

W I N T E R 2 0 1 6

Active Yukon Schools

Recreation and Parks Association of the Yukon

Happy New Year!

Ok, the Holidays are over, time to get moving! Looking for ways to increase physical activity in your classroom or programming? RPAY can help. Check out www.rpay.ca or call us for more information.

Did you know teachers saw a 21% decrease in time needed to manage behaviour when activity levels were increased?

RPAY's Healthy Living Menu of Workshops offers free workshops to Yukon Schools. There is something for all tastes. Read through the Menu at www.rpay.ca and contact us to place your order.



A+ for Active Students

Yukon teachers are showing that they are way ahead of the curve and recognizing that active kids learn better. A current Active Living Research study found that students are 20% more likely to get higher grades, just from increasing their activity time. Read how the Recreation and Parks Association of the Yukon (RPAY) is trying to support Yukon teachers and programmers in keeping Yukon youth active for life.

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



Where the action is

Thanks to ongoing funding from the Sport and Recreation Branch, RPAY has been able to offer a variety of “Action Grants” aimed at getting Yukon kids and youth active.

Classroom Action Grants

Move over beanbags and balls, Spooners and Yogarilla are taking over! Yukon teachers had RPAY staff Googling up a storm during this year’s intake of Classroom Action Grants. These micro-grants allow teachers to flex their creative muscles and apply for funds to purchase materials to increase their students’ levels of physical activity.

Classroom teachers in Burwash Landing, Carcross, Carmacks, Dawson City, Haines Junction, Mayo, Pelly Crossing, Ross River and Whitehorse received up to \$250 for materials and \$500 for specialized instruction ranging from Judo to GPS’s, and yes, even a few bean bags as well.

After School Action Grants

The hours between three and six o’clock are considered a critical time for getting children and youth active. RPAY’s After School Grants encourage students to put down the screens and turn up the fun through quality programming.

Over twenty grants were awarded to a wide variety of groups in thirteen different Yukon communities. Grants up to \$3000 support leaders with their ongoing programs to purchase equipment, healthy snacks or wages to keep youth moving.

Over three hundred students will participate in activities ranging from outdoor snow fun such as skiing and skating to table tennis and Traditional Dancing. Archery has also taken its aim on the Yukon, with requests for funding in four different Yukon communities.



Teen Challenge Action Grants

Only four percent of Canadian teens are meeting the guidelines for recommended daily activity. The RPAY Teen Challenge Action Grants are available to support teens aged 13-19, to get active, in school or in the community.

Programs that run twice a week for a minimum of four weeks can receive up to \$500, or \$250 can be applied for to support a special one-time event. These grants target inactive teens. Deadline for applications is January 29, 2016. Visit www.rpay.ca to find out more.



Leading the Way

RPAY knows that to make great things happen, great leaders are needed. We place a special focus on leadership development and community capacity through training, workshops and mentoring. Through local leadership development, we aim to build quality community recreational opportunities in schools and after school.



Playground Leadership

This win-win program's aim is to develop leadership skills in intermediate Yukon students. Mentored under RPAY's Active Living for Yukon School Aged Kids and Youth Coordinator, Mia Lee and with support from the classroom teacher; youth in grades 6-8 are taught fun and engaging playground activities to share with younger students.



Through fun role-play and discussions, Playground Leaders in three communities experience the reward of becoming positive role models in their school. They develop conflict resolution strategies to help settle those pesky playground disagreements that arise. The youth's self-esteem soars as they become leaders and mentors to the younger students and their school community. For more information contact Mia at mia@rpay.ca.





Jeremy McCulloch is BIG...on Physical Literacy

Sport Yukon had some big shoes to fill after the departure of their Physical Literacy Coordinator Jeanne Lawson. Lucky for them 7-foot tall Jeremy McCulloch wears a size 15. The former Recreation Director in Old Crow arrived in the territory after playing professional basketball for seven years. He has some big stats but he will tell you that developing physical literacy in our youth starts with some small steps.

“Physical Literacy is something that has been happening for generations with people just moving and participating in things. 90% of life used to be spent moving, we don’t as much in today’s society.” The result is a lack of basic movement skills such as balance, squatting, running, jumping, throwing and striking.

Jeremy believes that simply by providing a safe and comfortable environment where kids can explore their movements and a variety of objects and activities, youth can develop these skills. “It’s about starting young and doing it often. The more things we do, the more we become competent and confident” in our bodies and ourselves, growing self-esteem and motivation to try new activities.

As part of the Active Yukon School program, Jeremy has been visiting rural Yukon schools, using games and fun activities to get kids motivated and moving. If you would like to learn more about how small steps can make a big difference please contact Jeremy at plcoordinator@sportyukon.com.



Be Positive. Be Fun. Be Yourself.

Join RPAY for this exciting training opportunity
January 30-31 in Whitehorse.

DANCEPL3Y (dance-play) is the world leader in developing physical literacy and promoting positive mental health through dance. The focus of DANCEPL3Y classes is to inspire kids to get active and fit by learning simple moves and routines inspired by modern popular music and dance styles. To learn more or see DancePl3y in action, visit www.DANCEPL3Y.com or see their link on the RPAY website

www.rpay.ca

Goes with the Territory

Let's face it, when you live in the Yukon, cold and snow goes with the territory. RPAY's Winter Active for Life (WAFL) encourages Yukoners of all ages to get outside and be active during those long winter months when inactivity is at its peak. WAFL activities aim to keep Yukoners Winter Active for Life.

Winter Active for Life

In partnership with Cross Country Yukon, WAFL began with cross-country skiing, but has now grown to include snowshoeing and winter shelter adventures. The WAFL Lending Library has provided equipment loans of skis, boots, poles and snowshoes to 13 communities this season.

After School Action Grants

WAFL Coordinator Jan Downing provides program development to rural communities along with a whole lot of fun. Communities also have access to the RHEAL Leader program. This program provides funding for leader who have the energy and the skills to get communities moving outdoor in the winter.

Winter Shelter Adventures

Wall tents, quinzees, and snow caves, oh my! Veteran outdoor experts, Jane Vincent and Hector Mackenzie are keen to ramp up your class's next skiing or snowshoeing adventure through the art of winter shelter building. Enjoy a hot drink in your newly built structures and learn the sheer enjoyment of a great winter get-away. Contact Jan at jan@rpay.ca for more information.



Tales from the Trails

Eliza Van Bibber gets out and about

Pelly Crossing students and staff joined RPAY to hit the trails at the Whitehorse Cross Country Ski Club during a recent field trip. There was a mix of excitement and apprehension, but mostly infectious enthusiasm for what lay ahead. After a few simple demos, screams, hollers could be heard from the thrill of the hill along with a few precautionary "Heads Up!" We then set out to explore the trails.



Dawson City is on Target

Dawson City after-school programming is looking sharp with the introduction of a new Youth Archery program. "Besides its value as a cultural activity, archery offers a range of other benefits such as strength, flexibility, increased patience, focus and confidence."
-Ashley

Dear RPAY

Thanks for the snowshoes. We are having a lot of fun. The claws are so grippy on the bottom so it feels like I can climb Mount Everest. I like falling and getting back up and trying again."-Aidan

"Snowshoeing helps me to stay calm in school."-Howie



Busy in Beaver Creek

Mia and Jeremy shared their contagious enthusiasm with the students and staff at Nelna Bessie John School in Beaver Creek. The children all had a wonderful time and were excited to participate in DancePl3y and a variety of skill and team building games and activities. "We are excited at the possibility of having them return."



Let's stop hibernating and warm up to winter! This year, help us Bring Back Winter Play by getting your family outside for at least 60 minutes of good ol' fashioned, active fun each day.

ParticipACTION.com | [#WinterPlay](https://twitter.com/WinterPlay)





Dig Deeper in to RPAY

The staff and contractors at the Recreation and Parks Association of the Yukon offer many other exciting and engaging opportunities to keep Yukon communities active. Want more information on something you read? Have an idea of your own but need a little assistance to make it happen?

Contact the Recreation and Parks Association of the Yukon

509 Hanson Street
Whitehorse, Yukon

Phone: (867) 668-3010
Email: rpay@rpay.ca

Upcoming Opportunities

Yukon Moves-A Leadership Experience January 27-31, 2016

Join RPAY for free training sessions for after-school program leaders and others who encourage increased physical activity and/or support active recreation for Yukon children and youth at school, after school and in the community.

Sessions include Kids in the Kitchen training, Self-Care, Behavior Management and many others. Visit www.rpay.ca to see the entire schedule or contact mia@rpay.ca to learn more.

In the Running - Arctic Inspiration Prize

RPAY is one of three finalists for the Arctic Inspiration Prize worth up to \$1 million. The pan-territorial project would focus on the development of a community recreation leadership training program in rural and remote communities.

"I hope they win this prize. It will mean so many kids get access to consistent and life-changing programming" says Olympic cyclist Zach Bell, who grew up in Watson Lake. "As the product of recreation programs, I know what kind of an impact they can have for kids in Northern communities" added Bell who nominated the project. The winner will be announced January 27, 2016.

RPAY is now accepting applications for Rural Healthy Eating Active Living (RHEAL) Leaders

Local leaders who are interested in delivering initiatives that will increase active living and healthy eating opportunities in rural Yukon communities can apply for short-term contracts for a maximum of \$3,000 per program.

Applications are currently being accepted and reviewed on an ongoing basis until **January 29, 2016**. Contact Adrienne for more info at adrienne@rpay.ca.

RPAY is now accepting applications for Teen Challenge Action Grants

Designed to increase levels of physical activity among inactive Yukon teens 13-19. Up to \$500 is available for programs that run at least twice per week for several weeks or up to \$250 are for one-time, special events that introduce inactive youth to a new, lifelong activity.

Applications are being accepted and reviewed on an ongoing basis until **January 29, 2016**. Visit www.rpay.ca/action-grants for more information.

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