

ALBERTA ORGANIZATIONS WHO SUPPORT HEALTHY SCHOOL COMMUNITIES

Alberta school communities and school jurisdictions recognize that healthy students are better learners and are moving forward with strategies to support the healthy development of their students. Several organizations are available to enhance the health and wellbeing of children and youth in Alberta by supporting the creation of healthy school communities. This document provides a brief outline of who these organizations are, and what support they can offer to your school community or jurisdiction.



Alberta Health Services

Who We Are

A variety of Alberta Health Services (AHS) staff members support the health of children and youth through school-based health promotion. AHS uses a Comprehensive School Health approach to improve student health outcomes and behaviours related to healthy eating, active living, mental health, oral health, injuries, and use of alcohol, tobacco and other substances. AHS staff members are located across the province and partner with both school jurisdictions and school communities.

What We Offer

- We assist school jurisdictions with identifying priority areas for action and then support the development, implementation and evaluation of action plans.
- We provide professional development opportunities related to healthy school communities.
- We connect schools and communities to resources that support healthy school environments.
- We support the development and implementation of healthy school policy and assist with interpreting and implementing the Alberta Nutrition Guidelines for Children and Youth and other school health guidelines.
- We work together to connect schools with health professionals to provide support in the creation of healthy school communities.

Contact Us website: www.albertahealthservices.ca/csh.asp e-mail: cshresources@albertahealthservices.ca



Alberta Healthy School Community Wellness Fund

Who We Are

The Alberta Healthy School Community Wellness Fund aims to enhance the health and wellbeing of school-aged children and youth within Alberta school communities by supporting projects that use a Comprehensive School Health approach to address the province's three priority areas of healthy eating, active living and positive social environments. Wellness Fund staff support and assist school communities to build on existing strengths and address self-identified needs.

What We Offer

- We provide funding and support to projects that demonstrate readiness to move ahead with Comprehensive School Health initiatives.
- We provide funding for school communities to address healthy eating, active living, positive social environments, wellness in the high school curriculum, healthy relationships and student leadership. School districts can also apply for readiness grants to initiate conversations with their schools on wellness.
- Our staff support the development of healthy school communities by providing resources developed from promising practices and lessons learned from Wellness Fund projects. These resources include the Wellness Fund Handbook and a range of videos on the Comprehensive School Health approach.

Contact Us website: www.wellnessfund.ualberta.ca email: healthyschools@ualberta.ca



APPLE Schools

Who We Are

APPLE Schools is a project of the University of Alberta’s School of Public Health. We work with school communities to create healthy school environments through a comprehensive school health model. APPLE Schools works to improve the healthy living habits of students, parents, school staff and school community members through education, collaborative partnerships, policy and creation of supportive environments. An APPLE School enables the “healthy choice as the easy choice” to be available for all school community members.

What We Offer

- In an APPLE Schools there is a dedicated, trained School Health Facilitator who works with the school community to create action plans to address specific needs within each school community.
- Every year, the changes in healthy eating, physical activity and social behaviours in each school are measured and evaluated by School of Public Health researchers.
- This evidence is used by school communities to modify their school’s action plan to improve the health of their school community.

Contact Us website: www.appleschools.ca phone: 780-429-8468



Be Fit For Life Network

Who We Are

The Be Fit For Life Network strives to be leaders in promoting self-responsibility among Albertans to be physically active wherever they live, work and play. Our mission is to get Albertans moving by providing high quality services, education and resources across multiple demographics, sectors and regions. Be Fit For Life Centres are located in nine college and university campuses across Alberta. At school, work, home, or in your community we work with you to support a program or initiative that fits your needs and resources.

What We Offer

- We help school communities to implement various physical activity opportunities through professional development, student workshops/sessions, and parent/community workshops/sessions/resources.
- We provide resources to support Daily Physical Activity, Physical Education classes, and after school activity programs.
- We assist with community linkages to other partners and organizations that can support the implementation of Comprehensive School Health.

Contact Us website: www.befitforlife.ca e-mail: bffln@provincialfitnessunit.ca phone: 780-492-4435



Ever Active Schools

Who We Are Ever Active Schools (EAS) provides provincial leadership that supports healthy, active school communities. EAS is available to all school communities; the program contributes to the healthy development of children and youth by fostering social and physical environments that improve the quality and quantity of active healthy, active living programs in Alberta schools.

- What We Offer**
- We provide resources, recognition and support to schools and school jurisdictions working to improve physical education programming, physical activity, healthy eating and mental well-being.
 - We host annual events, such as the Healthy Active School Symposia (HASS) and the Shaping the Future Conference.
 - We provide professional learning opportunities and resources to support Physical Education, Daily Physical Activity, Health and Life Skills, Mental Well-Being, Healthy Eating and Comprehensive School Health.
 - We link to the Joint Consortium for School Health (JCSH) Healthy School Planner to support schools in assessing the current health environment and build a plan to make improvements.
 - We spearhead community capacity building projects in collaboration with in health, education, recreation, and active living partners.
 - We work with community organizations, schools and school jurisdictions, provincial government, and other stakeholders to deliver programming targeting children and youth across the province.

Contact Us website: www.everactive.org e-mail: info@everactive.org
phone: 780-454-4745 (Edmonton office), 403-210-6012 (Calgary office)



Health and Physical Education Council - Regional Representatives

Who We Are The Health and Physical Education Council (HPEC), as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is provides leadership in creating healthy active school communities.

- What We Offer**
- We offer regional drive-in workshops to support professional growth and development.
 - We organize an annual HPEC conference to provide members with the knowledge and energy to bolster their existing health and physical education programs.
 - We have a “regional rep” for each region. Contact information is available on our website.
 - We provide a publication to support health and physical education programs called “The Runner”.

Contact Us website: www.hpec.ab.ca