

ACTIVE YUKON SCHOOLS

Go with the snow

The Recreation and Parks Association of the Yukon is helping Yukoners get going this winter. Read how.



It has been an exciting year for the staff and contractors at the Recreation and Parks Association of the Yukon (RPAY). We settled in to our new office space on Titanium Way, we unveiled our new logo, and we celebrated our 25th year as an organization;

but we are not slowing down. We are busy gearing up for another winter season with exciting programs and opportunities to keep all Yukoners active and healthy through recreation and parks.

Winter: 2018

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Active Playground Experience. Read how the program is making a difference on and off the playground.

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Rural leaders are making a RHEAL difference in their communities through the RHEAL Leader program.

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A Common Vision: Let's Get Moving

The Public Health Agency of Canada recently released a Common Vision for Canada - a Canada where all Canadians move more and sit less, more often.

Governments, communities, organizations and leaders can join together to empower shared leadership that will usher in a new era of active living and vitality that will result from promoting physical activity in all its forms while reducing time being sedentary. Only by successfully supporting all Canadians to move more and sit less, more often, will we move the entire country forward toward a healthier, happier and more active future. RPAY echoes this vision and encourages all Yukoners to join us and Let's Get Moving!

Going APE: The Active Playground Experience

The goal of the Active Playground Experience program is to instill values, attitudes and behaviours for an active, healthy lifestyle through peer leadership. Intermediate students, who become positive role models, can have a profound impact within their school community as was the experience at Holy Family School.

The grade 6 leaders are doing fantastic. We have recruited the grade 7 class to help be leaders on the playground as well. We started out having the leaders attached to certain primary students that have required support in getting along with others, sharing, taking turns and keeping hands to themselves, etc.

The Active Playground Experience Leaders have had an amazing impact on the primary playground and it has been a positive experience for all. The younger children look for the playground leaders to come outside and they seek the "big kids" out. Our kids that need the most support, are often asking me "Which big kid is coming to play with me today?" And two of those children have said "Thank-you" to me for "getting the big kids to play with us. I really like it when they are here. It helps me a lot." From my perspective, it has been a big success.

As Don Fedus, Grade 6 teacher experienced, fostering leadership among youth is empowering. Opportunities to explore and develop what it means to be a leader boosts their self-esteem and confidence, builds a sense of community, and encourages an active and healthy lifestyle.



*Submitted by Mia Lee.
Mia is the Active Living
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Recreation and Parks
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Experience the Benefits: What do you get out of it



*To learn more about APE or inquire
about availability, contact Mia at
mia@rpay.ca*

Benefits of the Active Playground Experience for the Students:

- ✓ INCREASED SELF ESTEEM
- ✓ HELPING OTHERS
- ✓ BEING A POSITIVE ROLE MODEL FOR YOUNGER CHILDREN
- ✓ GAINING HANDS ON EXPERIENCE
- ✓ TEAMWORK

Active Playground Experiences are currently taking place at six Whitehorse area schools and two rural Yukon schools. Many thanks to the supportive classroom teachers for helping make their programs a success.



Homeward Bound: The Winter Active for Life (WAFL) Lending Library finds a home

Thanks to **Lotteries Yukon**, the RPAY Winter Active for Life Lending Library has a new home. A beautiful, custom-built, 40' sea container, located at the Whitehorse Cross Country Ski Club, will house the WAFL Lending Library.

As well as providing the Library with its new location, Lotteries Yukon funded an expansion of the inventory. The Lending Library now includes a larger selection of cross-country skis, boots, poles, snowshoes and kick sleds.

The new space allows all of the equipment to be housed in one location which makes it easier to support groups and communities taking part in Winter Active for Life activities.

Please join RPAY in shouting out a big thank you to the funders, partners and stakeholders who recognize the importance of getting Yukoners active during our wonderful winter months.

This season, the Winter Active for Life Library and Program has had lots of action.

- **11** communities have borrowed skis
- **248** sets of skis are sliding swiftly on snow
- **105** snowshoes are tramping the trails
- WAFL kicksleds will make an appearance at winter community events
- **6** WAFL RHEAL Leader programs are getting rural Yukoners active in winter outdoors

If you would like to know more about the WAFL program or the WAFL Lending Library, please contact Jan Downing, RPAY's WAFL Coordinator at jan@rpay.ca or call the RPAY office at 668-3010.



Canadian kids need to move more to boost their brain health



2018

The ParticipACTION Report Card on
Physical Activity for Children and Youth



What's the most transformative thing that you can do for your child's health today?

Help them move more!

For decades, we've known that physical activity improves heart health, helps maintain healthy body weights and builds strong bones and muscles in kids. Now, we know that it can positively affect children's brains as it relates to thinking, learning, and mental health.

Moving > Cramming

Students who are active before a test show stronger brain function than those who are less active.

Busy Bodies = Bigger Brains

Getting physically active can boost kids' and teens' memory, including children with brain-based disabilities (e.g., ADHD, autism spectrum disorder, cerebral palsy). Evidence shows that kids who are more active have larger regions of the brain that are linked to memory (like the cerebellum).

↑ Active Bodies = ↑ Innovative Ideas

Active kids are better equipped to get creative. They are better able to think quickly on their feet, strategize, solve a math problem or act as team leaders.

Zooming Around Helps Them Zoom In!

Kids who participate in physical activity have longer attention spans and are more focused, compared to their less active peers.

Breaking A Sweat Releases Happy Hormones ∴ Kids Who Move Feel Great!

Getting active releases the brain's happy hormones (serotonin and dopamine). Kids who move more benefit from this rush of chemicals and experience fewer depression-related symptoms and better moods.

↑ Movement = ↓ Anxiety

Evidence suggests that physical activity may decrease feelings of anxiety. Dance and team sports may be especially effective for children with brain-based disabilities.

↑ Movement = ↓ Stress

Physical activity is an effective tool in alleviating social and academic stress in kids and teens. It also allows them to be more resilient as they appear to recover from stressful situations better.

↑ Movement = ↑ Self-esteem

Social media plays a major role in self-esteem for kids and teens. Getting active in real-world situations can be a protective tool to bolster kids' self-esteem, confidence and self-worth.



The Science Is In.

**KIDS + STEPS + SWEAT =
HEALTHIER BRAINS.**

Learn how physical activity can help your child reach their mental, emotional and intellectual potential.

Read the 2018 ParticipACTION Report Card on Physical Activity for Children and Youth.
participACTION.com/reportcard



Keeping it RHEAL: Local Leaders making a difference

The RPAY Rural Healthy Eating and Active Living (RHEAL) program has seen a lot of action since September. The program provides opportunities for physical activity and promotes active lifestyles in rural Yukon and First Nation communities. These programs don't replace programs that are already going on, but encourage a broader range of recreation lead by local leaders.

Twenty-six (26) different RHEAL Leader programs have been running in sixteen (16) Yukon communities since the first round of applications this fall. Programs vary from community-based, to Winter Active for Life, to Inclusion and After School, with many programs encompassing more than one category.

Program participants range in age from toddlers to elders and enjoy activities such as creative dance, archery, Nordic walking, yoga, OsteoFit, snowshoeing, Pickleball, fitness classes, cross country skiing and more.

RHEAL Leader programming is offered in partnership with recreation centers, First Nations, schools, youth leaders, and qualified individuals who are passionate about keeping their communities healthy and active through recreation.



The next application deadline for the RHEAL Leader program is January 26, 2019. Please contact penny@rpai.ca or visit www.rpai.ca for more information

Framed: RPAY and the Framework for Recreation in Canada



For more information on the Framework For Recreation In Canada visit www.cpra.ca

RPAY has dedicated 25 years working towards its vision of a Yukon where recreation and parks are essential and integral to the quality of life and well-being of Yukon residents and communities; where all citizens have opportunities to engage in recreation experiences which contribute to physical, emotional and social well-being; and where recreation connects people to their communities and environments.

You may be interested to know that our vision connects to national priorities for recreation. In 2015, a vision, five goals and priorities were endorsed by provincial/territorial governments and

recreation and parks associations to guide public recreation in Canada.

1. Active Living: Foster active living through physical recreation.
2. Inclusion and Access: Increase inclusion and access to recreation for populations that face constraints to participation.
3. Connecting People to Nature: Help people connect to nature through recreation.
4. Supportive Environments: Ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.
5. Recreation Capacity: Ensure the continued growth and sustainability of the recreation field.

Challenge Yourself: Join the Walk to Tuk Challenge

www.nwtrpa.org/walk-to-tuk

Ever dreamed of walking to Tuktoyaktuk? Ever wondered where Tuktoyaktuk is? Looking for a fun, interactive way to bring more activity into the classroom or school during the coldest, darkest months? Well, thanks to our friends at the NWT Recreation and Parks Association (NWTRPA), here is your chance to do both. Join hundreds of folks in NWT and beyond for the NWTRPA's walking challenge, Walk to Tuk.



Walk to Tuk is an annual walking challenge that motivates people to stay active during some of the coldest and darkest months of the year. During January and February, registered teams conceptually walk the distance of the Big River from Fort Providence to Tuktoyaktuk, a total of 1,658 km.

How Walk to Tuk can support different subject areas:

- Walk to Tuk is a great way to meet daily physical activity guidelines, celebrate healthy choices, highlight the health benefits of physical activity, and promote the development of positive attitudes towards active living (**physical education** and **health studies**).
- Teach **NWT history**, **social studies**, and **geography** by learning about the culture and heritage of the communities your team passes as they walk to Tuk. You can virtually visit archaeological, national, and territorial historic sites along the river, including Ehdäa in Fort Simpson, Kwetenloaa (Bear Rock) near Tulit'a, and Kittigazuit in Inuvik.
- Link the challenge with **geology** and **ecology** by exploring the different landscapes that the river passes through. Learn about local flora and fauna, from the moose and black spruce of the taiga plain to the Dall sheep and cotton grass of the Mackenzie Mountains to the caribou and dwarf birch of the Arctic Coast.
- The challenge includes some basic **math** skills. Students can calculate their total minutes and add them to the team total. They can also calculate average weekly distances for themselves and their team.
- Why not include an **art** project that captures students experiences walking or the places they encounter along the way? Paintings, comics, and digital stories are just a few of the creative ways that students can document their Walk to Tuk journey.

Why you and your class should participate:

- It is a free fun team activity open to anyone with great prizes.
- Everyone is accountable and contributes to the team goal.
- It is easy to track and watch your team progress along the river.
- You can connect the challenge to your curriculum.
- Walking can help students be more focused in class.
- Walking outside and connecting with nature can have a positive effect on both physical and mental health. It can lower blood pressure, reduce stress levels, and support children's cognitive development.

How to get started NOW:

- Start planning the new year with Walk to Tuk in mind.
- Ask students to brainstorm a team name.
- Set distance goals.
- Ask students for their favorite walking trails and routes.
- Start a Walk to Tuk countdown clock.
- Send an email to stremblay@nwtrpa.org and we'll send you a reminder when registration opens.

Special features for class teams:

- Schools can register faculty teams and/or class teams.
- Class teams can have over 20 participants.
- Students names will not appear on our website if they are registered on a class team.
- Youth size t-shirts are available.
- Classes can walk as a team or individually and report their minutes at school.

This free challenge lets you register as a class or a faculty team. Each time you head out for a winter stroll, you track the time you spend walking and add it to your team's total.

As your total adds up, you can follow your team's progress along the Mackenzie River on NWTRPA's website with our handy Walk to Tuk map.

If your team walks enough between January 2 and February 28, 2019 then you've made it to Tuk (1,658km)!

Participants from outside the NWT are not eligible for the official Walk to Tuk prizes from the NWTRPA, but Yukon participants will be entered into a draw for some fun RPAY swag.

Registration starts December 1.
Visit nwtrpa.org for more information.

Recreation for Life!



nwtrpa.org T: (867) 669-8375



NWT
RECREATION
& PARKS
ASSOCIATION



THE RECREATION AND PARKS ASSOCIATION OF THE YUKON

Upcoming Opportunities:

Bronze Medallion & Bronze Cross Combination Course:

March 18-22, 2019 (Spring Break)

Offered in partnership with the City of Whitehorse, this combination course is being delivered to accommodate and encourage rural participation.

For more information on this training opportunity and others from the City, visit www.whitehorse.ca/alo.

Funding assistance for rural participants may be available through RPAY's Yukon Recreation Training Plan. Contact Penny at penny@rpay.ca to learn more.



RHEAL Leader Application Deadline:

January 26, 2019

Do you have an idea for a program that encourages your community to be healthy and active?

Funding is available for programs that run for eight (8) weeks and longer. Funding can be used to cover a leader's time, materials, healthy snacks, and facility rentals.

Visit www.rpay.ca for the program overview and to apply. If you have any questions, please contact us at rpay@rpay.ca.

Recreation Leader Training for the North:

Starting January 3, 2019

Recreation North, a winner of the 2015 Arctic Inspiration Prize, is a partnership of the three territorial recreation and parks associations.

The Recreation North Training Program offers short courses of interest that can lead to a Certificate in Northern Recreation Leadership. Learn online and through conference calls from home or work.

For more information about the Recreation North Training Program and a list of upcoming training events, visit www.recnorth.ca or call 867-669-8377.

Like us:



Facebook:

Recreation and Parks Association of the Yukon uses the Facebook page @goRPAY to stay in touch and share information. Funding and upcoming training opportunities are also promoted on this page. Want to know what is happening? Like us.



Twitter:

Did you know we tweet? RPAY regularly uses our Twitter account @ActiveYukonScho to share up to date information and fun ideas geared specifically for Yukon Schools and educators. Special projects or events happening in your school? Tweet us.

