

Active Yukon Schools



Photo Credit: Ursula Angerer

Physical activity among kids and youth has steadily declined leading to serious health and wellness consequences.

The facts are clear. Quality physical activity in children and youth does more than improve health and well-being. It helps build confidence, leadership, productivity and creativity. **Research and science also shows that physical activity in school improves a student's concentration, attention span and mood ensuring they are more prepared to learn.**

The benefits of daily, quality physical activity are clear:



Improves overall health & wellness



Improves productivity & learning



Improves self-confidence

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

www.rpayschools.org



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

Getting Active in the Classroom

Try these fun activities to get your students active without leaving the class!

Adapted from the Action Schools! B.C. "Physical Activity Action Resource: Grades K to 7." Available for free on-line at: <http://www.actionschoolsbc.ca/key-resources-equipment>.

Bean Bag Catch – Top 10 Progressive Challenges Need: Bean Bags

Bonus: Throwing and catching from left hand to right hand also enhances cross-lateral brain activity.

Top 10 Progressive Challenges

1. Throw and catch with two hands.
2. Throw a little higher, catch with two hands.
3. Throw, clap your hands, catch – how many times can you clap before you catch?
4. Throw, touch the ground, catch.
5. Throw, turn around, catch.
6. Throw, catch in different positions – sitting, lying, kneeling.
7. Throw and catch with one hand only, then with the other hand.
8. Throw with one hand, catch with the other.
9. Rainbow toss – toss from hand to hand over the head in an arching pathway.
10. Throw under one leg and catch – right side, left side, throw under the leg from left to catch right, then from right to catch left.

Repeat above challenges with a partner.

Find more challenges and games – such as Juggling, Brain Energizers, '100 Actions on 100's Day' and many more – for all grades in FREE resources available from Action Schools! B.C.

<http://www.actionschoolsbc.ca/>



Healthy Together

A MONTHLY NEWSLETTER



Parent Newsletter Inserts

Looking for information to include in your newsletters home to parents? Check out the Action Schools! BC Healthy Together Newsletters, which are designed for schools to integrate into their own monthly family newsletters that they send home. The newsletters help encourage healthy living while having fun with family and friends. Available at: <http://www.actionschoolsbc.ca/enews-newsletters>

THE MORE THEY BURN THE BETTER THEY LEARN



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

**Did you know that
kids who are
physically active
get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



SOURCES

CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement.

CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DHHS; 2010.

FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/BurnToLearn

Go-to Resources for Teachers

Teachers: try these following webpages for ideas to support you in helping kids get active in the classroom:

Activeatschool.ca has a comprehensive list of Canadian classroom tools and curriculum to support increasing physical activity of kids.

At My Best! is a Free, Canadian, comprehensive curriculum-supported toolkit for children in grades K to 3 and 4 to 6 to promote and develop children's overall wellness. 'At My Best' combines physical activity, healthy eating and emotional well-being and aims to support children's optimal physical and emotional development by inspiring and motivating them to make healthier choices today, and develop lifelong healthy habits. www.atmybest.ca

Energizers: Classroom Based Physical Activities. This 58-page PDF document provides dozens of ideas for grades K-2 and 3-5. www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf

Classroom-based Physical Activities: Integrating physical activity with academic concepts. Dozens of activities and ideas are in this on-line PDF document. <http://www.ecu.edu/cs-hhp/exss/upload/After-School-Energizers.pdf>

Classroom PE Games are designed to maximize activity for kids in confined spaces (such as the classroom). www.pegames.org/classroom

60 Minute Kids' Club is a registered Canadian charity that has developed a free school program to help kids and families to get physically active. 60minkidsclub.org

Find more resources and ideas at www.rpayschools.org.



Does your school want to enter to win \$3000?

Active at School Challenge: Help children achieve one hour of physical activity at school. The best idea entered by a school in EACH province and TERRITORY will receive \$3000. So far, there are no Yukon entries. Deadline **June 18, 2014**

<http://www.changemakers.com/playexchange>

At My Best Play Day will officially take place in June 2014.

Register your class or school to receive your **Free At My Best Play Day Online Toolkit** prepared by Physical and Health Education Canada (PHE Canada).

All teachers will receive a **free** copy of the **At My Best Play Day Online Toolkit** to help plan and celebrate their students' overall wellness through a healthy day of fun activities. The toolkit will serve as a guide to your planning. Whenever possible, include your students in the planning of your celebration.

Teachers will also receive a **free** electronic copy of **At My Best Family Passport** that challenges families to complete 10 of the 15 activities within the Family Passport. Teachers will also receive a downloadable **certificate of completion** to personalize for their students.

Register at: <http://www.atmybest.ca/events/play-day/teacher-registration>

Getting Moving at School!

School Running Clubs

As spring arrives, it's a great time to get outside with your running shoes on! If your school or class wants to start a running program, there are a lot of great resources to help out! Here are two top picks:

Run for Life – www.runforlife.ca – works with educators to deliver school-based running programs. They include training, prize incentives and resource materials. 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!

On the Right Path is a Yukon-based motivational walking/running program where you can track your distance on the 526 km Overland Trail between Whitehorse and Dawson City. You can join as a class, as a school, or as an individual, and you can challenge other groups or individuals. Get active while learning about Yukon history! www.ontherightpath.ca



Teaching Bicycle Safety at School

For the past three years, RPAY – in partnership with the Yukon Youth Conservation Corps (Y2C2) – has been providing bicycle safety training to Yukon elementary school children. In 2013, 900 Yukon kids were involved. Thanks to continued support from the City of Whitehorse, Cycle Smart returned in spring 2014. It was offered to all Whitehorse-area Grade 4 and 5 students, as well as other interested classrooms and grades. Cycle Smart will also tour to as many Yukon communities as possible. Cycle Smart teaches children why and how to wear a helmet, the basic rules of the road – which are practiced on-bike on the playground – and how to check their bikes for ride-ability. If you would like **resources to support teaching bicycle safety yourself in your class or school**, go to www.rpayschools.org for more information.



May is Bike Month at the City of Whitehorse! For more information go to <http://www.city.whitehorse.yk.ca/>. Fun includes a Bike Bingo and Scavenger Hunt – try with your class or family. Kids can show off their skills at **the bike rodeo on Sunday June 1 at Shipshape at Shipyard's Park.**

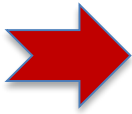
Active Transportation - a life skill - you can teach at school!

Children learn by experience. Teach them that walking and cycling are great transportation options.

Plan a field trip near your school and use the walking/cycling portion to teach important life skills:

- crossing real streets
- dealing with traffic
- learning the rules of the road
- how to be seen - using reflective vests and clothing
- where to walk if there are no sidewalks for a portion of the trip

Integrate these ideas into lessons to make it fun and more interactive.



- Consider mapping the route out with your students beforehand.
- Discuss pedestrian safety and etiquette.
- Create a bingo game for spotting signs, active transportation modes, birds and wildlife, or community services and attributes.



We can help Whitehorse Schools with activities and information that support Active Transportation:

→ Interactive discussions in your classroom - mapping exercises, safety, route planning, benefits of Active Transportation, transportation choices and climate change, cycling/walking education. Please give us a call to discuss your ideas - we would love to hear from you! **City of Whitehorse Transportation Demand Management Coordinator 668-8652**

Programs that support getting Kids Active

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.

Webinars for Rural Yukon Leaders/Practitioners in After-School Time Period (ASTP) Programs and Recreation RPAY has developed a list of on-line learning opportunities that may be of interest to rural Yukon practitioners. Funding may be available for rural Yukon leaders for online learning opportunities that have fees. For more information, go to www.rpayschools.org.

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 schools@rpay.org 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! www.rpaymenu.org

Action Grants RPAY will be offering Action Grants again for the 2014/15 school year. We will have three types of grants:

- Classroom Action Grants – getting kids active during the school day.
 - After-School Action Grants – getting kids active after school between 3 and 6 pm.
 - Teen Action Grants – delivered in cooperation with ParticipACTION, these are for getting youth active.
- Teachers and Schools can apply for Classroom Action Grants of up to \$500. Examples of Classroom Action Grants funded in the past include:
- Classroom Activity (Bean bags, juggling supplies, yoga, etc.)
 - Playground activity (balls, skipping, shovels, toboggans etc.)
 - Workshops (dance, Zumba, gymnastics, martial arts, swimming, etc.)
 - Sports (badminton, dodge balls, volleyball, skiing, etc.)

Next Deadline will be late September 2014 for the 2014/15 School Year. www.rpayschools.org

After School Leaders Training

Is your school running an after school program? RPAY, in partnership with Boys and Girls Club of Yukon offers free training for After-School leaders – next session is Fall 2014. For more information, go to www.rpayschools.org.



Self-Regulation, Physical Activity and Play

What is Self-Regulation?

Self-regulation is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining wellbeing.

From: [http://www.self-regulation.ca/download/pdf\(2\)/magforbooklet.pdf](http://www.self-regulation.ca/download/pdf(2)/magforbooklet.pdf)

Four Key Practices to Enhance Children's Self-Regulation

There are four key practices that children's services staff can undertake in order to enhance children's development of self-regulation.

1. BE A DETECTIVE. Try to figure out your child's stressors, what helps the child stay calm and alert, what leaves a child hypo- or hyper-aroused?

2. EXERCISE. For a child who wakes up irritable, exercise that works their deep muscles is very effective. A

physical activity such as stretching, push-ups, or star jumps can be very regulating: if we make it fun!

3. MINDFULNESS PROGRAMS. By using mindfulness principles we can help children to identify their own arousal states. Try using the car analogy for example my engine is running really fast, really slow or just right. Once they begin to understand their own arousal states we can help them to learn how they can get to "Just Right" on their own.

4. PLAY. When play emerges from children's interests it will engage their focus. It will help them to consider the perspectives of others and figure out what they are thinking. Play encourages communication about wants and fosters connections between objects, people & ideas. It is a challenge that children can take on which requires self-direction in order to maintain.

Reprinted from: [http://www.self-regulation.ca/download/pdf\(2\)/magforbooklet.pdf](http://www.self-regulation.ca/download/pdf(2)/magforbooklet.pdf)



Whitehorse School Incorporating Spin Bikes

In this particular grade 2 classroom there are many students who have challenges with self-regulation. Since incorporating a spin bike in this classroom, several students who would regularly run out of the classroom are staying in. Students who would otherwise be distracted and distracting to others are using the bike to regulate themselves and engage in reading, class discussions, and academic tasks, all while spinning away. The teacher in this classroom gives us this story:

"Once again, students are able to participate in classroom activities because of the bike. This student rarely writes and struggles to complete any assignment that requires paper and pencil tasks. Today he was able to write for the School Wide Writing assessment. When the assessment began, he resisted writing and wandered around the room. He brought himself to the bike and rode for a few minutes. I asked if he was ready to write and he said no. I then offered him a clipboard and told him he could stay on the bike. He completed the assessment. This was a huge victory for him and a big self-esteem boost."

The spin bikes are a huge asset to this school. Thanks Sparks Fly and Run for Life!

Reprinted from www.facebook.com/SparkBrainBikes



Image source: <http://mikemckay.ca/>

Photo credit: www.facebook.com/SparkBrainBikes

Research Says: Kids need more physical activity

- ❖ Only 7% of 5 to 11 year-olds and 3.5% of 12 to 17 year-olds meet the physical activity guideline of 60 daily minutes of moderate to vigorous physical activity.
- ❖ The declining levels of physical activity and fitness in children and youth are associated with adverse health.
- ❖ Sedentary behaviour for more than two hours per day can lead to decreased fitness, lowered scores of self-esteem and decreased academic performance.
- ❖ There is a growing body of research focused on the association between school-based physical activity, including physical education, and academic performance among school-aged youth.
- ❖ Schools are one of the most critical settings for promoting physical activity among children and youth.
- ❖ Routine physical activity is associated with improved psychological well-being.
- ❖ Additional physical activity at school has helped improve students' behaviour in the classroom.
- ❖ Physical activity habits that children pick up in childhood can carry over to adulthood.

For references for the above, go to www.activeatschool.ca



Photo Credit: Ursula Angerer

Would you prefer to get this newsletter by email?

New! Sign up for the RPAY e-mailing 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**.



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

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