



Annual Report

2024-2025

Empowering the PHE Community

Championing Healthy, Active Children and Youth

Our Impact

Throughout 2024–2025, PHE Canada worked alongside school communities to translate research into practice, support educator learning, and create opportunities where students could feel seen, valued, and empowered.

From classrooms to online learning spaces and national gatherings, our work focused on strengthening capacity—building confidence, competence, and a sense of belonging across the PHE Community.

Programs such as Game Changers and STOMP demonstrated the power of student-centered, equity-oriented approaches, showing how intentional design can shift school culture, strengthen relationships, and support young people of all abilities to thrive. At the same time, professional learning initiatives—including workshops, e-learning, publications, and mentorship—continued to connect educators at every stage of their careers, fostering shared learning and sustained professional growth.

This year also reflected the strength of our community. Student Chapters expanded leadership opportunities for emerging educators, mentors and mentees built meaningful relationships across regions, and partnerships with organizations and funders helped extend our collective reach. Together, these efforts supported millions of students, engaged thousands of educators, and reinforced a national network committed to healthy, inclusive school communities.

As this report highlights, the impact of PHE Canada’s work is not only measured in numbers, but in moments—when barriers dissolve, confidence grows, and students and educators alike discover new possibilities. Looking ahead, we remain committed to listening, learning, and working collaboratively to ensure physical and health education continues to be a powerful force for equity, connection, and well-being in schools across Canada.

“Watching unlikely friendships form because we can have access to the resources and opportunities required to allow students of all abilities to come together, have fun, and be human together. Watching the barriers of disabilities begin to dissolve and all students just being teenagers together, one in the same, has been incredible.”

- Game Changers Participant

Impact at a Glance



3+ million

Students Impacted



1,841

Educators
Trained



64

Workshops
Delivered



191K +

Website Users



151,414

Resource Downloads



\$91,680

Funding Distributed



8

Active Student
Chapters

Supporters

10,797



Professional
Members

292



Student
Members

219



Research Council
Members

119



Students participating in physical activities at one of the Culturally Responsive Physical Activity events.

Program Highlights

Throughout 2024–2025, PHE Canada continued to support educators and school communities through its suite of established programs and teaching tools.

Together, these initiatives provide practical, evidence-informed resources that strengthen physical and health education, support student well-being, and build educator confidence in addressing complex health topics.

Culturally Responsive Physical Activity Programming in First Nations, Métis, and Inuit (FNMI) Communities

PHE Canada worked in partnership with three school communities to support culturally responsive physically activity programming in FNMI communities. A total of 525 students who identify as Indigenous participated in the programming.

School communities engaged students in the planning and then implemented their initiatives which included:

1. The development of a Wellness Path to help connect a local story of the 4 Food Chiefs to physical movement and emotional regulation.
2. High school students developing a cultural immersion program for grade 6 students.
3. A Culture is Medicine Day where students and Elders participated in dance, ethnobiology, Indigenous Games, and local stories.
4. A Truth & Reconciliation Day event with a student MC inviting other students to showcase their cultural knowledge and skills like square dancing, grass dance, jingle dance, and Métis Jigging.
5. A *Missing and Murdered Indigenous Peoples Walk*—an all-day event attended by the entire school and 50 community members—began with a healing circle and piper ceremony led by Elders, featured learning stations, such as tipi teachings and Glow Hoop dancing, and concluded with a community walk.



Students and community leaders are taking part in one of the initiatives.

Game Changers

PHE Canada continued to collaborate with the ten schools that started the program in 2023-2024. These schools strengthen their original initiatives that support student-centered, inclusive physical activity for students of all abilities.

This year, the program continued to grow, engaging 339 student participants and 72 teacher champions who played a key role in fostering inclusive, student-led experiences within their schools. As well as direct implementation, PHE Canada focused on knowledge mobilization and sector impact, presenting Game Changers at 10 events and conferences across Ontario, Manitoba, Nova Scotia, and Alberta — expanding awareness and inspiring broader adoption of inclusive practices nationwide.

The 2024–2025 evaluation results further highlight the meaningful impact of the program. Pre- and post-program data showed measurable increases in students' sense of belonging, autonomy, intrinsic motivation, and perceived competence — across students of all abilities.

“Positive student relationships are formed and nurtured through this program. You can see students building confidence, leadership skills, and new ways of communicating.”

“One of our inclusive ed students sank a half court behind the back basketball shot and the gym went wild, it was awesome! This experience was celebrated for days to follow with high fives sharing the story with others.”

“Our game changers provided the opportunity for students to gain a deeper understanding and empathy towards others. It proved to them at success looks different for everyone. It enhanced their creativity as they were forced to think outside the box to overcome challenges.”

These reflections demonstrate how Game Changers is not only improving key outcomes, but also strengthening school culture, fostering empathy, and building inclusive communities where all students feel valued and connected.

Upstream Substance Use Prevention in Schools

Through the Students Together Moving to Prevent Substance Use (STOMP) program, PHE Canada continued to support school communities in implementing upstream approaches to substance use prevention. Grounded in harm reduction, stigma reduction, and equity-oriented practices, STOMP addresses commercial tobacco, vaping, and substance use through education, peer engagement, and supportive school environments.

In 2024–2025, STOMP reached 130 school communities across Ontario and New Brunswick, impacting more than 122,000 students and 550 educators in urban, rural, and First Nations settings. This broad reach reflects the growing demand for proactive, school-based prevention strategies that equip young people with the knowledge, skills, and confidence to make informed decisions.



Photos from STOMP workshops in the Anglophone East School District.



One school's STOMP initiative encourages students to replace vaping with physical activity.

Blueprint for Action

PHE Canada advanced the mobilization of the Blueprint for Action through the launch of a dedicated [Resource Hub](#) for pre-service teachers, educators, and administrators. The hub supports school communities in responding to youth substance use and related harms with practical, school-based tools and guidance.

Resources include [podcast interviews](#) with two schools, a policy guidebook for administrators, sample school initiatives, workshops, and a series of 90-minute e-learning modules.

Ongoing Programs and Teaching Tools

Alongside new initiatives, PHE Canada continued to advance established programs and platforms including [Move Think Learn](#), [At My Best](#), [Always Changing](#), the [PHE Learning Centre](#), and related educator supports. These programs engaged schools and educators across Canada by providing classroom implementation, professional learning opportunities, and access to online resources.



4,000+

website visit to the Blueprint for Action Resource Hub

8

workshops delivered

250

educators reached

131

pre-service teachers, educators, and administrators enrolled in the e-learning series

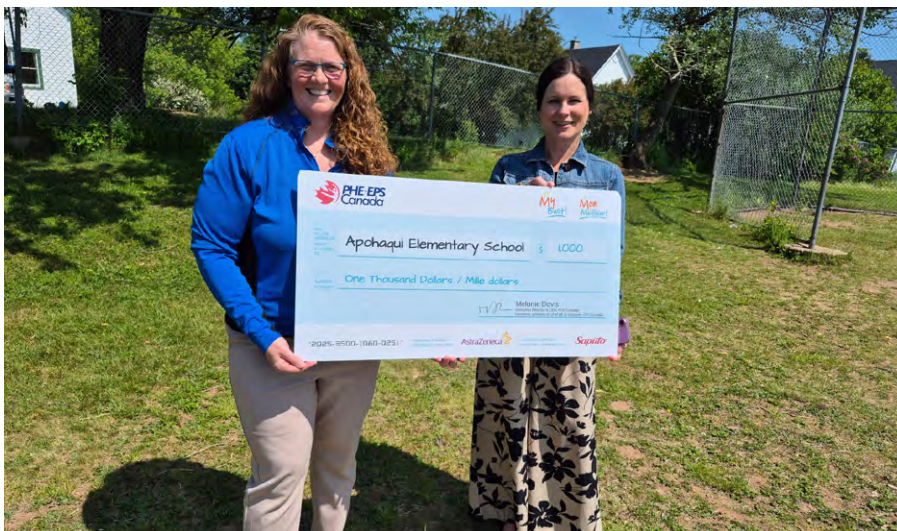


Photo from At My Best Play Day event at Apohaqui Elementary School.



The Brock University Student Chapter leading ice-breaker activities for all student registrants who participated in the Student Social Hour at the 2025 PHE National Conference.

A Growing PHE Community

Over the past year, PHE Canada has expanded its professional learning platforms, communities of practice, next-generation initiatives, and knowledge resources to empower educators.

The PHE Community continued to grow and collaborate — empowering pre-service educators, recognizing excellence, advancing advocacy priorities, and strengthening partnerships across Canada. Together, the PHE Community is shaping a more confident, inclusive, and sustainable future for PHE.

PHE Journal

The [PHE Journal](#) remained a key knowledge mobilization channel in 2024–2025, publishing peer-reviewed research and field-informed articles that translate evidence into practice. National engagement remained strong, with 44,856 views across 110 newly published submissions — underscoring the Journal’s role in advancing scholarship and elevating Canadian perspectives in physical and health education.

e-Learning, Training, and Certification

PHE Campus is an innovative and interactive online learning environment that is designed to house PHE Canada’s virtual professional learning ecosystem. Six new courses were introduced, centered on the Blueprint for Action and tailored for pre-service teachers, in-service educators, and administrators. Together, these developments move PHE Campus closer to becoming a scalable, accessible hub for professional learning in physical and health education.

The Blueprint for Action e-learning course was integrated into Nipissing University’s Schulich School of Education. Assigned as a 15% graded component, the module introduced second-year Bachelor of Education students to their role in preventing substance-related harms. This ensured that they entered their practicum with a strong foundation in comprehensive school health.

Mentorship

PHE Canada expanded its National Mentorship Program to better support pre-service and early-career PHE educators across Canada. Through one-on-one matches, regional in-person sessions, a national virtual event, and mentorship opportunities at the 2025 PHE National Conference, the program connected 60 mentors with over 210 mentees, strengthening professional growth, belonging, and retention in the field.

Participant feedback was overwhelmingly positive, with more than 95% reporting high satisfaction and professional growth, and many planning to continue their mentorship relationships beyond the program timeline. Building on this success, PHE Canada aims to expand partnerships, enhance supports, and increase access for equity-deserving groups to ensure the program remains inclusive and impactful nationwide.

Student Chapters

Five years ago, PHE Canada launched the PHE Canada Student Chapter model to provide more leadership opportunities for pre-service educators and to help bridge the gap between the training received by generalist pre-service educators and PHE specialist pre-service educators.

In 2024-2025, the PHECSC model gained significant momentum, making strong impact in several aspects.

- Established in eight faculties of education across Canada.
- Led by a combined 60 passionate executive members (post-secondary students).
- Reached over 3,000 pre-service educators through memberships, events, and outreach.
- Accumulated over 1,500 collective social media followers.
- Built and shared a growing collection of teaching resources, activity banks, and lesson ideas to support pre-service educators in delivering quality PHE.
- Conducted 15 free student-led professional development workshops.
- Organized seven in-person mentorship events and one virtual mentorship event which are open to pre-service educators nationwide.
- Formed a PHE Canada's Youth Council.



Acadia U Student Chapter



uVic Student Chapter



Brock U Student Chapter



StFX Student Chapter





Group photo taken at the 2025 PHE National Conference in Niagara Falls.

2025 PHE National Conference — Niagara Falls, Ontario

Held May 1–3, 2025, at the Sheraton Fallsview Hotel in Niagara Falls, the 2025 PHE National Conference welcomed over 700 educators, physical activity leaders, and sector experts from across Canada. Under the theme *Mighty Current*, the conference celebrated the collective momentum of the PHE community and its shared vision that all children and youth in Canada live healthy, physically active lives. Featuring more than 100 sessions, dynamic workshops, and inspiring keynote speakers, the event showcased innovative practices and forward-thinking approaches shaping the future of physical and health education. The energy, collaboration, and record-breaking participation reflected PHE Canada’s growing role as a national convener and catalyst for advancing student well-being through educator learning.

Advocacy and National Policy Leadership

PHE Canada strengthened its national advocacy efforts, positioning schools as a cornerstone of Canada’s long-term health, sport, and well-being strategy. Through its submission to the Future of Sport in Canada Commission, *Activating Schools as a Key Driver in Federal Sport Policy*, PHE Canada called for schools to be recognized not as peripheral to sport, but as foundational to participation, equity, physical literacy, and lifelong engagement. The report outlined concrete federal leadership opportunities — including targeted funding, coordinated governance, enhanced teacher preparation, and modernization of the Physical Activity and Sport Act — to ensure equitable, safe, and inclusive access to school sport across Canada.

In parallel, through the Canadian Healthy Schools Alliance, PHE Canada advanced recommendations urging the federal government to view schools as a national investment strategy for health, equity, climate resilience, reconciliation, and economic prosperity. Emphasizing inter-ministerial collaboration and sustained funding for Healthy Schools, this work reinforces a clear message: schools are not simply educational settings — they are Canada’s most effective and equitable vehicle for advancing national well-being.

Recognizing PHE Champions

2024-2025 PHE Canada Award Recipients

Lifetime Achievement Award

- Brent Bradford (Alberta)

National Award for Teaching Excellence in PHE (presented by Gopher)

- Diane Dow (Manitoba)
- Anthony Emanuele (Ontario)
- Dylan Irvine (Nova Scotia)
- Scott Luck (Alberta)
- Kanchana Madulaarchchi (Ontario)
- Rachel Roper (Ontario)
- Davin Yu (Ontario)

PHE Canada Impact Award

- Wendy Barber (Ontario)
- Tanya Woods (Ontario)
- Meaningful PE Research-Practice Collaboration (Ontario)
- Ontario Schools Cricket Association (Ontario)

Young Professional Award

- Kendra Beliveau (Saskatchewan)
- Ryan Flynn (New Brunswick)

Student Award

- Brooke Adams (Memorial University)
- Lillian Cress (Acadia University)
- Ethan Fagrie ((University of Victoria)
- Noelle MacDougall (St. Francis Xavier University)
- Payton Rix (Queen's University)
- Sherra Rogers (St. Francis Xavier University)
- Alexandra Roy (Université de Moncton)
- Anneka Siegel (Dalhousie University)
- Alexa Van Wynsberghe (University of Winnipeg)

EMPOWER PHE Champions

EMPOWER PHE Champions are those that have donated to support PHE Canada and its programs to empower schools to provide every student with the knowledge, skills, and attitudes to lead a resilient, healthy, and physically active life. Thank you for your support! Find out about the PHE Champions following [this link](#).

We Work Together

PHE Canada would like to recognize and thank the important contributions of our partners and champions over the past year that have supported PHE Canada and the broader PHE Community in championing healthy, active children and youth and healthy school communities.

Funders



Partners

Canada Soccer

Canadian Association of School System Administrators

Canadian Centre on Substance Use and Addiction (CCSA)

Canadian Olympic School Program

Canadian School Boards Association

CFL

Equestrian Canada

Ever Active Schools

Human Kinetics

Jr. NBA

N'we Jinan

Racquetball Canada

Sexual Information & Education Council Canada (SIECCAN)

Take Me Outside

The Personal

OASPHE

Ophea

Outdoor Council of Canada

Financials

Revenues (\$2,427,924) and Expenditures (\$2,423,926) for the 2024-2025 fiscal year ending June 30, 2025.

REVENUE	EXPENDITURE
50.72% Government	69.83% Programs
26.55% Corporations and Foundations	10.87% Events
13.74% Events & Workshops	8.42% Resource development, review and research
5.39% Resource Development & Review	10.23% Administration
0.26% Periodicals	0.53% Meetings and networking
0.18% Publications	0.02% Publications
0.16% Advertising & Marketing	0.08% Communications
0.29% Membership	0.04% Periodicals
2.74% Other	



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