



Current After-School Programming in Rural Yukon

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the Recreation and Parks Association of the Yukon*

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Introduction

To more effectively plan and implement programming for upcoming years, RPAY undertook a telephone and on-line survey of all Yukon communities. The intent of the survey was to identify existing after-school programs and the gaps across the territory. Information gathering focused on Yukon's rural communities where efforts were made to contact every school, recreation coordinator or department and First Nation. In Whitehorse contacts included the Friendship Centre, youth groups and churches. One or more responses were received from every community. Fifty-two responses were received with 39 providing information about after-school programming in their communities. This report summarizes the information compiled from Yukon's rural communities based on 47 responses.

Eighty-seven percent of rural respondents report that their community offers activities encouraging healthy, active lifestyles for school-aged children and youth. A wide range of activities appear to be popular in a number of communities: soccer, volleyball, after-school programs (e.g. sports, CATCH, Nutrition North), ice hockey, cross country skiing/snowshoeing, swimming, basketball, badminton, street/floor hockey, hiking, open gym time, wrestling, youth clubs. Also mentioned as being offered in one or two communities are: arts and crafts, dance/Wii dance, outdoor activities (walking, biking, bison hunt, fishing, junior rangers program, orienteering), aikido, archery, Brownies/Girl Guides, cooking classes, field trips, summer camps, gymnastics, movie nights, music, ice skating, downhill skiing, youth weight training, yoga, aerobics, baseball, small ball (basketball adapted for younger children), board games, First Nation clubs (drumming, dancing), kickboxing, rock climbing, running club, softball and special events.

Current After-School Programs

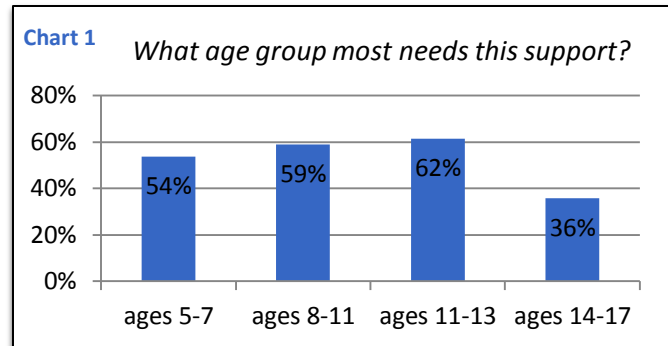
For the purposes of the survey, after-school programs (ASP) were defined as being offered several days a week for an hour or more between the hours of 3:00 and 6:00 pm and including physical activity and sometimes a healthy snack. Seventy-nine percent of rural respondents (based on 39 responses) report that their community offers after-school programs while 72% indicated enough familiarity with the program(s) to provide more information.

The purpose of the survey was twofold. It was to summarize current after-school activities across the Yukon and to identify strategies that would support the expansion and sustainability of active, healthy opportunities for school-aged children and youth during the after-school time period. Responses categorized by community and describing existing ASP are provided later in this report.

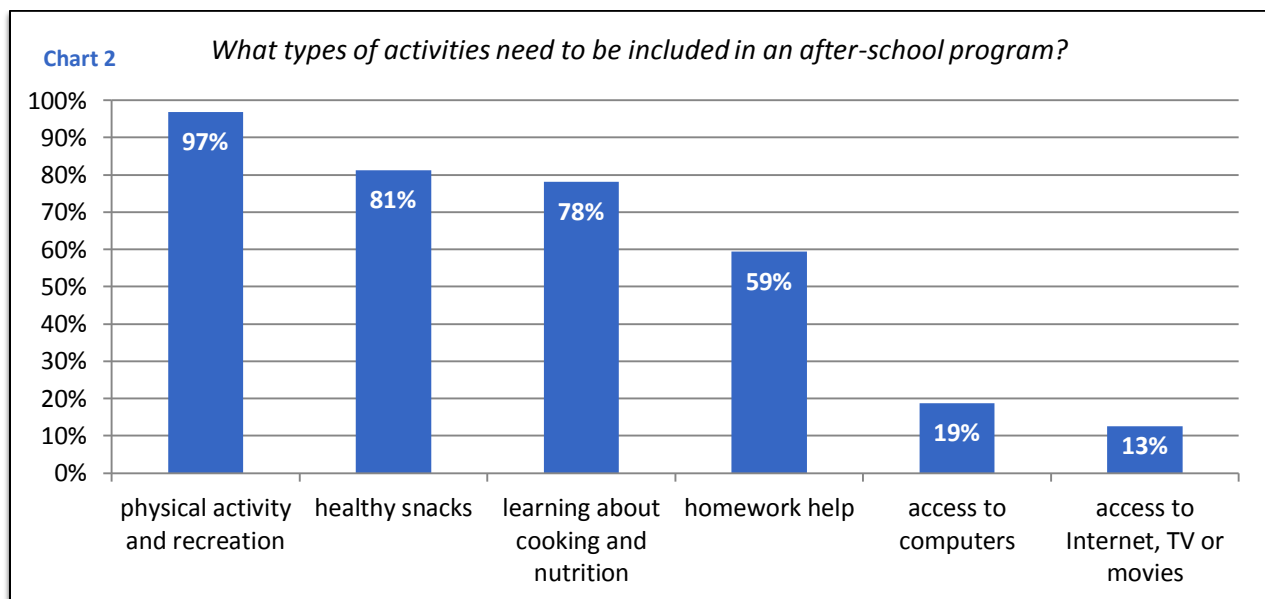
It is evident that there are a range of opportunities for rural school-aged children and youth during the after-school hours. These vary by community, except for the communities of Burwash Landing, Destruction Bay and Marsh Lake who indicated that no after-school

programming is offered. It appears that Burwash Landing is in process of developing some form of ASP primarily through the First Nation’s Health and Education Departments. Five communities deliver ASP through specific sources; Carmacks, Faro and Tagish offer CATCH Kids Club funded by RPAY, Old Crow offers programming funded by Nutrition North Canada, and Ross River supports opportunities through its First Nation’s “Winter Activities” program.

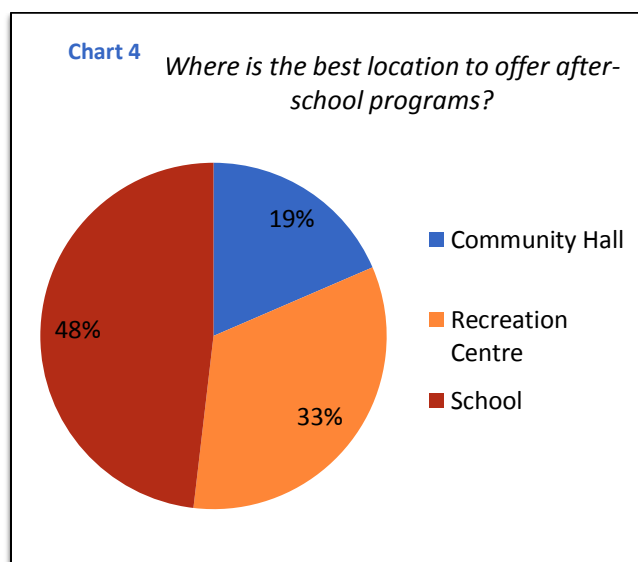
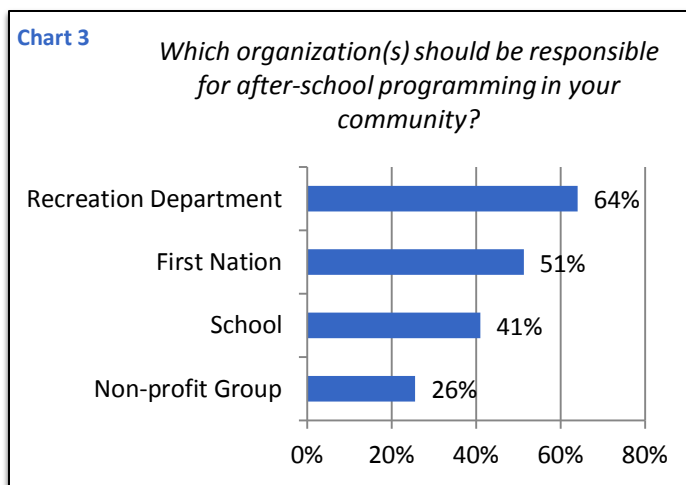
Despite the fact that most rural communities do offer ASP, 89% of respondents still felt that better support of these programs is needed in their community. Chart #1 to the right illustrates the age group(s) that respondents felt needed the most support while chart #2 below shows the types of activities respondents think should be part of an ASP. In addition to the responses shown in chart #2, respondents felt that the following were needed (or not) to support their ASP:



- a playground and gym equipment
- self-competition rather than group competition because of the age range
- no cooking/nutrition needed as family and traditional activities happen after-school and families pass down nutrition/cooking traditions
- computers; but caution when using computers, internet, TV, and movies
- limited access to internet, TV, and movies
- creative and active things...
- tutoring

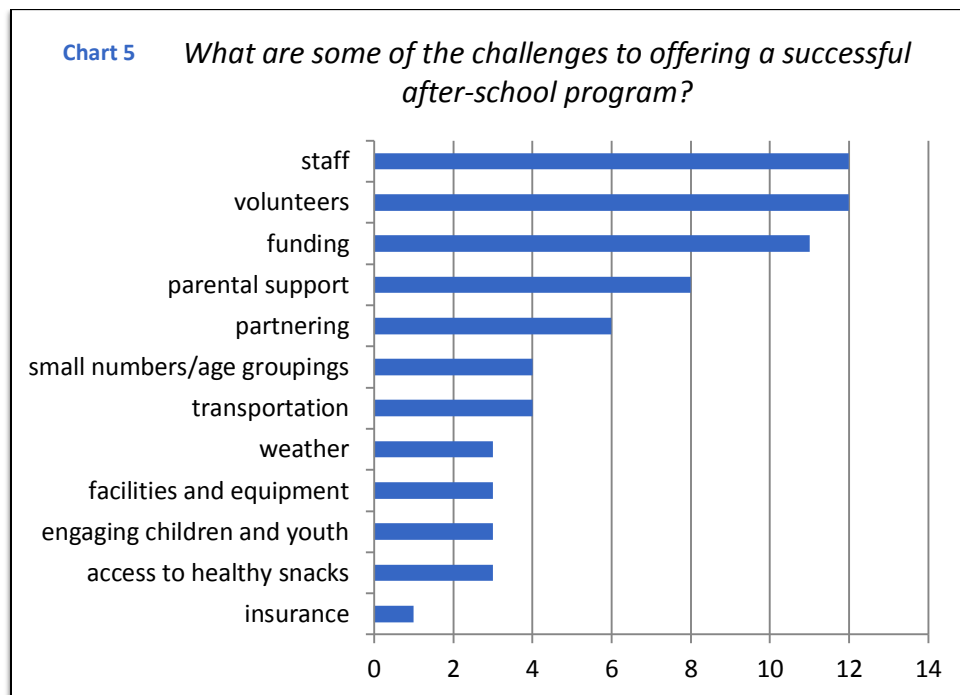


The survey set out to identify how and where ASP is best delivered. Two questions asked who should be responsible for ASP in communities and where it should be held. Responses are shown in the following charts. Although the recreation department was most mentioned as being responsible for the delivery of ASP, a number of comments indicated that respondents believe the best delivery method is for the recreation department, the local First Nation and the community school to work together. It was pointed out that in rural communities, teachers are already doing a lot for children and that the responsibility for ASP should not be added to their work load. However, as shown in chart #4, it is apparent that schools are seen to be the best location from which to offer ASP. This reiterates respondents' comments which stressed the need for better coordination between education, First Nations and municipalities to ensure access to facilities and equipment suited for after-school programming.



Challenges and Supports

The survey was designed to help RPAY better understand the barriers which make it challenging to deliver successful after-school programs. As shown in chart #5, the most commonly reported challenges relate to staffing, volunteer support, and funding. Not surprisingly, the challenges noted are consistent with the barriers identified through the Northern Environmental Scan (Sparks, Riessner; 2006) and can be grouped in a similar fashion as described below.



Infrastructure Challenges relate to cost, transportation, government policies and procedures, staffing, volunteers, facilities and programming. Those mentioned by respondents include:

- Difficulties obtaining permanent and/or replacement staff, staff turnover, no recreation director, lack of qualified individuals
- Funding for staff, food, equipment, materials
- Lack of transportation, cost of bussing
- Volunteers... too few, turnaround, lack of skills or interest for volunteering
- Difficult to build commitment, communication and partnerships across key groups (e.g. community agencies, First Nations, schools, recreation departments)
- Insurance (liability)
- Equipment
- No recreation board/department in the community
- Competing programs in the community

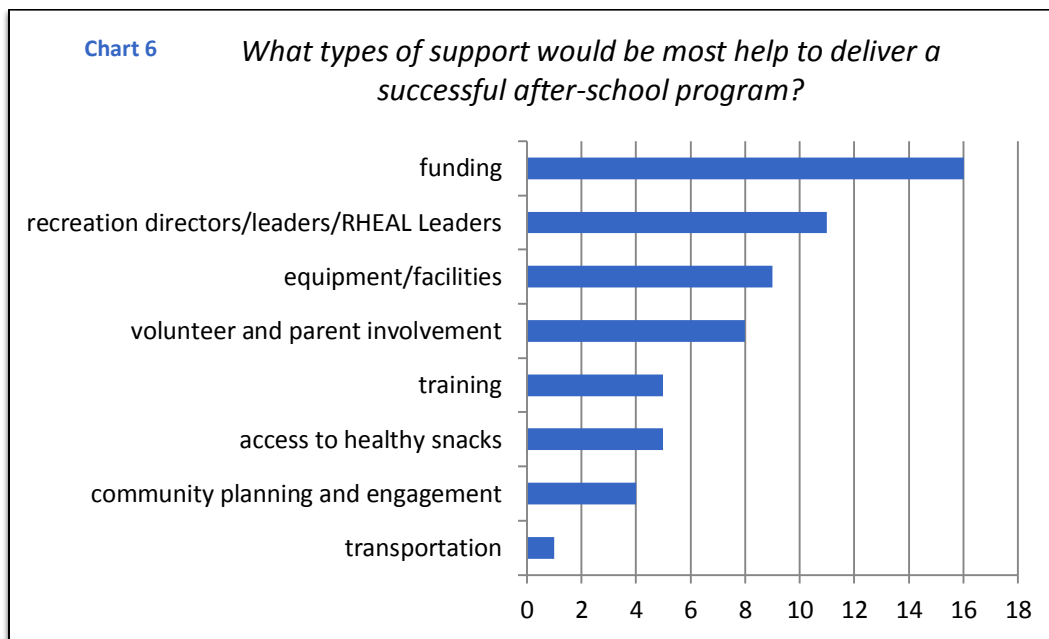
Social/Interpersonal Challenges relate to lifestyles, social issues, family support, gender, ethnicity, abilities, literacy and personal health. Those mentioned by respondents include:

- Limited parental support due to interest, jobs, single parent families, lack of encouragement, etc.
- Target population demonstrates very little interest in participating, very small number of kids in any particular age group, difficult to deliver activities suited to a wide age range, difficult to engage older youth that haven't been involved in the past, addictions issues for some youth, etc.

Environmental Challenges relate to aspects of living in the North such as isolation from the “outside”, weather, daylight. Those mentioned by respondents include:

- cold weather and limited daylight in winter.

Through the responses shared, RPAY learned about the types of support which may help to ensure the success of after-school programs. As shown in chart #6, funding (staffing, equipment, programming, materials, transportation, access to healthy snacks), staffing (a recreation director, RHEAL Leaders), and volunteer support were frequently identified. Training for staff and volunteers, equipment and facility access, and community involvement were also supports which respondents felt would enhance their after-school programming efforts. Once again, it is interesting to note that responses are similar with the factors which support successful recreation programming identified through the Northern Environmental Scan in 2006.



Activities by Rural Community

Beaver Creek	
Available Activities	ping pong, ice, curling rink, yoga, open gym, after-school programs
Offered when	At lunch, during school, after-school, during school holidays
After-School Programs	Yes
Offered by	Library, Community Club
Offered where	Library, Community Hall, School, ice rink
Months	September through June
Days	Monday through Friday
Times	3:30 – 5:00 PM
Activities Include	physical activity and recreation, healthy snacks, access to computers, Internet, TV or movies, sometimes crafts
Transport	Walk, parents

Burwash Landing	
Available Activities	Summer camps, field trips outside of community, on land activities & events, after-school programming (in the last two years), swimming in summer in Haines Junction, fishing, hiking, walks, biking, spring carnivals, sports day, and community gathering activities & events.
Offered when	At lunch and/or during school hours, after School, evenings, weekends, during school holidays
After-School Programs	No, but Education and Health Programs are working to deliver regular activities.

Carcross	
Available Activities	cross country ski club, outdoor activities (orienteering, bison hunt, junior rangers program), floor hockey, pottery, open gym, rock climbing, archery, basketball
Offered when	After school, evenings, weekends, at lunch and/or during school hours, during school holidays
After-School Programs	Yes
Offered by	School, Recreation Department
Offered where	School
Months	September through June
Days	Monday to Friday
Times	3:00 or 3:30 until 5:00 pm
Activities Include	physical activity and recreation, healthy snacks, homework help, access to computers
Transport	Walk, parents, van, friends

Carmacks	
Available Activities	after-school program (homework, board games, crafts), girls night out (bake, crochet, art), movie nights (make dinner and watch a movie), basketball, volleyball, CATCH Kids Club, running club, floor hockey, cross country ski club, walking club
Offered when	After school, evenings
After-School Programs	Yes
Offered by	Recreation Department, First Nation
Offered where	School Annex, Recreation Centre
Months	September through June
Days	Tuesday, Wednesday, Thursday
Times	3:00 to 5:00 pm
Activities Include	physical activity and recreation, healthy snacks, learning about cooking and nutrition, homework help
Transport	Parents, walk

Dawson City	
Available Activities	Skating, cross country skiing, gymnastics, youth weight training, hiking club, basketball, hockey, soccer, Girl Power, open gym, badminton, kickboxing, soccer, dance, wrestling, basketball, downhill skiing
Offered when	After school, at lunch and/or during school hours, evenings, weekends, during school holidays, early morning
After-School Programs	Yes
Offered by	Recreation Department, School and others
Offered where	Recreation Department, School
Months	September through June
Days	Monday to Friday
Times	3:30 to 5:00 pm
Activities Include	physical activity and recreation, healthy snacks
Transport	Walk, parents, friends

Destruction Bay	
Available Activities	They have a drum group at KFN. We have field trips where we go to a muskrat camp for a week. Children travel to Whitehorse for Polar Games. We get involved with Parks Canada and do hikes from time to time.
Offered when	At lunch and/or during school hours
After-School Programs	No

Faro	
Available Activities	CATCH Kids Club, archery, dance, swimming (seasonal), hockey (most years), Girl Guides, small ball (basketball for children up to grade 6), basketball for grade 7 and up, volleyball, floor hockey, aerobics, walking challenge
Offered when	After school, evenings, during school holidays
After-School Programs	Yes
Offered by	Recreation Department, School, Girl Guides
Offered where	Recreation Centre, School
Months	September through June
Days	Tuesday, Wednesday, Friday
Times	3:30 to 5:00 pm
Activities Include	physical activity and recreation, healthy snacks, learning about cooking and nutrition
Transport	Walk, parents

Haines Junction	
Available Activities	Soccer, aikido, volleyball, soccer, minor hockey, cross country skiing, open gym activities, Girls Yoga, after-school games & activities at Youth Center, Youth Clubs, Kids Clubs, CAFN clubs, Wii Dance challenges, school sports
Offered when	After school, evenings, during school holidays
After-School Programs	Yes
Offered by	Champagne Aishihik First Nation, School, Haines Junction Soccer Club
Offered where	Sam Williams Youth Center (CAFN), school, outdoors
Months	September through June
Days	Monday to Friday
Times	3:00 – 5:30 PM
Activities Include	physical activity and recreation, healthy snacks, homework help, access to computers, Internet, TV or movies
Transport	Walk, parents, van, friends

Marsh Lake	
Available Activities	No response
Offered when	Evenings, weekends, during school holidays
After-School Programs	No

Mayo	
Available Activities	competitive sports programs (volleyball, badminton, softball, soccer), cooking classes, movie nights, youth centre drop-in
Offered when	After school, at lunch and/or during school hours, evenings, weekends, during school holidays
After-School Programs	Yes
Offered by	Recreation Department
Offered where	School
Months	September through June
Days	Tuesday, Thursday, Friday
Times	3:30 to 5:00 pm
Activities Include	physical activity and recreation, learning about cooking and nutrition, access to computers, Internet, TV or movies
Transport	No response

Mount Lorne	
Available Activities	No response
Offered when	After school, evenings, weekends, during school holidays
After-School Programs	Yes
Offered by	Lorne Mountain Community Association
Offered where	Recreation Centre
Months	October through April
Days	Fridays
Times	4:00 to 6:00 pm
Activities Include	physical activity and recreation, healthy snacks
Transport	School bus, parents

Old Crow	
Available Activities	An after-school program funded by Nutrition North Canada
Offered when	After school
After-School Programs	Yes, started the end of January
Offered by	First Nation
Offered where	Community Hall
Months	September through June
Days	Tuesday to Friday
Times	3:00 to 5:30 pm
Activities Include	physical activity and recreation, healthy snacks, learning about cooking and nutrition, access to Internet, TV or movies
Transport	School bus

Pelly Crossing	
Available Activities	No response
Offered when	After-school, early morning
After-School Programs	Yes
Offered by	ECDC
Offered where	ECDC
Months	September through December and February through June
Days	Monday to Friday
Times	3:30 to 5:00 pm
Activities Include	physical activity and recreation, healthy snacks
Transport	School bus, walk, parents

Ross River	
Available Activities	A program that started late January funded through the winter activities program (volleyball, street hockey, baseball), school sports (volleyball, basketball, wrestling)
Offered when	After school, at lunch and/or during school hours
After-School Programs	Yes
Offered by	School, First Nation, Dena Dadengak Koa Church
Offered where	School
Months	September through May
Days	Monday to Friday
Times	3:30 to 5:00 or 6:00 pm
Activities Include	physical activity and recreation, healthy snacks, learning about cooking and nutrition
Transport	Walk, parents

Tagish	
Available Activities	CATCH Kid's Club, cross country skiing, exercise classes, play with balls, steppers, outdoor play
Offered when	After school, evenings, at lunch and/or during school hours
After-School Programs	Yes
Offered by	Recreation Department
Offered where	Community Hall
Months	October through April
Days	Thursdays
Times	3:00 to 4:30 pm
Activities Include	physical activity and recreation, healthy snacks, learning about cooking and nutrition
Transport	Parents

Teslin	
Available Activities	Hockey, floor hockey, Brownies, after-school sports, volleyball, soccer, basketball, badminton, homework clubs, open gym, baseball, computer lab, cross country skiing/snowshoeing
Offered when	After school, evenings, at lunch and/or during school hours
After-School Programs	Yes
Offered by	School, Recreation Department
Offered where	School
Months	September through June
Days	Monday to Thursday
Times	3:30 to 5:00 pm
Activities Include	physical activity and recreation
Transport	Walk, parents, friends

Watson Lake	
Available Activities	crafts and games, gym activities (intramurals, wrestling, food program, healthy snacks), ice hockey, skating, soccer, yoga, downhill skiing, homework, floor hockey, outdoors activities (sliding, snowshoeing)
Offered when	After school, at lunch and/or during school hours, early mornings, weekends, during school holidays
After-School Programs	Yes
Offered by	Recreation Department
Offered where	Recreation Centre
Months	October through May
Days	Monday to Friday
Times	3:30 to 5:00 pm
Activities Include	physical activity and recreation, homework help
Transport	School bus, parents

For more information...

Please contact: the Recreation and Parks Association of the Yukon
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