

Active Yukon Schools



Photo Credit: Mike Prawdzik

The Goal is simple - getting kids and youth one hour of daily, quality physical activity at school.

Source: activeatschool.ca

www.rpayschools.org

KIDS NEED ROOM TO MOVE

Cover story for the 2014 Report Card on the Physical Activity of Children and Youth

Canada Scores a D- in Overall Physical Activity, because only 7% of children aged 5-12 get the recommended 60 Minutes per day of moderate- to vigorous-intensity physical activity.

When Canada is considered in a global context, we are a developed country. But when looking at the lifestyles of our children and youth, it might be more accurate to say we are **overdeveloped**.

Canada is among the leaders in our relatively sophisticated policies, places and programs, with a B+ in Community & the Built Environment, a C+ in School and a C+ in Organized Sport Participation:

- 95% of parents report local availability of parks and outdoor spaces, and 94% report local availability of public facilities and programs for physical activity, such as pools, arenas and leagues.¹²³

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Look inside for information on:

- Classroom Action Grants teachers can apply for – Due October 6
- International Walk to School Month – October
- More grants and programs to help kids get active!



Thank you to Yukon Government Sport and Recreation Branch for their generous funding through the Yukon Active Living Strategy!



Photo credit: Adrienne Hill

ACTION GRANTS FOR ACTIVE YUKON KIDS AND YOUTH

APPLY ONLINE BY OCT 6, 2014
AT WWW.RPAYSCHOOLS.ORG



Who can apply?

First Nations,
Communities,
Schools,

Community Groups, Non-profit
organizations, Teachers,
Principals, School councils.

What can you apply for?

Anything that gets kids/youth
active is eligible!



RPAY Recreation and Parks
Association of the Yukon



Community Services
Sport and Recreation Branch
Proudly supported by the Yukon Active Living Strategy

Three Action Grants Available for 2014/15

After School Action Grants (up to \$2000) are to help kids & youth get active after school (3-6pm).

Classroom Action Grants (up to \$500) are to help elementary school children get active at school, at recess, and in classrooms.

Teen Challenge Action Grants are to help teens get more active. Apply for up to \$250 for a one-time event or up to \$500 for ongoing activities (minimum of 4 weeks).

For more information, contact
**RPAY – Recreation and Parks
Association of the Yukon**

Email: rpay@rpay.ca

Tel: 867-668-3010

Toll Free: 1-866-961-WALK

www.rpayschools.org

Grants and Programs

Rural Healthy Eating Active Living (RHEAL) Leaders Program

The RHEAL Leader program provides short-term contracts for rural leaders to deliver active living programs in their communities. Contracts are three months long and are based on \$20 per hour for up to 120 hours, with additional funds available for other program costs. RPAY reviews applications for funding several times per year. For more information, contact Adrienne Marsh at Adrienne@rpay.ca or 867-668-2328. <http://rheal-leader.weebly.com/>

**Next deadline: October 6, 2014 &
November 1, 2014 (Winter Active for Life)**

Support for After-School Time Period Programs (3-6 pm)

Does your rural Yukon community need help developing an after school program, or maintaining or enhancing a current after-school program? RPAY offers:

- Training (next offered Jan 2015),
 - Job shadowing,
 - Mentoring,
 - Funding (via Action Grants),
 - Networking (through conference calls and in-person meetings), and
 - On-line learning / webinar opportunities
- that support active after-school programs.

www.rpayshools.org

Winter Active for Life Equipment Lending Library

Rural Yukon communities can borrow ski and snowshoe equipment from the RPAY/CCY (Cross Country Yukon) Winter Active for Life Lending Library free of charge for the season. Instead of a library card, groups simply take out a CCY or RPAY membership. For more information, contact Jan Downing at jan@rpay.ca or 867-633-2111.

www.rpaywinteractive.org

**Application deadline: October 20,
2014**

Kids Rec Fund

Teachers – do you know of children in your classes that could use financial support to participate in sport and recreational activities? The Kids Recreation Fund (KRF) provides families who need financial assistance with an opportunity to apply for up to \$400 for each of their children every year.

www.sportyukon.com

Action Schools! B.C. Trainers

Interested in fun and interactive teacher training from Action Schools! B.C.? Contact rpay@rpay.ca for more information.

Menu of Healthy Living Workshops

is a guide to show you some of the workshops we can offer your school or community. Most are free! They are fun, interactive, and can be modified to suit your group's interests! Workshops include yoga, gardening, and more. www.rpaymenu.org



Photo Credit: Nlāye Ndadadaye Daycare

The 2014 Active Healthy Kids Canada Report Card IS CANADA IN THE RUNNING? 2014 Report Card Results

D-

OVERALL PHYSICAL
ACTIVITY



KIDS NEED ROOM TO MOVE

CONTINUED FROM FRONT PAGE....

- There is a physical education (PE) curriculum in place at schools in every province and territory,^{PHE Canada} and most students have regular access to a gymnasium (95%), playing fields (91%) and areas with playground equipment (73%) during school hours.¹¹²
- 75% of Canadian kids aged 5-19 participate in organized physical activities or sport.²⁵

Unfortunately, even though we excel in these areas, Canada's Overall Physical Activity levels are at a D-, clustered near the back of the pack with Australia (D-), Ireland (D-), the United States (D-) and Scotland (F). Even though 84% of Canadian kids aged 3-4 are active enough to meet guidelines, this falls to only 7% of kids meeting guidelines at ages 5-11, and only 4% meeting guidelines at ages 12-17. ^{2009-11 CHMS}

The question is, if our policies, places and programs are well developed, why is this not translating into enough activity for our kids? **It seems that we have built it, but they are not coming.** Canada lags behind most of the international group in Active Transportation (D) and Sedentary Behaviours (F):

- 62% of Canadian parents say their kids aged 5-17 years are always driven to and from school (by car, bus, transit, etc.).⁴²
- Canadian kids aged 3-4 spend 5.8 hours a day being sedentary, those aged 5-11 spend 7.6 hours and those aged 12-17 spend 9.3 hours. ^{C2009-11HMS}

Why are our kids sitting more and moving less? The answer requires a hard look at our **culture of convenience**. For most Canadians, the socially acceptable walking distance to school is less than 1.6 km, and distance between home and school is the

single most reported reason why kids do not walk or bike to get there.^{69, 82} In Finland, however, 74% of children who live between 1-3 km from school use active transport, and nearly all children living 1 km or less from their school commute actively. Finland is a world leader with a B in Active Transportation, in part because its social norms differ dramatically.

Our country values efficiency – doing more in less time – which may be at direct odds with promoting children's health. We have engineered opportunities for spontaneous movement (such as getting to places on foot and playing outdoors) out of our kids' daily lives, and have tried to compensate with organized activities such as dance recitals, soccer leagues and PE classes. **Canadian parents look to structured activities and schools to get their kids moving:**

- 82% of parents agree that the education system should place more importance on providing quality PE.¹⁷
- 79% of parents contribute financially to their kids' physical activities (through equipment, fees, etc.), but only 37% of parents often play actively with their children.⁹⁷

Organized sports and plenty of places and spaces for activity may never make up for lost (active) time:

- One study shows only 24% of kids got a full 60 minutes of moderate/ vigorous activity in one session of soccer, and only 2% got this at softball practice.^{34, 35}
- Kids on hockey teams spend close to half of the time during practices in moderate/vigorous activity, but in an actual game they are sedentary nearly a third of the time.¹⁸⁵

In Canada, there is a tendency to **build more, do more and impose more structure**, but perhaps these efforts are somewhat misguided. In New Zealand, which leads the pack with a B in Overall Physical Activity and a B in Active Play, university researchers created a global media storm in early 2014 with preliminary reports of a study looking at ways to encourage active play in children. When 4 elementary schools banned all safety-based playground rules, not only did the students get more active, the administrators reported an immediate drop in bullying, vandalism and injuries. In this case, **less was more**.

To increase daily physical activity levels for all kids, we must encourage the accumulation of physical activity throughout a child's day, and consider a mix of opportunities (e.g., sport, active play, active transportation). In some cases, we may need to step back and do less. Developed societies such as Canada must acknowledge that **children need room to move**.

SCHOOL



55%

55% of Canadian school administrators report having a fully implemented policy for daily PE for all students.⁶⁸

82%

82% of parents agree that the education system should place more importance on providing quality PE.¹⁷

C+

SCHOOL

This year's grade is informed by data that relates to physical education (PE) and physical activity participation at school, school policy and programming, and school infrastructure. Results are generally in the C range with school infrastructure and equipment data in the B range, therefore the grade is a C+.

Recommendations for Schools

- It is recommended that schools take a comprehensive approach to enhance physical activity opportunities and participation among children and youth; this should include opportunities in the teaching and learning environment; Healthy School Policy; Physical and Social Environments; and Partnerships and Services.
- Ministries of Education and school boards should increase training, support and accountability for implementing PE according to their provincial/territorial policies.
- School Boards/schools/principals are encouraged to continue to put efforts into implementing their policies regarding recess, which should happen for at least 15 minutes twice daily.
- School boards/schools/principals should continue to provide access to various locations and equipment for physical activity within the school and on the school grounds.
- PE in schools in all grades and with a PE specialist teaching in all grades should be mandated.
- Non-traditional physical activity needs to be addressed and groups targeted who are known to have lower levels and who tend to get the majority of their physical activity only at school (e.g., adolescents girls). This may require adaptation of current space to allow for new activities (e.g., yoga or dance room).
- Consider opportunities to encourage children and youth to move more and sit less throughout the day, through a mix of strategies for different time periods (before school, during curriculum time, recess, lunch hour, after school).
- Ensure that early childcare educators, daycare operators and after-school program providers understand and value the role of physical activity (active free play, structured activities) and have the capacity to implement physical activity programs.
- Work toward policies that require preschool, childcare and after-school care programs to implement and monitor physical activity for a minimum amount of time daily.

Fall 2014 Events to get Schools and Classrooms Active

September: Great Canadian Shoreline Cleanup. Organise a shoreline cleanup for your class and/or school. <http://www.shorelinecleanup.ca/en>

September 24: Terry Fox National School Run Day
<http://www.terryfox.org/>

October is International Walk to School Month.
<http://www.iwalktoschool.org/> &
<http://www.saferoutetoschool.ca/>

October 29: Take Me Outside Day is an opportunity for schools across Canada and around the world to show the importance of getting outside. It's a day to support outdoor education - the learning environment can in fact extend beyond four walls and a desk. Teachers – get involved by committing to take your class outside for 1 hour on October 29 -- ideally, during class time. Register at: <http://www.takemeoutside.ca/tmo-day>

November 20: International Children's Day. Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities. <http://www.un.org/en/events/childrenday/>

November 29: Sports Day in Canada.
<http://sportsday.cbc.ca/home>

How Healthy is Your School?

Schools: Try out the new tool to help elementary schools assess and increase physical activity for their students. The

Physical Activity School Score (PASS) is a free, user-friendly, web-based, 8-item tool that assesses and increases awareness of evidence-based physical activity practices at elementary schools.

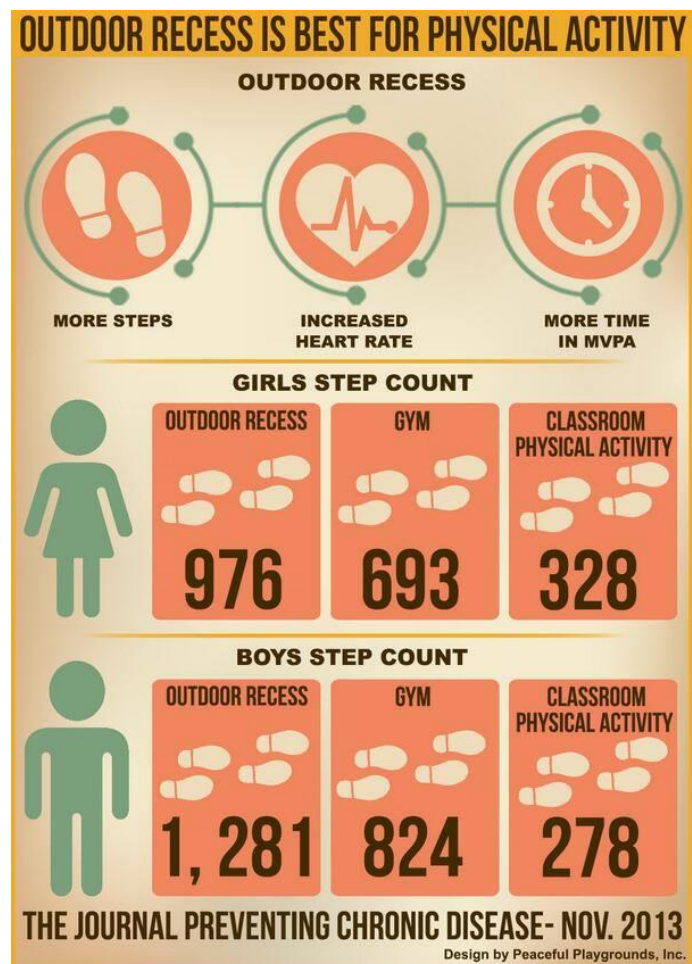
<http://activelivingresearch.org/physical-activity-school-score-pass>

Healthy School Planner

The Joint Consortium of School Health (JCSH) **Healthy School Planner** is recognized as an assessment and planning tool for healthy school communities. It is a free tool that any school across Canada can use to assess the health of their school and build a plan for improvements. The Healthy School Planner helps schools:

- Evaluate current conditions
- Validate untapped resources within the community
- Organize increased support for change
- Lead the decision-making process to determine action steps
- Visualize outcomes through shared success stories
- Evaluate progress over time.

<http://www.healthyschoolplanner.uwaterloo.ca/index.cfm>




October is Walk to School Month!

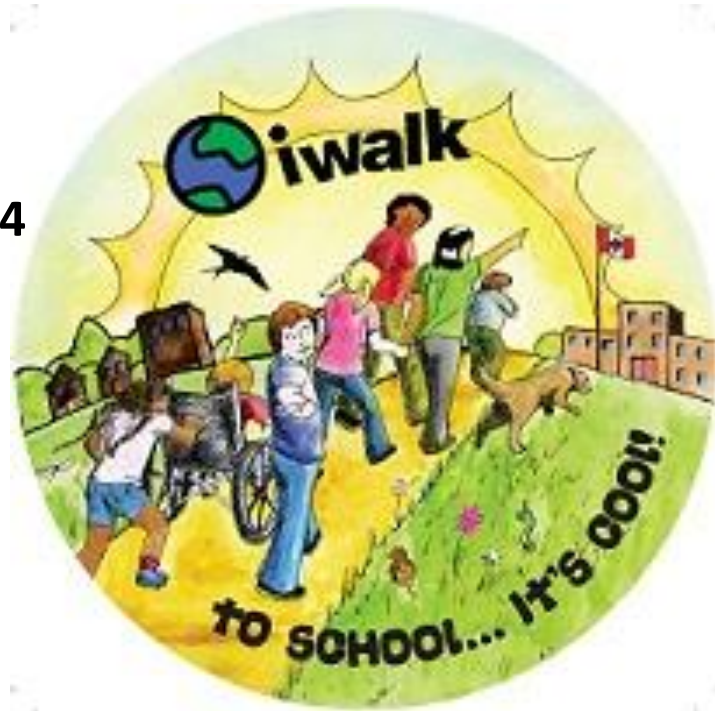
Celebrate International Walk to School (IWALK):

IWALK Day: Wednesday, October 8, 2014

IWALK Week: October 6-10, 2014

Or walk/wheel to school all month!

 **iwalk** is an international event promoting active travel to school and around the community



Your school or classroom can participate in many different ways, even if students live too far to walk all the way to school:

1) Plan a "Walk to School" Day or Event

If students live too far to walk, consider celebrating walking by:

- Going on a walk as a school or classroom around the school or community
- Meeting the school bus a short distance from school and walking the last leg in together
- Encourage parents who drive their children to park a short distance from school and walk together to school

2) Give students the opportunity to look at **the impact of how they get to school**

using the **iSchool Travel Calculator** (free!). The calculator shows distance traveled, fuel costs, greenhouse gas emissions, and calories burned for a student's own trip to/from school. <http://ischooltravel.org/calculator/>

3) Start a school/class **walking or running club/program** and track your progress.

- Classes can join the "**On the Right Path**" walking program (free!) and track their distance between Whitehorse and Dawson City via the 526 km Overland Trail. www.ontherightpath.ca
- The free **Run for Life** program works with educators to deliver school-based running programs. They include training, prize incentives and resource materials. www.runforlife.ca Programs include:
 - Marathon Relay – a 42.2 km relay run with teams of up to 10 participants each running 21 of 211 200m laps, which can be set up on a school field.
 - Kilometer Club – to motivate kids to run during the school day or before and after school
 - Run and Read – an after-school program including running, nutritious snacks and a literacy program.
 - And many more!

For iWALK Month Activity Ideas, sustainable transportation lesson plans and more, go to www.rpayschools.org

What Works to Get Kids Active

Schools and communities can help kids get the 60 minutes of physical activity they need each day



Would you prefer to get this newsletter by email?

New! Sign up for the RPAY e-mail list to get news, updates and the latest research on active living and healthy eating. Go to www.rpayschools.org to sign up!

Thank you!

Active Yukon Schools is supported and generously funded by the **Yukon Government Sport and Recreation Branch** through the **Yukon Active Living Strategy**.

Yukon
Community Services
Sport and Recreation Branch
Proudly supported by the Yukon Active Living Strategy



For more information contact RPAY Recreation and Parks Association of the Yukon

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