

Cross-Canada Tour:

Key Challenges and Promising Strategies for Physical Activity in Children and Youth

METHODOLOGY

The Provincial and Territorial Network Partners are non-government organizations and governmental organizations that have partnered with Active Healthy Kids Canada to help inform, distribute and communicate the Report Card in their own jurisdictions. For the 2011 Report Card, Network Partners were asked to contribute content for the following provincial and territorial pages. Each partner was provided with a template to guide the collection of specific information that highlights key initiatives and strategies taking place in each province or territory. Partners were invited to collaborate with other colleagues and organizations within their own jurisdictions to provide Active Healthy Kids Canada with the most robust and up-to-date child and youth physical activity information available, covering both pressing challenges and promising solutions. In addition to Network Partner submissions, Active Healthy Kids Canada also requested input from government contacts through the Interprovincial Sport and Recreation Council (ISRC).

Active Healthy Kids Canada worked with all content contributors to edit the collected information into succinct, consistent reports on the most significant limitations, developments and opportunities in child and youth physical activity in each province and territory across Canada.



Alberta



POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

Stone Soup: The Recipe for an After School Recreation Strategy in Alberta, ARPA

Alberta Recreation and Parks Association prepared a strategy and recommendations on how to most effectively and sustainably expand after-school recreation programs across Alberta.

The approach proposed by the ARPA reflects the need to strike a balance between ensuring purposeful programs that can achieve measurable outcomes, and the need to recognize the wide range of capacities and interests that exist across the province. So while the framework suggests an optimal balance of programming, there is a strong and necessary emphasis on a community development approach where local partners and parents can shape program components based on their unique circumstances (e.g., facilities, service clubs). Local direction in program development is essential if after-school programs are to build on – and fit within – existing programs and services.

Findings:

- The ARPA scan of existing programs, services and funding streams shows many are closely aligned with the goals of after-school programs and could, with some minor modifications, support various aspects of a provincial strategy.
- A strategy to increase the numbers of children and youth in after-school recreation programs clearly aligns with the business plan and policy goals of the Government of Alberta (GOA), its ministries and departments.
- Any “framework” for high-quality after-school programs requires explicit program goals to create measurable outcomes, but must allow for flexibility in program design, delivery and content to reflect the priorities, abilities and interests of local and rural communities across Alberta.
- There are two prerequisites for sustainable partnerships: a clear and shared set of common or complementary goals; and a framework that recognizes and incorporates the strategic interests and abilities of those who choose to participate.

HIGHFIVE®, ARPA

HIGH FIVE® is a comprehensive quality standard for organizations providing recreation and sport programs to children ages 6 to 12. ARPA is proud to be the Alberta provider of HIGH FIVE® and provide a range of training, assessment tools and resources to ensure that organizations can deliver the highest-quality programs possible.

Fundamental Movement Skills, Alberta Tourism, Parks and Recreation

Based on the Canadian Sport for Life model of long-term athlete development, this NCCP (National Coaching Certification Program) workshop explores the themes of fair play, safety responsibility and communication. The goal is to expose participants to an innovative process that will help them teach children Fundamental Movement Skills (FMS) such as throwing, hopping, jumping, kicking, striking, balancing, catching and agility. Workshops teach leaders of youth how to analyze and improve children’s movement based on development stages.

Note: HIGH FIVE® focuses on emotional, social and cognitive development, while Canadian Sport For Life focuses on physiological development.

AFTER-SCHOOL PROGRAMS

Cool Moves, Boys and Girls Club of Canada

This is an innovative, collaborative, coordinated approach to promoting healthy choices and enhancing the health outcomes of children, youth and families. The program is targeted at neighbourhoods in urban centres with a documented shortage of accessible and affordable services, as well as at rural and isolated communities, First Nations and Aboriginal children and youth, new Canadians, and/or low-income and densely populated neighbourhoods.

Active Y Kids, YMCA

The physical activity program focuses on physical fitness (such as cardiovascular fitness, muscular strength and endurance, flexibility and body composition), age-appropriate training in behavioural skills (e.g., goal setting, progress feedback, positive self-talk), and the importance of healthy eating.

AfterSchool, Calgary

This is a collaborative effort between the City of Calgary and its community partners. Activities such as sports, drama, music, the arts and recreation help children and youth develop good social skills and increase self-confidence, and also help to motivate them to succeed in school.

UpStart School Rental Subsidy, United Way (Calgary)

A new partnership involving UpStart of the United Way, the City of Calgary, Calgary Board of Education, Calgary Catholic School District and Rocky View Schools, is increasing recreational opportunities for children and youth. Through this project, non-profit groups can apply to receive a rental rate subsidy when booking a school facility to offer recreational activities for children and youth. UpStart will cover the cost of these subsidies through a grant received from the provincial government.

British Columbia



AFTER-SCHOOL PROGRAMS

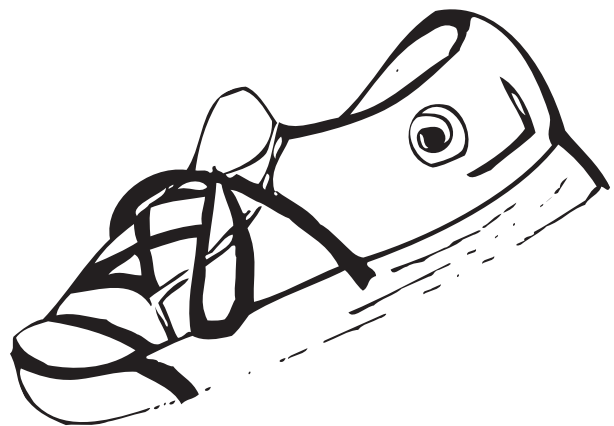
Through the 2010 Sport and Arts Legacy Fund, the B.C. provincial government is investing \$1 million in an Afterschool Initiative supporting after-school sport programs in 17 communities across British Columbia. This initiative is led by the Ministry of Community, Sport and Cultural Development, and involves partners including ministries responsible for child care, education, health and social programs for children and youth, the BC Recreation and Parks Association, the Public Health Agency of Canada, the Directorate of Agencies for School Health (DASH BC), school districts, sport and recreation providers, municipalities and others.

This initiative reduces financial, transportation, cultural and facility access barriers, as the programs are being delivered during after-school hours right at the schools. The schools have been identified by initiative partners as ones that serve populations that often don't have opportunities to participate in sport and physical activity – children and youth from low socio-economic families, new immigrants, First Nations and Aboriginal Peoples, and those at risk.

POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

- The Ministry of Education's Neighbourhood Learning Centres (NLC) initiative aims to increase community use of school facilities including gyms, fields, classrooms and other spaces for the benefit of children, families and the entire community. Schools involved in the Province's Afterschool Initiative must meet NLC criteria.
- The Ministry of Education is working with DASH BC and the BC Recreation and Parks Association (BCRPA) to build capacity and further better practice/resource development activities. The Public Health Agency of Canada is also working with BCRPA to support schools and local governments in implementing these practices.
- One of the Afterschool Initiative's key policy goals (in addition to reducing barriers to sport and physical activity for children and youth) is to ensure "progressive learning" and physical literacy through its programming. The Initiative has identified and is supporting training and programs that help move participants from fundamental movement skills to fundamental sport skills, to the next level of school and community sport programs that help instill lifelong learning, enjoyment and participation in sport and physical activity.
- As the Afterschool Initiative will benefit other health and social outcomes beyond physical health – such as healthy eating; increased social and communication skills, self-confidence and esteem; decrease in risky behaviours; increased cognizant skills – partners are looking at other policies and resources that help build the school and community capacity to provide sport and recreation programs in the after-school hours. These include funding transportation and/or new equipment, providing healthy snacks, and encouraging private and public subsidy programs to support or revise criteria to better support after-school programs.

This training and programming includes HIGH FIVE® certification, Athletic Canada's Run/Jump/Throw and Gymnastic BC's Kids Can Move, as well as quality training and instruction from several provincial sport organizations.



Manitoba



AFTER-SCHOOL PROGRAMS

1. Manitoba is the first province to partner with Canadian Tire Jumpstart® on the **Canadian Tire Jumpstart Kids Activity Kit**. This Kit helps children and youth from lower-income families to be more active and to have fun.

Community groups receive the Kit at no cost, and hold after-school physical activity sessions. Activities can be played indoors or outdoors and do not require specialized facilities.

The customized Kit consists of a resource guide that helps leaders plan games, and equipment such as balls, yoga mats, compasses for orienteering, parachutes and juggling gear.

2. Manitoba, with the Public Health Agency of Canada, is funding a new project that supports the delivery of quality after-school active recreation, and safe and active school travel planning.

The project is led by Recreation Connections and Green Action Centre, and will:

- Address barriers to participation.
- Engage many partners.
- Build leadership and community capacity to delivery accessible, inclusive and diverse programs.

POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

Manitoba *in motion* provincial physical activity strategy

After-school physical activity programs get priority for Manitoba ***in motion* Community Physical Activity Grants**.

A family role modelling social marketing campaign, in partnership with CTV, promotes after-school physical activity.

Fitness Tax Credit

Manitoba has the same child fitness tax credit as the federal tax credit.*

Manitoba is extending the Children's Fitness Tax Credit to young adults, 16 to 24 years of age, starting in 2011. This will help young people develop and maintain lifelong physical activity habits, and may be used for after-school physical activity programs.

* The Government of Canada allows a non-refundable tax credit based on eligible fitness expenses paid by parents to register a child under the age of 16 in a prescribed program of physical activity. Parents can claim up to \$500 per child. An additional tax credit is available to an individual for a child with a disability.

New Brunswick



POLICIES

A variety of provincial policies are implicated in after-school activities by virtue of student involvement. These include:

- **Policy 315 School/Community Partnerships and Sponsorships** which establishes the requirements for partnership and sponsorship development between schools and community-based organizations, businesses, governments and other educational institutions;
- **Policy 513 Transportation to and from Off-Site School-Related Extra-Curricular Activities** establishes the requirements for providing safe transport of students to and from off-site school-related extra-curricular activities;
- **Policy 407 Community Use of Schools** policy sets standards for, and facilitates the use of school facilities by the community during times when these facilities are not required for educational purposes;
- **Policy 701 Policy for the Protection of Pupils** is intended to protect pupils from non-professional conduct by adults, ensure that adults in the public education system understand responsibilities entrusted upon them when working with children in the public education system and eliminate non-professional conduct through the defining of acceptable standards of behaviour, prevention and effective intervention;
- **Policy 703 Positive Learning and Working Environment** provides a framework for the Department, school districts and schools to create positive learning and working environments in the public education system by providing an overview of expected student behaviour, setting standards for behaviour and discipline and identifying the responsibilities of all partners in the school system

In addition to these policies, many programs available to support after-school hours opportunities have guidelines encouraging quality and sustainability. The **Active Communities Grant Program** insists on multiple partnerships, shared resources, common goals, growing leadership, addressing barriers and comprehensive evaluation. **School Wellness Grants** require action teams (staff, students, parents and community) who use a comprehensive school health approach to building and delivering data driven action plans. **Go NB** delivers sport initiation programs for children and youth, and reduces barriers for under-represented populations. The **NB Community School Model** used in 69 schools in the province paves the way for after-school hours programming by weaving community into the school environment and the school into the community.

PROGRAMMING

We are building capacity for sustained change in the after school hours through community mobilization. **Wellness Networks** are communities/regions who share resources, expertise and responsibility in enhancing wellness in their area. Moving forward with the relationship building and collaboration inherent in developing wellness networks, we engaged community and organization leaders by hosting an **After-School Hours Stakeholders Forum** from which an alliance of Government and Non Government organizations was formed. An **Action Plan** centered on 4 themes (Accessibility, Affordability, Quality and Communication/Education) was created. We are seeking quality opportunities for all children and youth in the after-school hours that will address all aspects of our **Provincial Wellness Strategy** (Mental Fitness, Healthy Eating, Physical Activity and Tobacco Free Living). A number of programs are in place including:

- **Active Play** (5-6 years) and **Active Youth** (7 years +) are extensions of the Active Kids Toolkit program (ages 0 to 5) and are designed to support quality physical literacy development and daily appropriate physical activity for school aged children. These programs are offered to schools, municipality recreation programs, day cares, etc. They are designed so that the adult leader can safely and effectively use them with little or no experience, using non sport specific readily available resources.
- **Sistema NB** is an award winning after-school orchestral music program that fosters social change. Designed to fight the negative impact of exclusion among children this program builds musical competency, self esteem and pro-social skills in a safe, health enhancing environment. The focus on music becomes the "entry point" and once engaged, the children are eager to be more physically active and participate in other aspects of a healthy lifestyle. This no-cost to participants program is set to expand to 3 school districts / 12 schools throughout the province beginning in September 2011.
- **Le combo du lundi**, is an after school program originating in a small francophone community school. The program helps children experience and enjoy health enhancing behaviours while feeling connected to their community and peers. This popular community created program involves physical activity, art activities, a nutritious snack, and new food experiences through cooking classes.

Newfoundland and Labrador

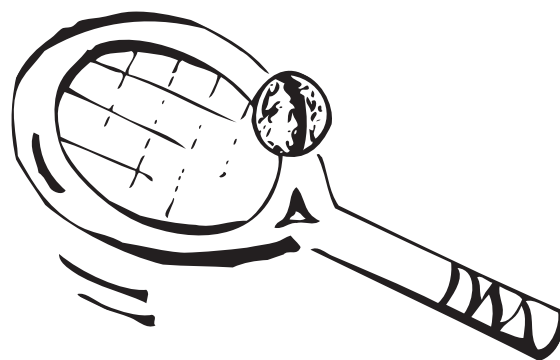


In partnership and consultation with the Recreation and Sport Division, Department of Tourism, Culture and Recreation, Health Promotion Division, Department of Health and Community Services and the Faculty of Human Kinetics and Recreation, Memorial University, Recreation Newfoundland and Labrador is pleased to provide highlights of key "After School" initiatives and strategies for the 2011 Active Healthy Kids Report Card Provincial Profile Page.

Over the past year Newfoundland and Labrador has continued to support and build on many ongoing, established initiatives for school age children. Our School Health Promotion Liaison Consultants continue to work with the school and communities: The Provincial Wellness Plan's provincial and regional grants fund various **after school** related projects. Eat Great and Participate, a bi-lateral project that assists to provide healthy food choices at community recreation and sport settings, has been working with its' partners, School Sport NL, Sport NL and Recreation NL to develop new resources for school age children all across the province. Another bi-lateral, Small Steps...Big Results Physical Activity Campaign with Recreation NL also continues to build on its' school/ community linkage with new developments in its' website enhancements, a school challenge with the Eastern School District and 4 major Physical Activity Demonstration Pilot Sites. At each of these 4 sites, which are actually a cluster of communities ranging from 5 to 19 towns, after school programs and policies are already being developed and implemented.

Plans are now well underway for the development of an After School Program Pilot Funding Initiative by the Provincial Government and its' NGO partners. The Department of Tourism, Culture and Recreation, Department of Education, Department of Health and Community Services and Department of Human Resources, Labour, Employment and Youth, have partnered to provide funding for school/community physical activity initiatives. Funding will be available to support community/school partnerships that result in increased opportunities for children and youth ages 9-15 or grades 4-9, to be physically active. Funding is to be used to help address the barriers (eg. bussing, program fees, etc) that exist in the community that prevent children and youth from accessing existing or new recreation and sport programs. Funding amounts range from \$5,000 to \$25,000 per school year, depending on the scope of the project. A minimum of two key partners (co-applicants) with supporting partners is required. Co-applicants must include community partners and a school or group of schools. Projects can be held at school or the community facility or a combination of both. Partners must be recognized members of a Provincial Sport Organization, Recreation Department/ municipality, Community Youth Network, Regional Wellness Coalition, Health Authorities or not for profit recreation group. A community group affiliated with a Municipal Council or Local Service District can also be an eligible partner. Pilot parameters include at least two opportunities per week to be active in the after school period from 3:00pm to 6:00pm., must include a girl's only component and an inclusion component for all abilities to participate. The anticipated length of this funding initiative is approximately 25 weeks.

Plans are to announce details of this After School Funding Initiative in the next few months.



Northwest Territories



AFTER-SCHOOL PROGRAMS

The Department of Municipal and Community Affairs and the Northwest Territories Sport and Recreation Council are working together to provide *Active After School* funding to schools and community organizations across the NWT. In 2010-2011, 54 projects are being supported in 32 of 33 communities.

Program funding is being used to support a wide range of initiatives under *Active After School Guidelines*. Some programs focus on sport, while others introduce a variety of other physical activities such as yoga, archery, cross-country skiing, Nordic walking, hip hop dance and traditional cultural events like Dene and Inuit Games.

POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

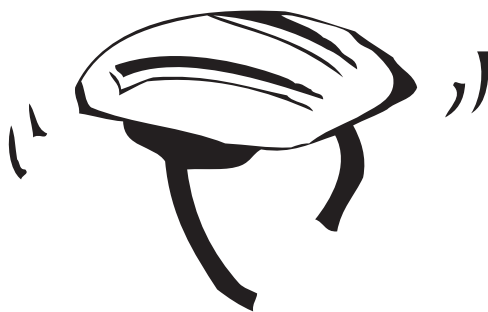
All programs funded by *Active After School* must abide by the following guidelines:

- Participants are active a minimum of 40 out of every 60 minutes.
- Projects target inactive or underactive children and youth.
- Activities allow all children and youth to participate regardless of experience and/or physical activity level.
- Project will engage and train youth in positions of leadership and responsibility.

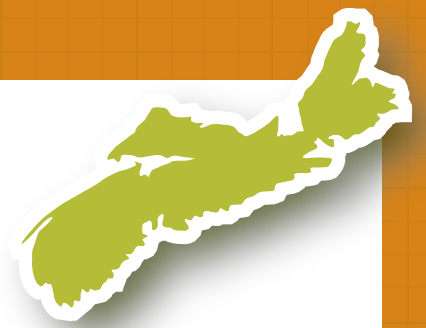
Active After School is supporting new opportunities for youth from across the NWT to be more physically active. The after-school time period is important because youth tend to be less active and under-supervised. *Active After School* programs are introducing new and fun activities to encourage better fitness and a desire to make healthy and active lifestyle choices through all stages of life.

Active After School funding supports schools, and community organizations that work with schools, to create or expand on programs that get school-age children and youth physically active. One of the goals for this fund was to be open to creative and innovative ideas.

Active After School is part of the Government of the Northwest Territories Healthy Choices Framework, a cross-government initiative designed to promote healthy and active lifestyle choices.



Nova Scotia



The after-school time period is the focus of much attention within Nova Scotia, as a result of recent research findings and activity at the federal/provincial/territorial level. A preliminary inventory of after-school programs in the province has identified hundreds of examples and a diversity of approaches. The following provides a short list of activity in this area.

AFTER-SCHOOL PROGRAMS

Annapolis Valley After-School Program

The Annapolis Valley After-School Program offers physical activity to inactive rural youth in 23 schools. The 25- to 30-week program operates 1-3 days/week for minimum 1.5 hours/day, costing approximately \$1,500 per school. Funding partners include municipal recreation departments, school boards and the Department of Health and Wellness. Elements of the program include: no cost to participants, training opportunities for program leaders, and the completion of HIGH FIVE® assessments.

Sport NS After-School Program

Begun in 2005 at 4 sites, the Sport NS After-School Program is now operating in 8 schools within the province. The program is designed to help increase the daily activity level of children in grades 3 to 6, and help improve the health of elementary school children through fun, safe, developmentally appropriate sport and recreation activity. The program specifically targets children who are not already participating in sport and physical activity.

YMCA of Cumberland

The YMCA of Cumberland has recently identified a goal to expand youth physical activity programming outside of their building. Connections were made with local schools, staff were hired and trained, and now the YMCA offers an after-school program rotating among area schools each weekday. To date, the reaction from students, parents and schools seems positive – quality leadership, fun programs and a sustainable model.

POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

Regional Development Grants

This Department of Health and Wellness funding policy supports activities that respond to the goals and priorities of communities and PASR (Physical Activity, Sport and Recreation) priority areas, including increasing physical activity, sport and recreation opportunities; capacity building; gender equity; volunteer development; children and youth physical activity levels; fair and safe activities; and responding to traditionally underserved populations. Programming in the after-school time period is eligible.

Sport Canada and Public Health Agency of Canada (PHAC) Bilaterals

Funded by bilateral agreements with Sport Canada, Sport Animators work in each of the 9 school boards to create physical activity opportunities in non-curriculum time, including the after-school time period. Sport Futures includes a structured after-school program that trains high school students to be physical activity leaders.

The bilateral agreement with PHAC has 3 components: support for the Micmac Native Friendship Centre to include physical activity programs to off-reserve Mi'kmaq children and youth; after-school programs for girls within the Sport Nova Scotia After-School Program; and a pedometer loan program in partnership with the Heart and Stroke Foundation.

Keeping Pace

Initiated in 2001 and repeated in 2005 and 2009, the Keeping Pace surveillance initiative (formerly PACY) is designed to collect data on physical activity levels and dietary intake of students in grades 3, 7 and 11. During the 2009-10 school year, researchers at Saint Francis Xavier University added 2 questions to the student questionnaire:

- Do you have the opportunity to participate in a program with a physical activity or sports component between 3 and 6 p.m. on weekdays?
- If yes, how many days per week do you attend?

The findings will provide baseline data on participation in after-school programs, and will determine if students who attend them obtain more minutes of accelerometer-measured physical activity.

HIGH FIVE®

Research shows that children's and youths' experiences in programs are enhanced by leaders who receive quality training on the needs of the participants. As a result, children and youth who are having positive experiences in a program are more likely to return to that program and recruit others to join.

Leader training is a key element in the attainment of after-school programming goals. HIGH FIVE® provides frontline training workshops that are regularly being used to train after-school leaders. In the past year, 200 individuals were trained.

Nunavut



THE SUILAAQIVIK AFTER SCHOOL PROGRAM

For children ages 6-12, the Suilaaqivik After School Program offers the children of Apex an opportunity to develop social skills, participate in recreational activities and have a safe and fun place to go after school. Held at Nanook school in Apex, children are served a healthy after school snack before heading to the gym for energizing programming or to the 'quiet room' for homework help. Baking lessons and craft projects are popular activities at Suilaaqivik and allow children the chance to be creative and expand their talents. The program runs Tuesday's and Thursday's, 3:30pm -5:30pm throughout the school year.

MAKKUTTUKKUVIK AFTER SCHOOL SNACK PROGRAM AND COOKING CLUB

The After School Snack Program and Cooking Club offer immediate access to nutritious food as well as an opportunity to learn and master cooking skills in the hope that this new knowledge will be practiced in a home setting. These programs are important as they insure that our patrons are receiving a healthy mid-day snack and obtaining important nutrients that, in some cases, may otherwise not be consumed. Participants of the Cooking Club are invited to develop the necessary skills and confidence to safely prepare nutritious food at home, based on the Nunavut Food Guide. At the end of each cooking session, youth are able to sit down and enjoy the meal they have prepared together. The Cooking Club continues to be in high demand and remains one of the most popular programming options at the Makkuttukkuvik Youth Centre in Iqaluit, Nunavut.

MAKKUTTUKKUVIK YOUTH CENTRE

The Youth Centre offers a safe place for the youth of Iqaluit. Teenagers ages 13-18 are invited to come to the Youth Centre to get involved, socialize and participate in drop-in and organized activities. Much of what we do at the Youth Centre revolves around staying active and having fun while doing so. Patrons of the Youth Centre have access to their own group skating time twice a week and every Friday there is organized gym time at Aaqarniit Middle School. Our regular programming involves many opportunities to partake in Inuit games and our weekly cooking club is always a big hit. Teens can get involved by participating in Youth Council, the Makkuttukkuvik Justice Committee or taking advantage of volunteer opportunities at the centre. Pool, ping-pong and foosball are all popular activities and our computer station is available for those wanting to write resumes or surf the internet. The Makkuttukkuvik Youth Centre is an excellent resource for the youth of the capital of Nunavut and healthy, active living is what we promote.

IQALUIT SKATE PARK

The Iqaluit Skate Park is a first class indoor skatepark for skateboarding and inline skating. It is operational seasonally from May to October and is located in the curling rink. The skatepark, equipped with a half-pipe, 12 foot quarter pipe, pyramid, flatbanks, rails and more is designed for skaters who are just starting as well as advanced skaters who are looking for a challenge. Skaters can look forward to competitions, BBQ's, camps and other special events throughout the season.

The Sport and Recreation Division (Government of Nunavut) has an extensive list of grants and contribution opportunities available to communities to support them in physical activity, recreation and sport programming, including: the Physical Activity Initiative Grant and the Traditional Activities Grant. The Sport and Recreation Division (Government of Nunavut) offers community funding for Afterschool Physical Activity Program designed to train leaders to implement physical activity programs for children and youth specifically during three to six pm on weekdays.

Ontario



AFTER-SCHOOL PROGRAMS

In October 2009, the Ontario Government launched the \$10 million After-School Program to provide Ontario's young people in grades 1 to 12 with access to safe, active and healthy after-school (between 3 pm and 6 p.m.) activities. Programs in each site operate for a minimum of 9 hours to a maximum of 12 hours per week. Programming guidelines require 30% physical activity, 20% nutrition education/healthy snack, and 20% health and wellness. The remaining time is to be used at the organization's discretion. This means all participants are offered a minimum of 162 minutes per week to a maximum of 270 minutes per week of physical activity.

As of December 15, 2010:

- 323 sites currently deliver after-school programs in the province.
- 123 organizations are funded, including 11 First Nation communities.
- More than 18,000 children and youth have been reached. Children range in age from 6 to 18 years.
- 56% of the programs are operating in school sites; the remaining vary from community centres to resource centres to churches to housing complexes.

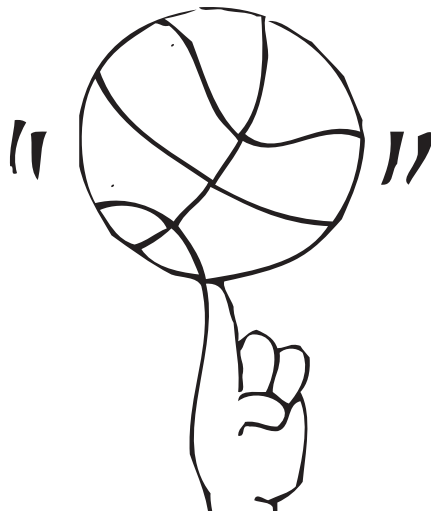
When it comes to types of physical activity practised in the after-school program, the majority (59%) of sites do a variety of movement, sports and games. Organized sport accounted for 21% of the type of physical activity implemented in the program.

The After-School Program links to a number of other Ontario government initiatives. These include the Ministry of Education's Community Use of Schools Program as well as the government's Poverty Reduction Strategy, which was developed to help break the cycle of poverty by giving young people the tools and supports they need to reach their full potential.

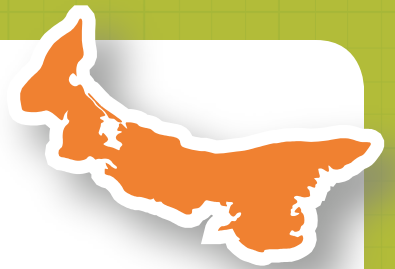
YMCA Ontario and Boys and Girls Clubs of Canada have a long history of providing after-school programs for children and youth. With funding from the Public Health Agency of Canada and the Ontario Ministry of Health Promotion and Sport, these organizations saw an opportunity to enhance physical activity and healthy eating during the after-school period by collaborating to launch the Coordinated Approach to Child Health (CATCH) Program in Ontario. Program evaluation results indicate that the 8,000 program participants from across the province learned a wide variety of health-related information, spent more time in moderate-to-vigorous physical activity, benefited from a wider range of nutritious food choices for snacks, and became more effective in making healthy choices for themselves.

There have also been significant efforts underway in Ontario to provide financial support to children and youth in order to increase access to physical activity, sport and recreation programming. For example, in 2010, Canadian Tire Jumpstart® provided \$244,000 in grants to help 30,800 financially disadvantaged kids participate in more than 65 activities. In addition, KidSport™ was able to provide more than 6,000 kids in Ontario with the opportunity to play and participate in organized sports leagues and clubs after school and on weekends. Specifically, more than 1,800 kids were recipients of KidSport™ registration and equipment grants in 2010.

Recently, key provincial organizations have formed an "after-school collaborative" to implement a series of activities that leverage existing provincial policies, programs and initiatives to enhance the quality of after-school programming in the province with anticipated funding support from the Public Health Agency of Canada.



Prince Edward Island



After-school programming in Prince Edward Island is an area of great interest to the province. Current activities dealing with this area are mainly connected to regulated early childhood centres and licensed after-school programs that are stand-alone programs.

The Province of Prince Edward Island, through the Division of Sport Recreation and Healthy Living, is currently carrying out an environmental scan of after-school programs to determine areas such as curriculum content, amount of time spent on physical activity, types of leadership offered and the training required, costs of programs, and transportation options and challenges.

This information will be used to identify strengths and gaps in the after-school time period that can be used as an opportunity to further advance programming options within the province.

Current after-school program in the province focus on the key areas, in particular the promotion of physical activity and healthy snack options. Many of these programs occur in school facilities or community centres that have access to space for physical activity either within the facility or close by. Many of the programs also offer an opportunity for the children to participate in "homework clubs," where additional support is offered to improve academic performance when they return to the classrooms.

PEI is also very excited about the go!PEI program, which was launched in the last number of months. While this is not directly involved in the after-school programming area at this time, it does provide services that influence the activities of youth.

Go!PEI has been offering free programs across PEI since June 2010 to educate and support all Islanders in making a healthy lifestyle change. It is for people of all ages, and promotes the importance of staying active and eating well for health. Being active and eating healthy go hand in hand, and go!PEI works with 16 community partners to get Islanders going. There is a program for everyone, including Healthy Cooking classes for new moms, Learn to Run programs for beginner runners, and Cycling rodeos for kids. go!PEI is fun, free and aims to reach as many Islanders as possible. For more information, see www.gopei.ca.



Québec



AFTER-SCHOOL PROGRAMS

In Québec, the after-school period of time benefits from different initiatives supporting physical activity. Among other things, Québec en Forme supports more than 110 local clusters of partners who in turn plan and organize activities and policy changes, or adjust their environment so as to facilitate active living and healthy eating among those aged 17 and under. In all, 1,500 organizations have been partners throughout Québec and submit action plans based on inter-sectoral partnerships. The approach of Québec en Forme is based mainly on the mobilization and support of local communities and it is at this level that the analysis of means and activities is the most relevant. At a more macro level, Québec en Forme also supports projects such as Mon école à pied à vélo, implemented by Vélo Québec and its partners, Trotti Bus delivered by the Canadian Cancer Society and partners, as well as Quartiers verts et en santé, a collaborative effort facilitated by the Centre d'écologie urbaine de Montréal. All these projects are designed and built on strong partnerships, and they are useful in the dissemination and appropriation of new knowledge or practices they generate, whether they take place at the local, regional or provincial level. In this sense, opportunities for knowledge transfer and exchange are facilitated at the provincial level and in the regions of Québec.

POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

Across the province, the Ministry of Health and Social Services is continuing to implement the actions detailed in the government action plan, Investir pour l'avenir. At this level, measures, actions, programs and policies are initiated in municipal affairs, education, transportation, etc. Schools have a policy framework for healthy eating and active living, school corridors, school-municipal agreements to share infrastructure, transport accommodation, etc., and special attention is allowed in order to implement the École en santé approach, one aiming to increase the effectiveness of interventions for health promotion and prevention. When it comes to promotion, tools and campaigns, Kino-Québec offers tools to redesign and stimulate excitement surrounding school grounds and communities so that they are more conducive to physical activity before, during and after school hours. When it comes to school sports, the Federation du sport étudiant disseminates the ISO actif, a ISO type of standard in the school setting. The latter is increasingly popular with schools, and with parents, who can now choose the school their child will attend.

New standards are being established through the promotion of events generating many echoes in the media. Le Grand défi Pierre Lavoie motivates children and their parents to be active by combining cubes of energy (1 cube = 15 minutes); le Tour des enfants (Vélo Québec) and other similar cycling tours in many regions make cycling a family and a highly entertaining event. Plaisir d'hiver et les Rendez-vous d'automne, promoted by Kino-Québec, encourage physical activity in the fall and winter, a time when there is usually a decline in activity. Finally, the International Walk to School day reiterates that walking is an essential function for the development of children.

As a result of all these influences, we now see some trends in different settings not usually engaged in physical activity. For example, in Maisons des Jeunes, teens – often sedentary ones – and young staff are more engaged in physical activity. In rural communities, we see physical activity programs run by young and trained leaders in response to a scarcity of coordinators. The many schools that do not have sports facilities now use municipal facilities or even nearby parks and other green spaces. The municipalities train their day camp instructors specifically in physical activity leadership. To this picture, we must add that the Coalition du poids does not miss an opportunity to reiterate to policy-makers the importance of a physically active lifestyle, while Kino-Québec, with its scientific committee and the Québec National Institute of Public Health, are continuing their outreach efforts and interpreting scientific data so that the public and all sectors of the society feel concerned and informed to take action.

Saskatchewan

AFTER-SCHOOL PROGRAMS

Saskatchewan *in motion*: This is a province-wide movement aimed at increasing physical activity for health, social, environmental and economic benefits. The initiative encourages a minimum of 60 to 90 minutes of daily physical activity for children and youth, and believes this can best be accomplished by a shared responsibility between home, school and community (30 minutes each).

Healthy Kids School Challenge: The Ministry of Education developed this challenge to encourage schools across the province to engage students in daily physical activity over and above what is being taught in the Physical Education curriculum, as well as increase healthy food options in schools. Teachers can register their class online. The challenge officially began on November 1, 2010, and runs for 30 weeks. There are 5 checkpoints during the challenge when teachers can submit their collected class points online. Winners of the challenge will be announced in June 2011. Although the Challenge is primarily geared to the school day, students can earn extra points for additional physical activity at home and in the community.

Spirit Builders is an inter-agency group that runs after-school programs in Balcarres, Saskatchewan. The program was a community response to gang recruitment. Programs are run at Balcarres School from 3:30 to 5:00 p.m., and include Stunt Cheerleading (grades 7-12), Atomic Volleyball-(grades 3-5), Rhythmic Gymnastics (grades 6-12) and Mentoring Basketball (Sr. Boys mentor grades 3-7), which go beyond the school sports teams. All Spirit Builders programs incorporate components regarding healthy eating, healthy choices and staying active.

POLICIES/GUIDELINES TO SUPPORT AFTER-SCHOOL PROGRAMS

School Travel Planning project: This Saskatchewan in motion project works with community stakeholders such as municipal decision makers, school district leaders, public health officials and police to create an environment where walking and biking to school is a viable choice for the greatest number of children possible.

Inspiring Movement – Play Well. Learn Well. Live Well: The Ministry of Education, in partnership with the Ministry of Health and the Ministry of Tourism, Parks, Culture and Sport, developed these Guidelines for Physical Activity in Saskatchewan Schools. Working within a Comprehensive School Community Health Approach, the Guidelines support the commitment of the Ministry of Education to work with school boards to ensure that children and youth engage in 30 minutes of moderate to vigorous physical activity daily. Although the focus is on the school day, the Guidelines recognize that this is as part of the overall goal of 60 to 90 minutes of daily physical activity to be shared at home, at school and in the community. Support materials as well as promising practices are available online at www.education.gov.sk.ca/physical-activity/.



Yukon

SKOOKUM JIM FRIENDSHIP CENTRE (SJFC)

www.skookumjim.com/rec.html

Skookum Jim Friendship Centre's After School Program provides meaningful activity and exercise for Aboriginal and non-Aboriginal children in grades 4 to 7. Since 2003, the program has run from 3:00 – 4:30 PM four times per week with each day in a different Whitehorse school. SJFC's Recreation Coordinator supervises two grade 12 students who provide snacks and lead a blend of afterschool recreational and cultural activities like floor hockey, Arctic Sports and Dene Games, volleyball, basketball, soccer and kickball to a daily average of 20 to 25 children.

RECREATION AND PARKS ASSOCIATION OF THE YUKON (RPAY)

www.rpay.org

RPAY's RHEAL Leader (Rural Healthy Eating Active Living) program has increased efforts to provide activities during afterschool hours. Currently, Yukon's rural students can participate in yoga, aikido, dance, archery and skating. More than 200 rural children and youth developed physical literacy skills through cross-country skiing offered in partnership with Cross Country Yukon.

In 2010-11, CATCH Kids Club (CKC) afterschool programs were offered in Tagish, Faro and Carmacks through RHEAL Leaders. RPAY supported training of 28 CKC leaders in October 2010. Rural CKC leaders may receive a six-month contract from RPAY to provide this active, healthy, afterschool programming for rural Yukon children. (CATCH is the Coordinated Approach to Child Health, www.catchinfo.org)

HEALTHY LIVING BILATERAL AGREEMENT

In 2008, Yukon Government Departments of Health and Social Services and Community Services Sport and Recreation Branch signed a Healthy Living Bilateral Agreement with Canada. The Recreation and Parks Association of the Yukon, a territorial non-government organization and delivery partner to the agreement, provides active, healthy programs and services. In 2010-11, the Healthy Living Bilateral partners focused on supporting active opportunities for rural Yukon children and youth during the afterschool time period.

THE RENEWED YUKON ACTIVE LIVING STRATEGY

Renewal of the Yukon Active Living Strategy in April 2011 prioritizes delivery of quality, accessible afterschool programs designed to increase physical activity amongst children and youth during the afterschool time period. A particular emphasis is placed on the long winter months when activity levels are known to drop.

VIE ACTIVE AT ÉCOLE WHITEHORSE ELEMENTARY SCHOOL

Afterschool programming presents challenges in Canada's Northern communities. One school in Whitehorse is addressing the need for additional physical activity during and outside of school through an initiative which gets students active at the beginning of every day.

École Whitehorse Elementary School (EWES) is the largest elementary and the only French Immersion school in the Yukon. Located in downtown Whitehorse, students from as far as 50 km away are bussed to school. 430 students, one physical education teacher and one gymnasium limits physical education classes to twice per week. With students living distant to school, walking school busses or regular afterschool activities are challenging to implement.

To support physical activity, teachers are creative using Active Living kits for outdoor activities and visiting the local Canada Games Centre for swimming and skating weather and cost permitting.

In 2010-11, EWES added a school goal to address physical well-being and to mandate Vie Active (Active Living) thereby ensuring that all students participate in daily physical activity.

During Vie Active, grades 2-7 staff and students walk, run, skip or play tag around the school's field for 20 minutes at the beginning of each school day. Total laps are calculated as the school "walks" across Canada. Tramping through deep snow provides an additional benefit of increasing the work involved in walking. When the school's cold weather policy of -30°C prevents going outside, students walk the halls and the two flights of stairs. Kindergarten and Grade 1 students do their own activities indoors including Yoga, Aerobic Dancing, Dancing, Scarf Games and running games.

Through Vie Active, the school is working towards its goal of increasing active and healthy living within the curriculum. Students and staff walk at least 1 kilometre per day. Vie Active provides a supportive social context for children to develop attitudes and behaviours leading to a healthy lifestyle.

