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Annual Report

2022-2023

Empowering the PHE Community.

Championing Healthy, Active Children and Youth.



Our 2022-2023 Impact

As the recognized leader in physical and health education in Canada, Physical and Health Education (PHE) Canada empowers the PHE Community with quality programs, professional development services, and community activation efforts.

Our work is to ensure equitable access to the benefits of quality physical and health education and healthy learning environments, so that every child in Canada can acquire the skills, knowledge, and motivation to be healthy and active for life.

We take pride in supporting and leading the meaningful growth of the PHE Community by providing quality resources and services to diverse student groups; collaborating with school communities to support them with professional physical and health education programming, healthy school initiatives, or direct financial support; aligning our organizational goals with an equitable and inclusive lens; developing the Canadian Physical and Health Education Competencies; and connecting educators, administrators, researchers, pre-service students, and future leaders through in-person and virtual events and supportive networking channels.



PHE Canada's Impact at a Glance



3 million +

Students Impacted



504 Educators Trained



32 Schools Visited



22 Workshops Delivered



\$2,064,025

Funding Distributed



79 Mentors



78 Mentees



1

Student Chapter Created



170,468 Website Users

157,920 Resource Downloads

PHE Canada Professional Members

290

Student Members

70

Active Research Council Members

92

Direct Financial Support to Schools

We have witnessed remarkable success in our grant programs in 2022-2023, which support equal access to physical activity opportunities and inclusion of students with diverse backgrounds and needs in school communities and beyond.

Funding Distribution

Access to Action Grant, funded by Sport Canada, distributed **\$1.95 million** to **431 school communities** to provide inclusive and meaningful sport and physical activity opportunities for equity deserving student populations.

2022-2023 also marked the launch of the **PHE Empowerment Grants**, which distributed **\$20,000** to **eight deserving schools**. The PHE Empowerment Grants are an annual funding program that provides financial support to the PHE Community to advance physical and health education and healthy schools across Canada.

Ecole Viscount Alexander @ecoleVA · 18h
A wonderful day of learning @TheForks supported by the @PHECanada Access to Action grant. ❤️



"This project allowed so many students to experience something that they may never get the chance to enjoy."

– Access to Action Grant Recipient, Teacher in Ontario



"We believe our impact was seen through increased awareness about disability, reducing barriers, reducing stigma and fostering a community of inclusion within schools. Some students with disabilities are now enrolling in the fitness courses at their respective schools, they are joining local sport programs and they are even getting gym memberships because they are now able to see themselves in physical activity in their school and community environments."

– Access to Action Grant Recipient, Teacher in Alberta

New Projects in Schools

PHE Canada actively pursues to create spaces where all students belong and benefit from physical and health education and physical activity during the school day that leads to positive and impactful change. With financial support from the Government of Canada, PHE Canada designed several initiatives focused on reducing barriers and increasing opportunities to be physically active, establishing new connections, resources, and capabilities to provide increased support to the PHE community in Canada.



Heart Zone

This pilot project engaged Newcomer students at **4 schools** to plan and implement inclusive physical activity opportunities.

Game Changers

Students of all abilities at **5 schools** participated in this pilot project designing physical activity programming that met their needs and interests.

Real World Sport & PE

A total of **6 schools** made real world connections to physical activity and sport programming and facilities in their communities.

ReBOOT Schools

ReBOOT Schools empowers equity-deserving student populations to co-design meaningful, inclusive physical activity opportunities for all students. PHE Canada visited 4 school communities, enhancing inclusive physical activity programming for over 750 students.



Upstream Tobacco and Vape Prevention in Schools

In 2022-2023 PHE Canada rolled out **Students Together Moving to Prevent (STOMP) Tobacco Use**, an innovative project aimed at reducing commercial tobacco use among youth through upstream prevention, harm reduction, stigma reduction, and equity-oriented approaches. The project was implemented in 12 school communities during the 2022-2023 school year, in urban, rural and First Nations school communities in British Columbia, Yukon, Alberta, Saskatchewan, Ontario, Quebec, New Brunswick, Nova Scotia, and Prince Edward Island.

“The big learning piece that we identified was that vape prevention **NEEDS** to be addressed at younger age levels (Junior High, Upper Elementary) so that it gives our high school a chance to see the reduction occur. This is a foundational plan that needs to start earlier in the school system and that is what our STOMP team is focused on moving forward.”

– Teacher Leader of the STOMP Project

“I wish someone had been more up front with me when I was younger about what nicotine and addiction was. I didn’t even know I was experiencing an addiction to nicotine until it was already happening to me.”

– Student Participant of the STOMP Project

“It’s important to prevent smoking and vaping at such a young age because people do do it in middle school and in high school, and it affects your brain development. I think young people should be aware about their mental health [so] it’s good that we’re being taught [about smoking and vaping].”

– Student Leader of the STOMP Project

In addition to new projects in 2022-2023, PHE Canada also continued the development of its ongoing programs including [Move Think Learn](#), [At My Best](#), [Always Changing](#), [PHE Learning Centre](#), [Passport for Life](#), and [others](#). Notably, PHE Canada launched the [Student-Centered Learning Toolkit](#) for Engaging Students in School-Based Initiatives.

Events that Brought Us Together

The 2023 PHE National Conference welcomed healthy school teachers and champions from across Canada and beyond to beautiful Charlottetown, Prince Edward Island, May 4-6, 2023.

- 65 breakout sessions, 4 in-depth pre-conference sessions, 2 keynote speakers, and 18 virtual sessions were offered at this event.
- Over 600 PHE educators, researchers, pre-service teachers and healthy school champions attended the event in person.
- 98% of post-conference survey participants rated the conference experience as “good” or “great”.

“It was the best organized and most successful national conference I had attended in my 20 years of experience as a PHE educator.”

- 2023 Conference attendee





PHE Canada National Award Recipients

Across the country, there are incredible people doing incredible things to make an impact in their schools and communities.

R. Tait Lifetime Achievement Award

- Dr. Janice Forsyth (BC)
- Dr. Sylvain Turcotte (QC)

National Award for Teaching Excellence in Physical and Health Education

- Teresa Borelli (QC)
- Tim Giannotti (MB)
- Tammy Kenzie (ON)
- Katherine Lalonde (ON)
- Stefanie Pavlovich (ON)
- Stacey Payne (NS)
- Dan Ray (NS)
- Milena Trojanovic (ON)
- Jeff Van Wely (ON)

PHE Canada Impact Award

- CIRA Ontario (ON)
- Champions for Life (QC)
- Jim Watters (NB)
- Katelyn Theal (AB)
- Kris Ewing (ON)
- Ross Calder (NB)

Dr. Andy Anderson Young Professional Award

- Ellen Arsenault (PEI)
- Lyndon Proctor (SK)
- Justine Wilmot (MB)

Student Award

- Noah Boroditsky (Queens University)
- Antoine Genesse-Beaudette (Université de Sherbrooke)
- Cole Kennedy (St. Francis Xavier University)
- Dyson MacLeod (St. Francis Xavier University)
- Liam Morassut (Queens University)
- Adam Pilotte (McGill University)
- Matthew Roy (University of Winnipeg)
- Nikita Stafford (Université de Moncton)
- Madison Steele (Acadia University)
- Jessica Tweed (McGill University)
- Rylee Zondervan (University of Victoria)

We Work Together

The dedication and commitment of our staff and committee members have been the driving force behind PHE Canada's achievements and progress.

Although our staff team is small, we owe our success to a larger group behind the scenes. In 2022-2023, we collaborated with 145 people through committees, councils, and contracts to help guide our work, including an Equity, Diversity and Inclusive Committee, Council of Provinces and Territories, PHE Research Council, and PHE Youth Council. These dedicated groups of PHE experts, practitioners, researchers, and future leaders have contributed to our work, providing guidance for resource development, knowledge mobilization, and program implementation.

We seek partnership in building a dynamic PHE Community and helping ensure each and every child and youth in Canada has the knowledge, skills, and attitudes to lead resilient, active, and healthy lives. **Want to work with us? Send an e-mail to info@phecanada.ca.**

Our work was supported by our partners:

National Program Partners



Supporting Partners



Read a full list of our partners: <https://phecanada.ca/about/partners>

Financials

Revenues (\$4,578,575) and Expenditures (\$4,491,270) for fiscal year 2022-2023 for the 12-month period ending June 30, 2023.

REVENUE

71.27%	Government
15.26%	Corporations and foundations
6.36%	Resource development and review
4.4%	Events and workshops
0.29%	Membership
0.22%	Publications
0.2%	Periodicals
0.11%	Advertising and marketing
1.89%	Other

EXPENDITURE

87.01%	Programs
4.91%	Events
3.77%	Resource development, review and research
2.97%	Administration
1.1%	Meetings and networking
0.12%	Communications
0.09%	Periodicals
0.02%	Publications

**COME JOIN OUR WORK AND INCREASE THE IMPACT,
VISIT US AT [PHECANADA.CA](https://phecana.ca)**