

# ALBERTA HEALTHY SCHOOL COMMUNITY WELLNESS FUND



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## BACKGROUND

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Partners: Alberta Coalition for Healthy School Communities  
Alberta Health and Wellness  
University of Alberta, School of Public Health

- September 28, 2006, Alberta Health and Wellness announced \$3 million dollars for the creation of a Wellness Fund to support school communities over the next three years.
- May 24, 2007, Alberta Health and Wellness announced the application process for the first round of the Large Grant Category, with a deadline for submission of June 30, 2007.
- The Wellness Fund is intended to support school communities in Alberta to plan, implement and evaluate **comprehensive school health approaches** to enhance the health outcomes of school-aged children and youth.
- More information is available on the *Healthy U* website: [www.healthyalberta.com](http://www.healthyalberta.com)

## GRANTS

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Two categories:

- Category A: Larger Grants  
(6 have already been awarded)
  - Grants over \$10,000 up to \$50,000
  - Next deadline is February 29, 2008.
- Category B: Smaller Grants
  - Grants up to \$10,000
  - Next deadlines are December 14, 2007 and March 28, 2008.

## CRITERIA FOR SUCCESSFUL PROJECTS

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- Collaboration and multi-sectoral involvement
- Healthy Eating, Active Living and Positive Social Environments
- Build and strengthen capacity
- Sustainable
- Improve coordination, focus efforts or fill gaps in service delivery
- Share project results



Application forms are available on the Alberta Coalition for Healthy School Communities website: [www.achsc.org](http://www.achsc.org)

## THE BATTLE RIVER PROJECT

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Battle River School District (BRSD), East Central Health Region, Ever Active Schools, and the Alberta Teachers Association

### Goal:

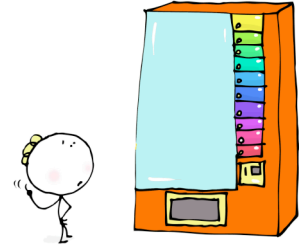
Ever Active Schools will partner with each school to:

- Assess needs
- Design specific plan
- Implement changes in each pillar

Target: Students, staff and policy in participating schools in the BRSD

### Process:

- Project Coordinator hired
- Site specific Steering Committee
- The Ever Active Approach, Education (integration in curriculum, knowledge increased about healthy living practices), Everywhere (engagement of community at large), Everyone (inclusive in nature, population health approach), Environment (supportive social and physical environment.)
- Professional development for teachers



## CREATING SUSTAINABLE ACTIVE LEADERSHIP

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Chinooks Edge School Division, DTHR, Olds College, Community Learning Campus, and the Town of Olds

### Goal:

- Youth Wellness Leaders will share their knowledge with rural students while supporting the creation of a student led Healthy School Community Wellness Plan.

Target: Youth Wellness Leaders from grade 9-12, approximately 200 students in total. K-12 students from 10 of the schools and community members

### Process:

- Youth Wellness Leaders from a variety of backgrounds work in teams of 20 in home school developing a Healthy School Community Wellness Plan
- A Support Team will provide guidance
- A Project Coordinator will be hired
- Each team will identify priority issues for school
- Healthy Community Leadership Day at Olds College
- A budget to implement site specific activities



## ON TRACK

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Medicine Hat Catholic Separate School Division and Palliser Health Region

### Goal:

- Wellness Coaches spread the information to as many people as possible
- A Coordinating Committee will oversee the project
- Coordinator who will be hired with the funds

Target: Students in grades 1-5, Wellness Coaches (high school students)

### Process:

- Presentations/curriculum integration.
- Students will track health eating choices, physical activity and safe and caring behaviours.
- New physical activities for students
- Facilities will be open to the public after normal hours to encourage families to be active together.
- Presentations resources and information will be made available for teachers and parents



## WAINWRIGHT WELLNESS FOREVER

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Wainwright High School, Wainwright Elementary School, Blessed Sacrament School, East Central Health, AADAC, Town of Wainwright, Parent Council, RCMP, and CFB Wainwright

### Goal:

- Changes to the food offered in each school
- Education to students,
- Professional development for staff to teach in all areas of health promotion

Target: Students, teachers, parents and community partners

### Process:

- Posters, pamphlets and newsletters
- Nutrition makeover in school
- Training, Guest speakers Staff/Student/Parent
- Activity Bins for each classroom, providing resources for physical activity
- New gym equipment to enhance to physical education program
- Family fun nights
- Special events such as Run/Relay for families and community
- Phys Ed PD for generalist staff "no gym, no problem"
- School grounds enhancement, creation of quiet areas
- Workplace retreat



## HEALTHY FOR LIFE: COOL MOVES

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The Edmonton Boys and Girls Clubs, Capital Health, Edmonton Be Fit For Life Centre, Abbottsfeild Recreation Centre, Big Brothers Big Sisters, Youngstown School, Duggan School, Steinhower School, Britannia School, and Malcolm Tweedle School

### Goal:

- *Eat Smart*, which encourages participants to make healthier eating choices through meals, workshops and presentations and
- *Play Cool*, which encourage participants to engage in more physical activity through play, non-traditional sports, workshops and presentations.

**Target:** Participating children and youth at the six neighbourhood centres ranging in age from 6-18

### Process:

- Workshops for youth
- Healthy snacks will be provided for youth while at the centres.
- A charting system to track behaviours, prizes and incentives
- Opportunities for participation in non-competitive activities
- Referrals for families



## TEAMING UP 4 HEALTHY LEARNERS

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Calgary Health Region and the Calgary Board of Education

### Goal:

- Education and awareness building,
- Identification of health champions at each school,
- Implementing meaningful strategies including a recognition process

**Target:** Participation is open to all of the 200 schools in the CBE. Students, staff (teachers, support and lunchroom/cafeteria workers), parents

### Process:

- A Steering Committee
- Health Champion who will then attend and in-service about the school health
- Presentations and leadership opportunities for health champions
- A Health Champion planning book and resource kit (including supplies and materials) will be distributed to each Champion as supplementary support.
- Each school will identify priorities and strategies
- Awarded either a Gold, Silver or Bronze distinction at the end of the school year