

W I N T E R 2 0 1 7

# Active Yukon Schools

Recreation and Parks Association of the Yukon

## Right on track

61% of Yukoners agree, they love to exercise in the summer, but unfortunately that number drops to 46% in the winter months. RPAY LOVES the winter and are helping keep Yukoners on track and active during the colder season.

Through our Winter Active for Life (WAFL) Lending Library, RPAY is sharing their love of winter. This year we have loaned out **184** pairs of skis, **229** pairs of ski boots and **163** pairs of snowshoes to **15** different communities, schools, First Nations and organizations.

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



## Stressing the importance of being active

According to the 2016 Healthy Living Study, the Yukon is an active place. The survey says, **81%** of Yukoners believe physical activity reduces stress and improves mental well-being. **76%** of Yukon parents believe physical activity reduces their youth's stress. Other studies have shown that physical activity also positively impacts academic achievement, improves attention and concentration and classroom behavior, so let's get moving!

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* ~



## Keeping it RHEAL

**RPAY's RHEAL (Rural Healthy Eating Active Living) Leaders offer opportunities for rural Yukoners to participate in active living activities during the after school time period and encourage outdoor programming. Here are some stories of what is happening in the Yukon.**

### HAY Dawson City

HAY (Healthy Active Youth) program is an afterschool program designed to provide activities and opportunities to empower youth, build valuable life skills, and develop leadership abilities. This program focuses on cultural programming, outdoor activities, and opportunities to connect youth with community members.

This RHEAL Leader program is being run through the Tr'ondek Hwech'in Youth Services, is aimed at youth ages nine through twelve, promotes physical activity and healthy nutrition, connection to FN culture and heritage.

### Heavy Metal in Ross River

The class came about after RHEAL Leader Kara Went visited Ross River to run some fun fitness classes in the school. "The boys (and seriously, the whole high school end is boys!!!) said they wanted to learn how to lift heavy weights. I promised them then that I would make the class happen.

Through the RHEAL leader program, twice a week throughout the fall I have opened the weight room to meet with any teen that wants to attend and show them proper weight training techniques. One teen has gone from deadlifting 45 lbs now over 200 lbs.

Four boys have been quite dedicated to attending (it helps that I show up with food each class- boys love food!) and now they are even going on their own numerous times a week. They have not only got stronger, but they are gaining confidence in themselves."

**For more information about the RHEAL Leader program visit [www.rpay.ca](http://www.rpay.ca).**





## Winter Active for Life: How one school is keeping the play in playground

The staff and students at Golden Horn Elementary have always enjoyed exploring the great outdoors by skis and snowshoes. Their G.O.E.S (Great Outdoor Experiential School) program uses their school playground and surrounding trails as an outdoor classroom for all seasons.

Last year teacher Fran Nyman, a teacher at Golden Horn had an idea that has really gotten students moving. She recruited a few keen volunteers and their parents and got at it to move some dirt. Their efforts created a Ski Playground that has provided a year round adventure space for running and biking, in addition to skiing.

Ski Playgrounds are a fantastic way to transform your field or nearby trails into a fabulous winter exploration area and have been a popular addition to schools in Fairbanks, Alaska. By providing a variety of terrain, such as rollers, berms, bumps, jumps and slalom courses, you will help develop a child's balance and coordination skills. All you need is a few volunteers with shovels in their hands and simply start by moving snow in piles creating obstacles to challenge and excite young skiers.

If you would like to chat about how this might work in your community contact Jan Downing, RPAY Winter Active for Life (WAFL) at [jan@rpay.ca](mailto:jan@rpay.ca).



## A step in the right direction

**Pedometers can help children and teens meet physical activity goals.**

Children and teens should try to take about 12,000 steps per day in order to achieve the 60 minutes of moderate-vigorous physical activity (MVPA) needed for good health. Pedometers are an easy way to track steps and motivate movement. RPAY has sets of pedometers available for loan for classrooms and afterschool programs, with resources and activities to keep it fun.

For more information email [rpay@rpay.ca](mailto:rpay@rpay.ca).



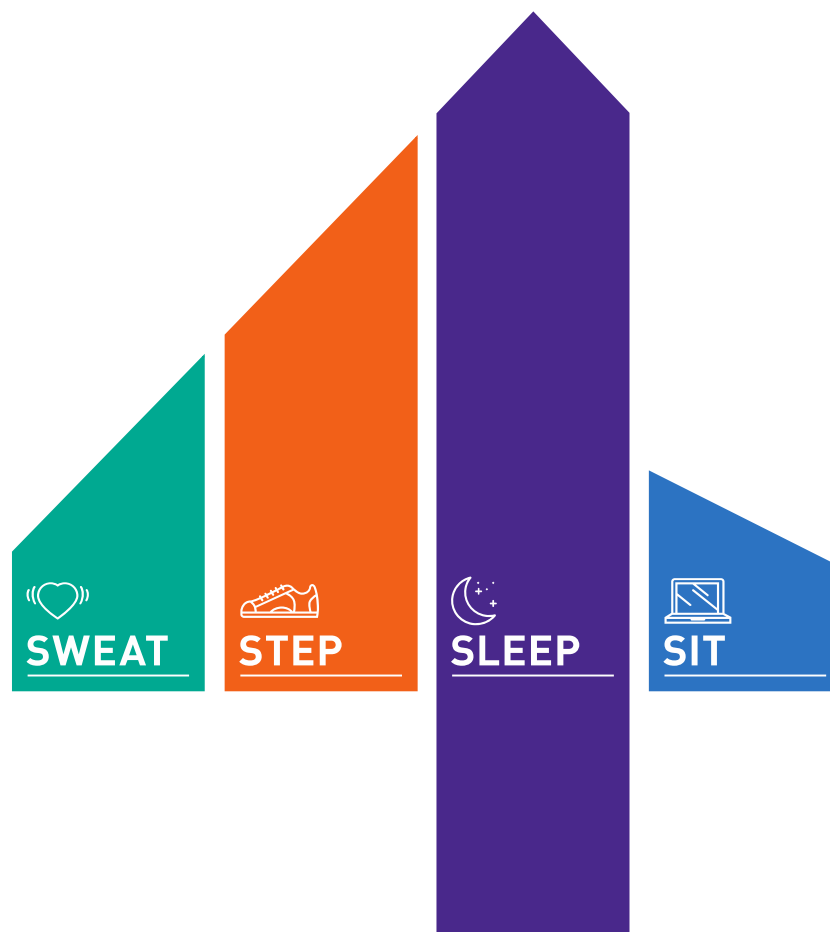
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# CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH

An Integration of Physical Activity, Sedentary Behaviour, and Sleep.



A HEALTHY 24 HOURS INCLUDES:

## SWEAT

MODERATE TO VIGOROUS  
PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities and muscle and bone strengthening activities should each be incorporated at least 3 days per week.

## STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities.

## SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bedtimes and wake-up times.

## SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time and limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviour and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

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# 10 IDEAS TEACHERS CAN USE DURING THE SCHOOL DAY TO ENCOURAGE KIDS TO MOVE MORE

Contrary to popular belief, kids who sit still all day don't do better in school. When kids don't get enough physical activity, they have more difficulty paying attention and a harder time remembering new ideas.

In fact, more and more research is showing that movement is actually critical to improved learning. Neuroscientists have shown that aerobic exercise releases a protein in the brain called brain-derived neurotrophic growth factor (BDNF). Many have taken to calling this protein Miracle-Gro for the brain because it promotes the growth of new neurons, helping to connect different regions of the brain and increase neuroplasticity. In other words, exercise releases the fertilizer that helps young brains grow.

Other researchers have shown that kids who get their hearts pumping 20 minutes before a test typically score better. Most recently, it's been reported that getting active four hours after learning something new can help people retain more information. All the research points in the same direction – if we really want to help kids learn faster, and succeed in life, we need to get them moving more each day.

1. **Introduce fit breaks throughout the day** – even 2-3 minutes can make a huge difference by breaking up sitting and allowing kids to move around. Depending on the age of the kids, they can even take turns leading the class in activities.
2. **Give standing desks a try** – allowing students to stand and do their work is a great option, and doesn't necessarily have to be expensive.
3. **Take your lessons outside** – depending on the day's lesson plan and the weather, getting outside is a great place for kids to learn, while also having more opportunities to move.
4. **Talk to your students about the importance of being physically active** – it may sound obvious, but talking to kids about the benefits of physical activity and teaching them about the positive effects can go a long way.
5. **Be a good role model** – let your students see you enjoying physical activity. The more you move during the day, the more they will too.
6. **Join in at recess** – balance supervisory duties with throwing the odd ball here and there outside with your students. It reinforces the idea that activity is important no matter how old you are.
7. **Set a physical activity goal for your class or make it a fun competition** –if you have step counters handy, try to get to a million steps by the end of the school year.
8. **Be prepared for hot or cold days** – have sunscreen and plenty of water, or extra mittens and boots on hand so that kids can play safely.
9. **Don't let clouds rain on your physical activity parade** – on rainy days use recess time to be active indoors. Walk the halls or up the stairs. Put on some music in class and dance around. Try yoga. There are plenty of indoor options.
10. **Find a little extra time for movement** – extend recess once in a while or let your kids go outside a few minutes early before the end of the day. Every little bit helps.

## An “App”-etite for Activity: apps that mix technology with activity

### In the Classroom

**Yoga for Kids** is geared towards helping younger kids motor control and learning self-calming techniques. This free download gives kids a quick yoga workout. It uses both audio and visual keys to inform kids of when to change poses or to stop the workout. The workouts are portrayed simply. There is also a section that has all the poses listed and what the benefits are and how to properly perform them. Great for quiet time in the classroom!



### Get Outside

**Plum’s Photo Hunt** was created by PBS Kids. Plum assigns outdoor photo challenges to the kids registered. They are tasked with taking pictures of different things, such as rocks, nature, or changes of season, and it’s up to the kids to interpret it as they want! The photos can then be sent into the PBS site and displayed online. It is a safe sharing option as all pictures are checked by a moderator.

### Let’s Explore

**Geocaching** is perfect for getting your kids out and exploring the neighbourhood! The app uses your location to show nearby cache’s and give hints of where it can be found. The app gives a difficulty, terrain, and size listing on each cache. This not only gets kids outside on an adventure but also teaches them about different mapping techniques and how to read a map.



### Sweat It Out

**SworKit Kids** is sure to keep kids physically active over the holidays. It has difficulty settings that can be changed to make the program easier or more challenging. The moves are relatable for all ages, for example ‘make a snow angle for ten seconds’, showing children that playing can get your heart pumping! You get to pick what kind of workout between, strength, agility, flexibility, and balance training!



"Working together to Build Active and Healthy Communities"



**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

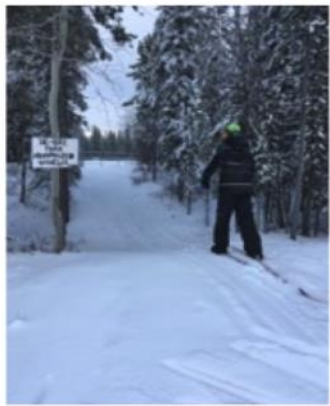
## FOR MORE INFORMATION

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.





## RPAY is on the move

This fall the Recreation and Parks Association said goodbye to our little house on Hanson Street and moved in to a bright new space in the Marwell Industrial area. The new office is located upstairs at 170 Titanium Way, Suite 201C. You can still find us on Facebook at [Facebook.ca/goRPAY](https://www.facebook.com/goRPAY) and follow us on Twitter at [RPAY1](https://twitter.com/RPAY1).

For more information about our programs or upcoming events, visit our website at [www.rpay.ca](http://www.rpay.ca)

## Upcoming Opportunities

### Arctic Winter Games Trails

The 2018 Arctic Winter Games are going to be held in South Slave, Northwest Territories from **March 18<sup>th</sup> - 24<sup>th</sup> 2018**. Team trials are fast approaching, so don't miss out! Each sport has different days for when they will be hosting trials, but the majority will be held from early December to mid-January. There are partial reimbursements available for those who have to travel from communities to Whitehorse for the trails. For more information and trail schedules visit [www.sportyukon.com](http://www.sportyukon.com).

### Yukon Moves-Outdoors

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.

The Yukon Moves workshop will be held in Whitehorse **January 29<sup>th</sup> to February 1<sup>st</sup>**. More information will be available at [www.rpay.ca](http://www.rpay.ca) in the New Year.

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

The next round of application intake for RPAY's Rural Healthy Eating Active Living (RHEAL) Leaders programs is **January 15<sup>th</sup>, 2018**.

This program is designed for rural leaders who are interested in delivering initiatives that will increase active living and healthy eating opportunities in their community. Acceptance to the RHEAL Leadership program allows for a short-term contract for programs running eight weeks or longer.

Contact Penny for more information at [rpay@rpay.ca](mailto:rpay@rpay.ca).

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