



Recreation and Parks Association of the Yukon

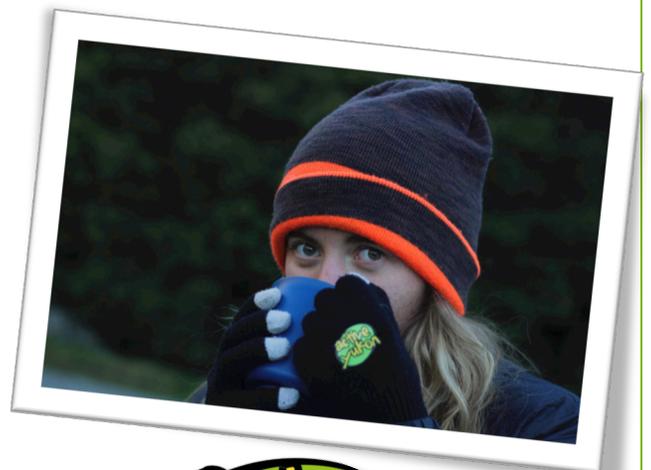
# Active Yukon Schools

Working Together to Build Active and Healthy Communities

## Who's got spring fever?

RPAY wants to help Yukon schools get a move on spring

After a winter that kept us all on our toes, the snow and all its winter fun are melting into spring. While there are still some communities with wonderful spring conditions, skis, snowshoes and kick sleds are slowly gliding back to RPAY as the new season arrives. Spring at RPAY means all sorts of new action, Playground Leadership training, Cycle Smart, aquatics training and more. Read on, or visit [www.rpay.ca](http://www.rpay.ca) to find out what is causing our spring fever.



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



## Curing Spring Fever in the Classroom

It's hard to keep a class focused when Spring Fever hits. The sun is finally warming up the playground, and the students seem to have an energy that comes from nowhere. But, why not follow their lead? When they start getting distracted and need to run around and burn off some energy, let them do just that. Here are some options to help give students that quick 5-minute break they need.

If your students are begging to go outside, why not turn it into a lesson? Any weather or nature lesson can be easily transferred outdoors. Being able to show students exactly what it is they are learning is a great tool, and will help them stay interested in the subject.

Another activity to get them outside and being productive is garbage pickup. You don't have to wait for Earth Day for this activity. Once you give students a talk on safety and have a discussion about why it's important to care for the planet, it's an easy go to activity. Garbage clean ups can also be integrated into lessons on recycling, climate change, or science.

There are loads of running and tag games that can be played outside. A Paint Chip Scavenger Hunt is a way for students to run around outside and learn to appreciate nature that's around them. Give the students different paint chip colors and have them go find a color that matches the paint chip perfectly. Make sure to remind the students to not pick flowers or leaves, and to just call over their friends to see what they have found.



### Staying Inside?

It's not always possible to get outside. Here are some indoor activity ideas.

Try yoga or mindfulness exercises, there are tons of videos on YouTube or Go Noodle that guide children through these exercises.

Simon Says is quick and easy to play if students need a short break. Focus on movements that will burn the most energy, like jumping jacks, running on the spot, or push-ups.

Movement Cards take a bit of prep but can be pulled out at any time. Download a free deck online or make your own. Write an activity out on each of the 52 cards in a deck. For example, run and touch the white board or high-five someone taller than you, and whenever students need a break you can pull them out and get them moving.



### I like to move it move it.

Music is a great resource in classrooms, especially for spring fever. Go Noodle has many options for follow along dances, movement routines, and call and repeat videos. Another idea is using Just Dance Kid's video on YouTube.

Music is also a great tool for transitioning between activities. Have your students pick a song, and when it plays it is time to transition to another activity. This is a good way to get students to independently transition without the disruption of having to repeatedly ask for their attention to change.

# TALES FROM THE TRAILS

## 4pm crew of the Kwanlin Dun Koyotes

Thank you to Pavlina Sudrich , WAFL RHEAL leader and skiing enthusiast, for providing us with this article. Have a story to share? We'd love to hear from you. Email [rpay@rpay.ca](mailto:rpay@rpay.ca)

This is the 4pm crew of the Kwanlin Dun Koyotes after-school ski program, an RPAY WAFL program.

The 4pm crew does what it wants. There are no instructions and no drills. Want to crawl up that hill on your hands and knees? Go for it.

Feel the urge to take off your skis and run the rest of the way? Do it.

Need to throw your poles into the snowbank and shout and cry because life is really hard and unfair sometimes? Let me join you. Sometimes we finish practice early. Sometimes we finish late.

Somehow the 4pm crew learned to ski. Every time I turned around someone was suddenly herringboning, snow plowing, or gliding away on one ski.

This was pretty remarkable as the only thing I taught the 4pm crew was how to use their ski poles to knock snow off tree branches.

In 13 weeks no one missed a practice, and when they heard about the EDI Hut to Hut challenge taking place on Sunday afternoon they asked if they could come.

There's a lot to be said about the Kwanlin Koyotes program Gary Bailie has created, and the philosophy which makes it so successful.

In creating a low key space for kids to get outside and feel good moving their body, the program fosters something far greater than skill development. It lets kids discover they can express their joy, strength, frustration, and peace through sport.

I guess you can say that Gary and I both believe that sport is an important tool, a tool you have for life. It can make you feel good, make you feel strong, and let you exercise anger and frustration in a good way. I think all kids deserve the chance to experience that.

So here's to the 4pm crew and their bonus Sunday ski with hot chocolate, cake, & the joy of knocking snow off tree branches.



## Want to become a leader?

The RHEAL Leader program provides opportunities for physical activity and promotes active lifestyles in rural Yukon First Nation communities. These programs don't replace recreation that is already going on, but encourage participation in a broader range of active recreation.

RHEAL Leader programs run between September and April and are offered at least once every week over a minimum of two months. Programs are led by a qualified local individual and can be community based or target the after-school time period.



**RECREATION AND PARKS  
ASSOCIATION OF THE YUKON**  
PRESENTS

# PLAYGROUND LEADERSHIP

**TO INSTILL VALUES, ATTITUDES AND BEHAVIOURS FOR AN ACTIVE HEALTHY LIFESTYLE THROUGH PEER LEADERSHIP.** This program is very flexible and typically consists of two or three 90-minute sessions followed by playground visits with smaller groups.

## FOR THE STUDENTS

- ✓ increase self esteem
- ✓ help others
- ✓ positive role model for younger children
- ✓ gain hands-on experience
- ✓ teamwork



## ABOUT THE PROGRAM

- ✓ leadership qualities
- ✓ team building
- ✓ communication
- ✓ conflict resolution
- ✓ problem solving
- ✓ how to teach a game

### FOR MORE INFORMATION

contact RPAY's Active Living for School-Aged Kids and Youth Programmer Mia Lee at [mia@rpay.ca](mailto:mia@rpay.ca)  
Visit us at [rpay.ca](http://rpay.ca) or [facebook.com/goRPAY/](https://facebook.com/goRPAY/)

To book a session call  
**867.668.3010**

This program is funded through the Yukon Active Living Strategy.

## Leadership in Action

Thanks to Mia Lee, RPAY's Active Living for School-Aged Kids and Youth coordinator. If you would like to know about RPAY's Playground Leadership program, please contact her [mia@rpay.ca](mailto:mia@rpay.ca)

It's been a great year for playground leadership in Whitehorse, with multiple visits to Christ the King, Jack Hulland, and Elijah Smith Elementary Schools. I spent a fair bit of time at Christ the King Elementary School with one of the Grade 6 classes and was constantly impressed by their enthusiasm, energy, and creativity. They embraced all activities, had amazing insights, collaborated as a team, and did a fantastic job teaching games to the younger students in the gym.

What really stood out for me was their positive support of one another- I never heard one put-down the entire time. There was lots of learning, and we had many laughs along the way.

Having facilitated leadership development with numerous youth, I have seen firsthand how it can be an empowering experience; it gives them opportunities to explore and expand their leadership skills and to become positive role models within their school community.



### Benefits for the students

- Leadership experience
- Teambuilding, cooperation and communication
- Opportunities to grow and learn through peer and self-evaluation
- A sense of belonging and self worth
- Giving to their community
- Building a resume for future employment
- Making new friends



*Classroom sets available for loan.*

## Make each step count.

Did you know that RPAY has classroom sets of pedometer, or "Step Counters" available for loan? The device can be worn on a student's hip and used to count the number of steps taken during the day or an activity. Students can challenge one another, another class or simply themselves. Looking for a way to make math class more active? Steps counted can be averaged, compared, or predicated. Want to make Geography cover more ground? Determine how many steps it would take to reach place in your studies and set a class or school goal to "walk" there. For more information or ideas contact [rpay@rpay.ca](mailto:rpay@rpay.ca).



## Fourteen schools become one for three days

The third Junior REM will be hosted in Watson Lake, the traditional Kaska Dena territory of the Liard First Nation. Eighty Grades 7 and 8 students and approximately seventy educators from Atlin, Beaver Creek, Carcross, Carmacks, Dawson City, Faro, Haines Junction, Kluane Lake, Mayo, Old Crow, Pelly Crossing, Ross River and Teslin are expected to join Watson Lake students and educators for two days of engaging hands-on activities, facilitated by rural teachers, Yukon First Nations Elders and Knowledge Keepers, and Yukon experts. The Junior REM is a unique, experiential approach that offers students a two-day holistic program of integrated traditional and modern 21st century teaching and learning designed to connect students with their heritage, cultures, and traditions and strengthen their cultural, emotional, mental, and physical well-being. The REM also enables students to connect with their peers in other rural Yukon communities.

Students are provided learning experiences and opportunities that are relevant and engaging, which capture their interests and passions while challenging and motivating them to be successful. REM builds a sense of community among students, empowering and helping them reach their full potential. REM provides all Yukon students with opportunities to learn more about Yukon First Nations cultures and traditions. In the words of a student at REM "this is the best day of my whole school life!"

Visit <http://yukonjrem.yukonschools.ca>.

## Gearing up for Cycle Smart

Cycle Smart is a program offered by RPAY that gives children the opportunity to learn and practice important bicycle safety skills on their bikes. The program comes to schools across the Yukon, and includes setting up a series of stations on the playground. Children progress through the stations and hone their skills of negotiating intersections, signalling, riding in a straight line, shoulder checking, helmet use and much more.

Each year, more than 700 Yukon children get on bikes through Cycle Smart, including more than 250 children from rural Yukon. To ensure that all children can participate, even if they don't have their own bike, we bring along a fleet of loaner bikes and helmets.

2018 will be the eighth spring that this program has run, and we're proud to be able to offer a new component this year: a facilitated on-road ride is being offered to all classes that are Grade 5 and above. The past two years we've piloted the on-road ride with much success. This year, we're also able to extend our reach, and will be visiting 11 rural Yukon communities.

The benefits of cycling are numerous, and include improving the environment, helping with physical and mental health, improving equity, supporting a diverse local economy and contributing to overall community sustainability. Cycle Smart is helping to create a cohort of children that are aware of bicycle safety and will hopefully grow up to continue riding bikes for recreation and commuting and reap the benefits it provides.

*For more information visit [www.rpay.ca](http://www.rpay.ca).*



## Ready to dive in?

Did you know that there are ten rural Yukon pools? Every summer Yukoners can be found splashing in seasonal pools in Beaver Creek, Haines Junction, Carcross, Watson Lake, Faro, Ross River, Carmacks, Pelly Crossing, Mayo and Dawson City. Below we dive a little deeper in to what RPAY is doing to support aquatics in these rural pools.

### Certification Opportunities

RPAY has partnered with the aquatics team at the City of Whitehorse, who run an annual Bronze Medallion and Bronze Cross Combination course before the rural pools open. Half of the spots in this course are set aside for rural participants. The course schedule is also compressed to reduce travel. RPAY is pleased to be able to offer financial assistance for rural participants as we are firm believers in building rural capacity for recreation and providing youth certification opportunities is a key part of that. The course is full for this year, but be sure to mark your calendar, as the Combo is offered annually.

Already have some certification but need to re-certify? The City of Whitehorse will be hosting a National Lifeguard Recertification May 12<sup>th</sup> and 13<sup>th</sup> at a reduced rate for rural participants.

*For more information about RPAY aquatic opportunities, please call 668-3010.*



## Spring Aquatics Workshop

Each spring before the pool opens and the flippers comes out, RPAY hosts it's annual Spring Aquatics Workshop for pool managers and senior staff. The Yukon Pool School supports pool operations and programming in rural Yukon. We foster knowledge and skills around safe pool operations, lifesaving, and the instruction of Red Cross and Lifesaving Society learn-to-swim programs, as needed.

A wide variety of other topics are covered during the workshop to give managers the skills to provide a safe and inclusive environment at the pools, as well as in the communities. Previous topics have included and Induction to Yukon First Nations history and culture, Risk Management, an introduction to Fetal Alcohol Spectrum Disorder (FASD) and strategies for managing behaviours, and Trans and Gender Variant Inclusivity.

The Spring Aquatics Workshop is being held the week of May 13-17th in Whitehorse.

A poster for the 'Bronze Medallion & Bronze Cross Combination Course' featuring a person in a red shirt and cap holding a lifebuoy. The poster includes the Whitehorse logo and text about the course details.

**Bronze Medallion & Bronze Cross  
Combination Course**  
Advanced Lifesaving Training

Whitehorse  
THE WILDERNESS CITY

Ages  
13+  
years

Achieve both bronze level programs in one course.  
Friday, Saturday & Sunday | April 27 – May 6 |  
Barcode: 70763

6 spaces are reserved until April 13th for participants from rural Yukon communities with a pool. For more information and to register contact: [aquatics@whitehorse.ca](mailto:aquatics@whitehorse.ca)



# Keeping up with RPAY.

Want more information or have questions about something that you have read in our Active Schools newsletter? Want to be able to follow along with news as it happens? Follow along on our Facebook page at [Facebook.ca/goRPAY](https://Facebook.ca/goRPAY) or on Twitter at [RPAY1](https://twitter.com/RPAY1). You can also visit our website at [www.rpay.ca](http://www.rpay.ca) to read more on our programs and upcoming training opportunities. If you have a story about how you are keeping active and healthy through recreation, send us an email at [rpay@rpay.ca](mailto:rpay@rpay.ca).



## 7 FACTS ABOUT THE PHYSICAL ACTIVITY "PULSE" IN CANADA

Only **18%** of Canadian adults are active enough to reap health benefits. ParticipACTION wanted to understand why, so we set out to learn more about Canadians' attitudes, beliefs and opinions on physical activity.

- 1** Canadians know physical inactivity is a problem. **>** **83%** said it's a more serious health issue than tobacco and alcohol use. 
- 2** Canadians are aware people need to be more active. **>**  Yet **82%** of Canadian adults are not.
- 3** Canadians have positive feelings about being active. **>** **74%** said they enjoy being active. 
- 4** Canadians think that a more active life is within reach. **>** **61%** said they wouldn't need to change too much to be more active. 
- 5** Canadians think everyone contributes to the physical inactivity problem. **>** parents • employers • schools • government parks & recreation • fitness industry
- 6** Canadians think individuals are at the heart of the issue. **>**  **88%** believe individuals are the solution.
- 7** Canadians support public policy to encourage increased physical activity. **>**
  - mandatory physical activity in schools
  - access to recreation facilities
  - enhanced green spaces



**WANT TO KNOW MORE?** Go to [ParticipACTION.com/pulsereport](http://ParticipACTION.com/pulsereport) to read the full ParticipACTION Pulse Report powered by MEC.