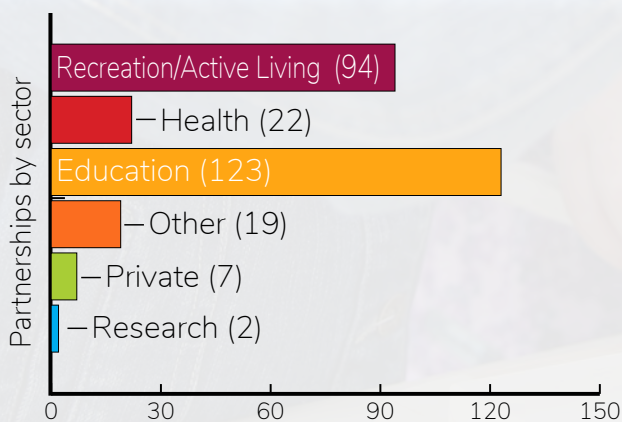


COLLABORATIVE PARTNERSHIPS

Ever Active Schools facilitates collaborative partnerships within and across health, education, recreation and active living sectors. Established relationships with schools, community and government uniquely positions us to strengthen partnerships and services.

Ever Active Schools engaged in **267** partnerships in 2018/19.

19% of these were newly established partnerships.





Ever Active Schools leads or participates on **62** intersectoral committees locally, provincially and nationally.

Attending an Ever Active Schools event enabled each participant to develop or reinforce an average of **7 partnerships** that support the work of their healthy school community.

TEACHERS OF TOMORROW

Partnerships are integral to all of our work at Ever Active Schools. One project we've been working on for the past few years, which has led to increased partnerships locally, provincially and nationally, is our Teachers of Tomorrow initiative. In 2011, Ever Active Schools and the Werklund School of Education at the University of Calgary began an active partnership to accelerate the closure of the critical gap between how teachers are prepared to address wellness and what they are expected to do in practice. And so, the Teachers of Tomorrow project began.

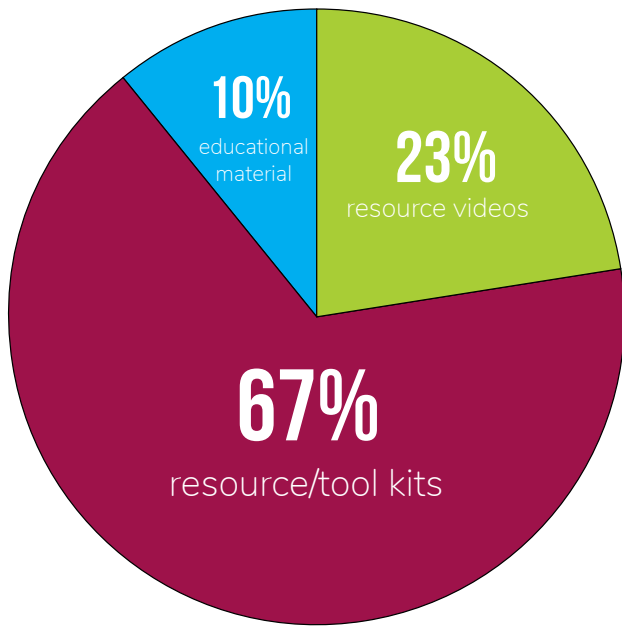
This work has since evolved to include three additional post-secondary partners in an intensive way: the University of Alberta, University of Lethbridge and Concordia University of Edmonton. Another nine corresponding sites now also form a network of universities sharing their journeys towards supporting well-being in post-secondary education.

In November of 2018 we hosted the first annual National Forum on Wellness in Post-Secondary Education at Concordia University of Edmonton. Nine universities and 15 partner organizations attended, with representation from five provinces across Canada. The National Forum provides a unique opportunity for each university to showcase the work they are doing and to learn from one another. They are also able to continue to build momentum in this space and foster the relationships necessary to move the work forward. New partnerships formed with the University of British Columbia have led to planning for the second annual National Forum to be held in Vancouver in October 2019.

SUPPORT FOR 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.





Developing and distributing resources offers a tangible support for school communities. A total of **75 different resources** were distributed to **11,049 stakeholders** to support quality wellness education and the implementation of comprehensive school health in 2018/19. **27** of these were resources developed within the 2018/2019 school year.

SOCIAL AND EMOTIONAL SHUFFLE

A highlight from this school year was our newly developed **Social and Emotional Shuffle** resource. These cards are designed to support social and emotional learning (SEL) in the classroom and beyond.

The cards include activities, prompting questions and conversation sparkers that can be incorporated throughout the year to help students develop their social and emotional competencies in active and engaging ways. As students develop the ability to name, describe and express emotions, as well as recognize these emotions in others, they strengthen all five of their SEL competencies: self awareness, self management, social awareness, responsible decision making, and relationship skills (CASEL, 2017).

Ever Active Schools couldn't keep this new resource on the shelves, selling nearly **800 sets** since January 2019.



EVENTS



COMMUNICATION AND KNOWLEDGE EXCHANGE

Ever Active Schools acts as a conduit for communication and knowledge exchange for school health through our website, newsletters, social media and Healthy Schools Alberta magazine. These serve as platforms to promote wellness resources by mobilizing knowledge materials and informing schools of evidence-based best practices.

ONLINE PRESENCE



WWW.EVERACTIVE.ORG

- 137,167 page views (up 9% from 2017/18)
- 30,661 unique visitors (up 42%)
- 500 Canadian cities reached (up 12%)



EMAIL MARKETING

- 17K+ general communication subscribers
- 3,783 monthly e-news subscribers



@EVERACTIVEAB

- 5,712 followers
- 58.4K impressions annually
- 824 profile visits monthly
- 55 new followers monthly



FACEBOOK.COM/EVERACTIVEAB

- 1.3K likes
- 1.4K followers
- 3.1K+ impressions monthly

EVER ACTIVE SCHOOLS IN THE NEWS

Ever Active Schools events and innovative project work was featured in at least 16 media stories around the province in the 2018/2019 school year. To see more articles featuring Ever Active Schools, visit everactive.org/in-the-news

OUTDOOR SKILLS HONED DURING FREE-PLAY GARDENING AT JAMES S. MCCORMICK SCHOOL

Article from The Lacombe Globe: <http://bit.ly/2Siy2Ab>

“Playing outside is on the decline, for sure, with things like screen time and more concern now around safety, but what we’re seeing now and teaching today is that kids learn their limits through playing outside.”

CALGARY STUDENTS, SCHOOLS GETTING EDUCATION ON ACTIVE TRANSPORTATION

Article from LiveWire Calgary: <http://bit.ly/2NZj97D>

“So, if you want to build a great community, a great neighbourhood, the first place to start is transportation. Get out walking and wheeling. That’s how you meet people in your neighbourhood.”

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.

605
schools and
community-based
organizations
reached through
projects

17
active projects in
the 2018/2019
school year

48,000
students impacted
through projects

PROJECT THEMES

Indigenous
student
success

Physical
activity in the
out-of-school
time period

Female
participation in
sport and
physical
activity

Healthy built
environments and
activity-permissive
learning

Equity
and
inclusion

Mobilizing
systems change
around compre-
hensive school
health

Active
transportation

View all Ever Active Schools projects at <https://everactive.org/projects>

MIYOMAHCHHOWIN: IN GOOD HEALTH

One of our many projects is known as In Good Health. It evolved from a pilot project known as Miyomahchihowin (me-oh-mah-chu-win), which means “in good health” in the Cree language. The pilot was aimed at providing pathways for Edmonton Indigenous youth to develop personal skills and gain employment or volunteer opportunities in the areas of sport, recreation, health promotion and active living.

The latest iteration of In Good Health in Calgary—through a partnership with the City of Calgary, Calgary Board of Education, Calgary Public Libraries and Ever Active Schools and funded by Jumpstart—takes the shape of a full semester of half-day programming for students who face barriers to formal education. Students received foundational training in leadership and recreational programming, which allowed them to earn up to 13 high school credits in Career and Technology Studies (CTS) and Work Experience. The first ever Winter cohort earned 115 CTS credits and 99 work experience credits, and 14 of 22 students achieved paid employment through the City of Calgary.

“It is a great opportunity for people like me who didn’t think that they can get into a career like this to prove to themselves that they can,” said sixteen-year-old student Genna.

Although students like Genna experience barriers to employment, this project has offered her and others a different experience to carve out an understanding that they, too, can pursue career pathways in the field of health and wellness.

In Good Health work will continue to grow, refine and evolve for the needs of each participating community. This project work aligns with the values of Ever Active Schools and those of our project partners across the province, that all students live and learn in good health.



COMPETENCY FOCUSED LEARNING OPPORTUNITIES

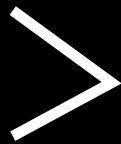
Ever Active Schools provides competency-focused, interdisciplinary learning opportunities for school communities through professional learning opportunities and within all Alberta Teachers' Conventions. These opportunities address the needs of school communities today and help to develop competencies needed for learning, living and working in the 21st century.

COMPETENCY FOCUSED LEARNING OPPORTUNITIES

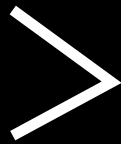
4,716
participants

103,752
students
reached

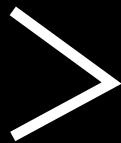
EVALUATION RESULTS



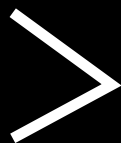
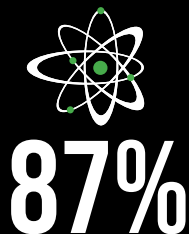
identified and formed new partnerships as a result of participating in professional learning opportunities



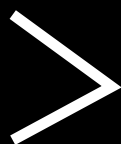
reinforced existing relationships and support networks as a result of participating in professional learning opportunities



felt a deeper understanding of student wellness as a result of participating in professional learning opportunities



will use the knowledge gained within 1-3 months of participating in professional learning opportunities



agree that strategies for integration into current practice was provided

PHYSICAL LITERACY MENTORSHIP

In partnership with Canadian Tire Jumpstart Charities, this opportunity aims to normalize physical activity across students' school days with a focus specifically on 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 2018/2019, 38 schools in Alberta received Physical Literacy in Residence Mentorship, reaching 13,709 students. 4 schools in the Northwest Territories received Physical Literacy Mentorship, reaching 530 students. 7 schools in Alberta received Adapted Physical Activity Mentorship, reaching 1,585 students.

Some early outcomes we aim to achieve through this mentorship model 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 the physical activity needs of all students.



TEACHERS CONVENTIONS 2019

Ever Active Schools coordinated and led professional learning workshops at **13 Alberta Teachers' Association Teachers' Conventions** in 2019. Topics ranged from social and emotional learning, to positive mental wellbeing, to healthy eating, to daily physical activity, to youth mentorship.

In total, 2,500 teachers received professional learning by utilizing a symposium-style strategy wherein Ever Active Schools and provincial health-promotion partners were able to leverage one another's participation to offer **88** health related workshops.



ACKNOWLEDGEMENTS

Ever Active Schools is grateful for the grant funding from the Ministry of Health, Ministry of Education and Ministry of Culture, Multiculturalism and Status of Women on behalf of the Government of Alberta. A partnership with Jumpstart Charities also supports our work in a deep and meaningful way.

We would further like to acknowledge our provincial partners - Alberta Healthy School Community Wellness Fund and Alberta Health Services in support of comprehensive school health in Alberta.

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



Ever Active Schools greatly appreciates the additional support by project partners:

- Active Healthy Kids Canada
- Alberta Blue Cross
- Alberta EcoTrust - Ecocity Edmonton Grant
- Alberta Environment and Parks - Community Environmental Action Grant
- Alberta Medical Association
- Alberta Sport Connection
- Alberta Transportation - Traffic Safety Fund
- Calgary Community Foundation
- City of Calgary
- City of Edmonton
- Fast Trax
- J.W. McConnell Foundation - WellAhead Division
- Lethbridge Community Foundation
- Makadiff Foundation
- MD Financial Management
- Oilers Community Foundation
- Oilers Entertainment Group
- Paralympic Sport Association
- ParticipACTION
- RBC Foundation
- Sport 4 Life
- Sport Canada
- TD Friends of the Environment
- University of Calgary



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Alberta
Government



HPEC
Health & Physical
Education Council
The Alberta Teachers' Association