

ACTIVE YUKON SCHOOLS

Keep Calm and Winter On

With the Recreation and Parks Association of the Yukon



This is the time of year when many Yukoners may notice a shift in mood and find themselves lacking energy. The old longing to “hibernate” starts to kick in. Studies show that spending more time outdoors, being active, relieves

stress, builds energy and increases mental and physical well-being. Read more about how to make the most out of winter with the folks at the Recreation and Parks Associations of the Yukon (RPAY) and our partners.

Winter: 2019

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We all the “P”: physical activity for all ages

The Public Health Agency of Canada (PHAC) encourages Canadians of all ages to be physically active, “at home, at school, at play-inside or outside-with family and friends. You’ll feel healthy and strong and good about yourself!”

PHAC recommends that kids (**ages 5-11**) and youth (**ages 12-17**) get at least one hour of moderate to vigorous intensity physical activities every day and combining that with activities that build muscles and bones three times a week. Adults (**ages 18-65+**) should aim for two and a half hours of moderate to vigorous activities a week and adding in activities that target your muscles and bones at least two times a week. Regular physical activity can improve your overall sense of well being by improving fitness levels and self esteem, reducing the effects of stress, increasing energy and contributing to positive mental health.

Experience the Difference: Active Playground Experience

Eight Whitehorse schools and twelve amazing classes in grades 5-7. The Active Playground Experience (APE) program has been in full swing since mid-September with many successes.

Recently, I have been doing follow-up visits to support the playground leaders during recess. At Elijah Smith Elementary School, I was delighted to observe leaders in action. I saw enthusiasm, caring and creativity. At Hidden Valley Elementary School, I was so impressed by the cohesive school community I saw and felt. Intermediate students are often seen playing with younger children when they are not playground leaders. On the day I was visiting during recess, some students were shovelling fresh snow into piles for the younger children to jump on. Others were asking to be covered with snow. This

led into molding the snow on and around her to look like a mermaid! The next student wanted to be a dinosaur. Everyone had a great time.

The APE program was developed using several of the BC Curriculum core competencies as a guide: Communication, Creative Thinking, Social Responsibility and Personal Awareness and Responsibility. I am seeing positive results; a more supportive school environment, increased self-confidence in the intermediate students, and a fun and safe environment for the younger children.

Thanks to the teachers and principals who invited me to 'come play'. I thoroughly enjoyed working with your students!



*Submitted by Mia Lee.
Mia is the Active Living
for School-Aged Kids and
Youth (ALSAKY)
Programmer for the
Recreation and Parks
Association of the Yukon*

Leading the way: What students and staff have to say



"I like having a job that makes me feel important by helping other kids."

~Gemma, Grade 5

"Last year and this fall, Mia Lee came to Holy Family to initiate the Active Playground Experience (APE). We felt that we needed more positive student participation on our playground and we needed to change the culture of play. Wow!! Were we ever in for a surprise!

Once our older students were given the tools to lead; games ideas, problem solving strategies, and effective communication, we experienced a culture shift on the playground. We had students actively helping each other, we had children teaching other children how to play games and we saw children becoming more imaginative.

The playground leader program created a kinder, gentler playground. And this was without much adult intervention. Do we still need to supervise and to intervene? Of course we do, but it looks differently now. And it is easier.

Thank you Mia, for helping us out."

Submitted by Ted Hupé, Principal, Holy Family Elementary School



Snow in love: With Winter Active for Life

Do the following statements describe you; Loves winter? Cannot wait to get outside and play in the snow? Wants the whole wide world (ok, your fellow community members) to love being outdoors and active as much as you do? If you said “yes”, you might be a RHEAL Leader.

RPAY Rural Healthy Eating and Active Living (RHEAL) Leaders are community members looking to share their love of being winter active. The RHEAL Leader program can provide funding for things such as a leader’s time, small program materials and healthy snacks.

Jan Downing, RPAY’s Winter Active for Life (WAFL) Coordinator, (who definitely answered “yes” to all the questions above) is available to help answer any program or application questions you might have. The next deadline for RHEAL Leaders is **January 26th**, but interested Leaders are encouraged to contact Jan or RPAY as soon as possible.

The Winter Active for Life Equipment Library has been busy supporting winter lovers already this year. It has seen cross-country skis, boots, poles, snowshoes and kicksleds, gliding out the door for Yukon adventures.

So far this season, **1548** pieces of gear for winter fun, has been loaned to **15** different schools and organizations across the Yukon:

- **213** pairs of skis
- **270** pairs of boots
- **138** pairs of poles
- **123** pairs of snowshoes
- **38** ski and boot bags and
- **22** kicksleds

Even though this is a record number of loans for the WAFL Library, we still have a few sizes available to borrow. There are snowshoes ranging in sizes from small, medium and large available, along with a reasonable selection of ski gear. As always, we have kicksleds available for short term borrowing if you have a special event planned or just want to change up your program.

For more information about the WAFL and RHEAL Leader programs visit
www.rpay.ca or email jan@rpay.ca



From ParticipACTION: Gift yourself some active 'you' time

Can you hear it yet? It's the sound of a house full of hungry family members, the doorbell ringing with some unexpected drop-in guests and that catchy seasonal commercial blaring through the T.V. for (at least) the 20th time today — you guessed it, the holiday season is almost here. Feeling stressed yet?

It's all good, it happens. Canadians are already reporting high levels of stress, so between shopping, travelling and family commitments, it's not surprising that we are feeling even more stressed during the holidays.

In fact, we're becoming so stressed out over the holidays, that the Canadian Psychology Association put together a stress fact sheet to help us cope with the stress that comes along with celebrating and preparing for the season's festivities. But it doesn't have to be that way. Now's the time to lean on physical activity as your guide.

The festive season doesn't have to be as stress-filled as we've come to accept. In fact, it can actually be a relaxing and enjoyable occasion if you take the time to incorporate physical activity into your family functions, office gatherings and get-togethers with friends. Being

active can help your everyday life in so many ways, including your ability to Unwind and Breathe Better, two things that don't always come easy when your waking hours are spent balancing work commitments, cooking for guests and driving from shop to shop in search of that perfect gift.

What's more, when you get your heart pumping, the levels of cortisol (the stress hormone) circulating in your body decrease, while the feel-good chemicals like dopamine increase, allowing you to feel more relaxed and upbeat.

Too much of this stress hormone can make it difficult for your brain to process things the way it should be. This can disrupt your sleep, suppress your immune system and result in symptoms of depression and anxiety. So next time you're feeling a bit run-down or overwhelmed, grab your sneakers (and even a friend!) and head outdoors for a much-needed stroll.

Visit www.participaction.com to learn more



Active movers for life: Yukon's Physical Literacy Coordinator

The Yukon Physical Literacy Coordinator (YPLC) from Sport Yukon has been busy these past few months traveling to both Whitehorse and community schools. The Yukon Physical Literacy Program was designed for students grade 3-7, to gain the confidence and physical skills to be active movers for life. The YPLC helps teachers understand how to implement the program into their physical education curriculum through practical and theoretical workshops. The program is now uploaded on PLAY Builder, which is an online Sport for Life platform giving FREE access to all Yukon leaders. You can sign up for a PLAY Builder account

here: <http://yukon.playbuilderapp.com/login>.

Developing physical literacy is an important part of healthy child development for all ages and the YPLC has been working with students K4- 12 while visiting the communities. Some on the highlights of 2019 include skating with the students in Old Crow, creating intricate obstacle courses in Ross River, playing basketball in Faro, and teaching fun fitness games and new throwing drills in Dawson. Students become motivated and competent to engage in physical activity.



The YPLC is also a trained Sport for Life learning facilitator and has been providing Movement Preparation to all Yukon students grade 8 and up. The students have been eager learners discovering how to move their body in different ways and different environments; furthermore, helping students become motivated and competent to engage in physical activity.

For more information contact
plcoordinator@sportyukon.com

Getting RHEAL: RHEAL Leaders are getting people active



Read more about the
RHEAL Leader program
at www.rpay.ca/rheal-leaders

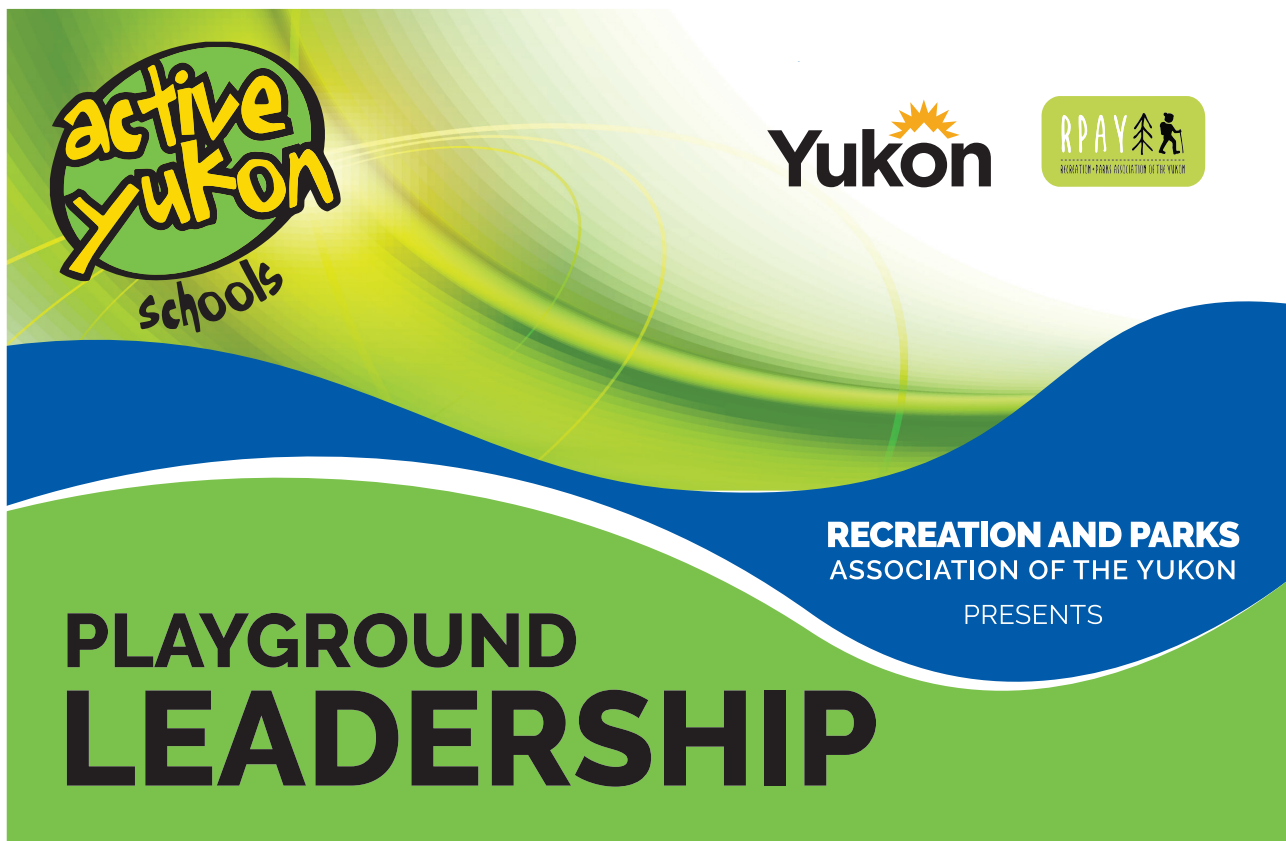
RPAY RHEAL (Rural Healthy Eating and Active Living) Leaders have been getting Yukoners active one program at a time. The program supports active living programming of all kinds, in rural Yukon. The program's aims to increase opportunities for physical activity, decrease social isolation and grow community capacity through training opportunities for leaders.

To date, twenty-six (26) different RHEAL Leader programs are being run in ten (10) different Yukon

communities. Participants ranging in ages from 5 to 65+ are taking part in programs such as yoga, creative movement, OsteoFit, archery, senior fitness and wellness classes, youth after-school clubs and more!

Leaders and organizations can apply for funding for a leaders' time, small materials, healthy snacks and facility rentals.

The next application deadline is January 26th, 2020.



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
Visit us at rpay.ca or facebook.com/goRPAY/

To book a session call
867.668.3010

This program is funded through the Yukon Active Living Strategy.

Teamwork leading the way: Recreation North



Learning online can be challenging at times—trying to stay motivated, on schedule, and completing assignments while working to provide recreation opportunities to your community is no easy task. But when you are new to a job, or your job or workplace changes, it can be even harder to keep up. The Carmacks Recreation Department has faced a great deal of change in the recent past. When the Recreation North Training Program became available, CAO Tracy Thomas encouraged Sherry Whittle, the Acting Recreation Director at the time, to enroll in the online leadership training alongside staff members Jamie Birckel, Recreation Assistant, and Trisha Johnnie, After School Program Coordinator. The flexibility of the design and the focus on leadership skills that would be immediately useful in Northern communities made the training a great fit.

Sherry was delighted to take part in the training. “It was just the right answer for our team and the timing of it was just perfect.” The team (Jamie, Sherry, and Trisha) used the weekly, one-hour teleconferences and materials from each learning event to energize and inform planning for upcoming tasks and events. An added benefit was that they didn’t have to travel out for training or try to develop their own courses. Sherry noticed that her team soon “found their comfort zone” with online learning and began participating in the weekly discussions, applying new language and ideas with increasing confidence.

The success of the learning team also began to spill over to benefit two new student workers, which Carmacks Recreation hires each year to participate in an after school program that involves them in the delivery of events. As the leadership training progressed, Trisha and Jamie shared what they were learning with the students. Sherry explained the flow of learning, “What Caroline (the Trainer) was doing for me, I was doing with them (Trisha and Jamie), and they were passing it along to the students.”

The team changed again by the end of the summer—Sherry Whittle relocated to Newfoundland, two new student workers started, and new Acting Recreation Director Ray Lafreniere joined the Rec North Training Program. Ray’s enthusiasm and interest made him part of the team immediately. He found value in weekly meetings focused on the ongoing Rec North learning events. “We start at different times of the day, so I try to work ahead so I can explain the materials and how they relate to what we’re doing in our work,” he explained. The team often finds it challenging to gather for weekly teleconferences, but they try as they recognize the value of the online discussions and sharing of ideas.

Trisha and Jamie are key members of the Carmacks learning team. Trisha completed her Certificate in Northern Recreation Leadership in December 2019. As the After School Coordinator, Trisha found the training helpful especially for generating new ideas and trying them out. She also enjoyed connecting with other communities during the teleconferences for each learning event. Jamie is on track to earn his Certificate in the spring. As a Recreation Assistant, he enjoys working with youth and is an active, though quiet, participant in the online training. Jamie enjoys hearing other people’s stories during teleconferences and finds the weekly sharing of ideas about recreation gets everyone excited and “pumped up.”

The upcoming opening of the 2,500 square metre arena in Carmacks will provide new community spaces and link to the existing recreation centre. The Carmacks Recreation Department’s learning team (and the student workers) are developing new skills and knowledge through the Recreation North training to meet any challenge and provide even more great recreation opportunities for individuals and families in Carmacks.



Visit www.recnorth.ca
for more information
and to register for
upcoming learning
events

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Supported by:



THE RECREATION AND PARKS ASSOCIATION OF THE YUKON

Upcoming Opportunities:

Walk to Tuk Walking Challenge:

January 2 to February 28, 2020

Walk to Tuk is an annual community walking challenge. Community members, schools, and workplaces are encouraged to form teams and conceptually walk the distance of the big river from Fort Providence to Tuktoyaktuk. Teams have from January 2 to February 28, 2020 to collectively walk a total of 1,658 km.

This free event, brought to you by our friends at the NWTRPA, is a great way to stay active during the cold and dark months of winter.

Prizes for participating teams will be provided by RPAY.



Visit
www.nwtrpa.org/walk-to-tuk to learn more and register

RHEAL Leader Application Deadline:

January 26, 2019

Have an idea for a Community, WAFL or After School program to keep your community active? Funding is available for programs running for eight (8) weeks and longer and can be used to cover a leaders' time, materials, healthy snacks and facility rentals.

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

Recreation North Learning Events:

Starting January 6 & 20, 2020

RS 101 – Recreation and Sport System Introduces the system; a mix of groups, relationships, resources, and policies.

RS 102 – Get to Know Your Community Knowing how the system works, and understanding local people, context and culture, helps ensure meaningful, inclusive and accessible community recreation.

Visit www.recnorth.ca for more information.

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.



Working Together:

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

*~Working together to Build
Active and Healthy
Communities~*

