

Active Yukon Schools



Physical activity is essential for healthy growth and development. Regular physical activity in childhood develops cardiovascular fitness, strength and bone density.

Physical activity plays an important role in the health, well-being and quality of life of Canadians and helps to prevent chronic diseases like cancer, Type 2 diabetes and heart disease later in life. Establishing positive habits early in childhood and adolescence can last a lifetime.

Look inside for information on:

- **Action Grants**
- **Community Success Stories**
- **Cycle Smart for Yukon Kids**
- **Upcoming Events**



[Public Health Agency of Canada website, 2015 www.publichealth.gc.ca]



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

www.rpayschools.ca



ACTION GRANTS FOR ACTIVE YUKON KIDS & YOUTH

The Action Grant Program provides grants to programs that get kids and youth active in the Yukon! First Nations, Schools, Community Groups, Non-profit Organizations, Teachers, Principals and School councils are all welcome to apply! This year the Action Grant Program was able to offer over 70 grants to support active programming for Yukon youth.

There are three types of Action Grants Available for 2015/2016. Application deadlines will be announced in August.

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

Classroom Action Grants 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 a one-time event or for ongoing activities (minimum of 4 weeks).

The Action Grant Program is made available by RPAY (Recreation and Parks Association of the Yukon) because of generous funding from the Yukon Government Sport and Recreation Branch through the Yukon Active Living Strategy. Thank you to ParticipAction for their support of the Teen Challenge Action Grant.

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.ca



Tr'ondëk Hwëch'in Healthy Active Youth Program

Success story by Alexa Mitchell (Youth Enhancement Support Worker)

Healthy Active Youth (HAY) is an after school program run by the **Tr'ondëk Hwëch'in** in Dawson City. It is made possible through joint support from the Tr'ondëk Hwëch'in, Robert Service School (RSS) and Action Grants from the Recreation and Parks Association Yukon (RPAY).

HAY is designed to provide opportunities that empower youth, build life skills, and develop leadership abilities.

This program, which ran over 16 sessions, focuses on cultural programming, physical outdoor activities, and opportunities to connect youth and community members. Ten youth in Grades 6 & 7 attended the program which ran twice a week. Activities took place in RSS and around the community.



The HAY group enjoyed the tail-end of winter and made the most of the beautiful early spring weather we had! A popular activity was the two afternoons we spent ice fishing with Shawn Hughes a local Conservation Officer. The youth helped to cut the holes, and set the lines to catch Grayling and Burbot. Unfortunately we didn't catch any fish this time but we had a lot of fun out on the ice bridge! We also made the most of the warm weather by hiking and tobogganing after school. Enter the spring picnics- they were certainly a highlight. Who can say no to a wiener roast?! The youth had the chance to practice fire building, and camp cooking on these excursions. We also learned about natural medicines and collected spruce pitch, which we plan to use to make a healing salve with the help of an elder. Allison Anderson joined us one afternoon to teach us how to make beaded lanyards. We had lots of traditional glass beads to choose from, and created beautiful finished products. Many of the youth have since their newly acquired skills to make gifts for friends and family; Valentine's Day was a win for all!

In our last week the group participated in the Tr'ondëk Hwëch'in Wellness Week through workshops on nutrition and healthy living, learning how play traditional stick games, storytelling at the Dänojà Zho Cultural Centre, and finally the crème de la crème- an epic Bannock cook-off. We had to work that off with a hike to Moosehide the following day.

The HAY program builds real skills for self-determination in healthy nutrition, healthy living and general wellness. We are excited to run the program again in the next school year and perhaps have more sessions throughout the school year in the years to come! Thank you to RPAY and YG Sport and Recreation Branch for supporting this activity with funding from the Yukon Northern Wellness Project.

Cycle Smart for Yukon Kids



April 27-May 1st- Rural Yukon

April 27th-April 29th- Whitehorse in-class sessions

May 4th-8th- Whitehorse on-bike sessions

May 11th-15th- Rural Yukon

This program offers children in Grades 4 & 5 in the Whitehorse area an in-class bike safety session facilitated by Trena Irving, an NCCP certified bike coach and Kyle Morrison, Education Constable with the City of Whitehorse Bylaw Services. Following the in-class session students participate in an on-bike safety skills and training session. The program addresses helmet safety, and takes students through a series of stations on-bike that simulate a variety of cycling skills in the safe environment of their school playground. For Yukon students in rural communities the program involves on-bike safety training facilitated youth from the Yukon Youth Conservation Corps [Y2C2].

Many thanks to the Yukon Territorial Government's Sport and Recreation Branch through the Active Living Strategy and City of Whitehorse Environmental Grant for providing funding for this year's program. Many thanks to Environment Yukon's Yukon Youth Conservation Corps (Y2C2) for their delivery of the on-bike component!



Upcoming Events



ParticipACTION is celebrating Canada's Longest Day of Play on June 21st and wants you to get out, let loose, get active and PLAY!

Remember playing as a kid until the streetlights went on? Well, it's time to relive those days! On June 21st, Canadians can take advantage of the most daylight hours of the year and celebrate the Longest Day of Play.

On the longest day of the year all Canadians are being encouraged to take advantage of the extra daylight hours, turn off the TV, and get out and play in the park, schoolyard, or at your local recreation centre.

Stuck for play ideas for your Longest Day of Play celebration? ParticipACTION has developed some tools to help you get out and get moving. Try the Bring Back Play mobile app with tons of the classic games that kids have played for generations. Or, print out the tip sheet "100 Ways to Play" and find your perfect Longest Day of Play activity.

Visit ParticipACTION.com to learn how you can be part of the Longest Day of Play!



Save the Date!

Join PHE Canada November 16-17, 2015 in Ottawa/Gatineau to connect with and discover how school communities across Canada are enhancing the well-being of children and youth. Be inspired to affect positive change in your school community through:

- Dynamic keynote presentations offering the latest in research and emerging trends;
- Interactive workshops and presentations on successful policy and program initiatives;
- Brainstorming sessions that allow delegates to 'have your say' on the future of health promoting schools;
- Opportunities to connect with others and build communities of practice

[Creating a healthy school community](#) is a shared responsibility and involves a whole school approach. Educators, school administrators, students, families, and community partners are critical to creating an environment that supports healthy choices among its members.

To find out more please visit the PHE Canada website at www.phecanada.ca



Learn how you can apply for an RBC Learn to Play Project Grant

The RBC Learn to Play Project provides grants to local organizations and community groups that are building the physical literacy of Canada's kids and youth. Grant applications are now being accepted [online](#).

RBC Learn to Play Community Grants ranging from \$1,000 to \$10,000 and Leadership Grants ranging from \$10,001 to \$25,000 will be awarded to local organizations and community groups to implement programs and strategies consistent with teaching youth the basics of being active. **The application deadline is May 8, 2015.** Learn more about the guidelines and eligibility. Please visit rbc.com for more information.



Journée du sport RBC 2015 : notez la date du 21 novembre à l'agenda!

La sixième édition de la Journée du sport RBC aura lieu le samedi 21 novembre 2015. Véritable célébration nationale, c'est l'occasion de souligner la capacité du sport à rassembler les gens dans leur communauté tout en contribuant à un mode de vie sain et actif alors que l'Année du sport bat son plein au pays.

Du 14 au 21 novembre, votre école, votre équipe, votre centre de loisirs ou toute autre organisation est invité à participer à la Journée du sport RBC en organisant un événement sportif. Au cours des mois à venir, vous serez avisé par courriel afin de signaler le début de la période d'inscription en ligne des événements. D'ici-là, n'hésitez pas à communiquer Guillaume Morin pour toute autre question : gmorin@journeedusport.ca



Mark your calendar for RBC Sports Day in Canada on November 21!

RBC Sports Day in Canada is a national celebration of the power of sport to build community and get Canadians moving! The sixth annual event takes place on **Saturday, November 21, 2015** in communities from coast to coast to coast in celebration of the Year of Sport.

You're invited to get your community, club, school, organization or group involved by hosting a sporting event between November 14 and 21. You will receive an email from us in the coming months when event registration is available online. In the meantime, please direct any questions to Alicia Tyson at ParticipACTION at atyson@participACTION.com

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; Fall, 2015. Watch www.rpay.ca for updates.

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

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!

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

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

www.activelivingresearch.org

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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