



Helping Islanders Get Active and Stay Healthy

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Health and Wellness

“Leadership”

Issue 46

Fall 2014

**Become a Leader and Help Children, Youth and Teens  
Reach the Recommended 60 minutes of Physical Activity a Day**



**The go!Play After School Program:**  
Developed in partnership with the Public Health Agency of Canada and the PEI Department of Health & Wellness, it provides funding for After School Physical Activity programs whose objectives are to increase physical activity levels during this time period immediately after school. Programs must be non-competitive, play based, and run once or twice a week for 8 to 12 weeks. Schools with children from kindergarten to Grade 8 can apply for funding to run a go!Play program. Sample modules are available at [www.gopei.ca](http://www.gopei.ca)

**The go!PEI Walk/Run Club (for Kids, Youth & Teens):**

The Medical Society of PEI and go!PEI have developed a program to improve youngsters and teens cardiovascular health. The Club offers three programs, go!20, go!30 and go!60, built around the time participants are

active. The 12 week programs helps children of all abilities be active at a level comfortable for them. Schools supply the space and the leaders and go!PEI supplies the necessary resources.

For more information on go!Play & the Walk/Run Club contact:  
Jamie Gosbee, Recreation PEI  
Tel: (902) 892-5323  
Email: [activesafe@recreationpei.ca](mailto:activesafe@recreationpei.ca)



**The School Health Grant (SHG),** implemented by the Provincial Government in partnership with the University of Prince Edward Island (UPEI) and go!PEI, provides support to school-level health promotion programs and initiatives. The SHG plays a significant role in supporting the health and well-being of students, it complements the health and physical education curricula, reinforces healthy school policies, and engages the broader school community. The grant process supports school

teams (students, teachers, parents) to examine their School Health Action Planning and Evaluation System (SHAPES) student health reports, to identifying school needs and priorities, and to develop an action and evaluation plan. Since 2009, 73% of schools have implemented 112 different projects, which engaged students, parents, teachers, and community partners. Through a new partnership between the Provincial Government, go!PEI, and the Canadian Tire - Active at School initiative, the SHG will focus on supporting students in getting one hour of daily, quality, physical activity before, during, and after school through the provision of physical activity equipment. By doing this, the SHG will help to improve the overall health and well-being of students, help improve productivity and learning, and help improve self-confidence and self-esteem.

For more information on School Health Grants contact:  
Sterling Carruthers, School Health Specialist, Education and Early Childhood Development  
Tel: (902) 438-4134



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## Congratulations to Community Leaders for Adopting Tobacco Free Policy

The Tobacco Free Policy bans the use of all tobacco products on municipal and recreation properties. This includes the perimeter of the property and parking lots.

There are over twenty PEI communities that have adopted the policy to date:

Abram-Village  
Alberton  
Borden-Carleton  
Brackley Commons  
Cardigan  
Charlottetown  
Cornwall  
Crapaud  
Eastern Kings Rotary Soccer Complex  
Georgetown  
Kensington  
Kinkora  
Montague  
Morell  
North Rustico  
O'Leary  
Pownal  
Souris  
Stratford  
Summerside  
Tignish

See the **NEW Tobacco Free Policy Video** at [www.recreationpei.ca](http://www.recreationpei.ca) or [www.youtube.com/user/goPEIvids](http://www.youtube.com/user/goPEIvids).

If your community or your workplace would like to schedule a full presentation on the Tobacco Free Policy please contact us by email at [info@recreationpei.ca](mailto:info@recreationpei.ca) or by phone at 902-892-6445.



## HIGH FIVE® Leadership Training for Leaders of Children Ages 6 to 12

Recreation and sport activities make a significant contribution to how children develop – both physically and mentally. Our belief is that all children deserve to have sport and recreation experiences that support their healthy development. HIGH FIVE® ensures that children's programs offer the highest quality mental, social and physical skill sets and life experiences. It provides instructors, coaches and leaders working with children aged 6 to 12 with the expertise in learning patterns, physical and social stressors as well as developmental needs.

HIGH FIVE® training, tools, resources and its Accreditation process help many organizations across the country deliver positive child-centered programs. Implementing HIGH FIVE® training and embedding its key ingredients into an organization's operating practices demonstrates a commitment to children's physical and mental health.

HIGH FIVE® National is a division of Parks and Recreation Ontario. Its training in the Principles of Healthy Child Development is implemented by hundreds of organizations across Canada. In PEI, many summer staff are HIGH FIVE® trained, and it's part of the curriculum for students in the Sport and Leisure Management Program at Holland College. After taking HIGH FIVE® training staff feel more prepared to work with children and their individual needs.

Through HIGH FIVE®, you can make a positive difference in children's lives ensuring each child's uniqueness is met by focusing on a hands-on child-first approach, providing an enjoyable & fun experience for both the child and staff.

Where we've got HIGH FIVE and its quality controls, we have a greater assurance that what is being done with the child is developmentally appropriate

**Dr. Colin Higgs** · Canadian Long-Term Athlete Development Expert Group

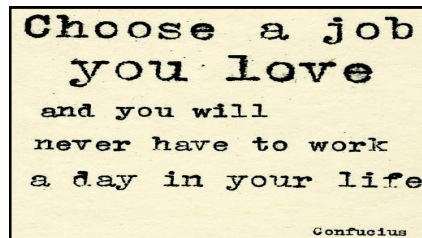


## The New ABCs of Loving Your Job

People who want to retire so they can sit under a coconut tree watching the grass grow are baffling to leadership expert John C. Maxwell. "We were created for meaningful work, and one of life's greatest pleasures is the satisfaction of a job well done."

And still, there are millions of people who don't like their jobs. There are more than 600,000 ways to make a living in this country, yet job satisfaction surveys tell us that more than 50 percent of the working population claim to dislike their jobs.

Something's wrong with this picture. Maxwell discovered that loving the job you have, or finding a job you can love, is dependent on three things—the ABCs of loving your job:



**Associates:** Work with people you enjoy.

It has been my privilege to work alongside many wonderful people for years. For me, going to work is like going to a party—all my best friends will be there! I realize that not everyone is surrounded with my kind of staff. The good news is you can develop one. When I talk to leaders about hiring people, I advise them to hire first for affinity, second for character, third for specific skills. If you bring on

someone you like whom you can trust, you can teach him or her whatever skills they need for the job. Regarding your existing staff, don't forget that people skills can be learned as well. If you are willing to make the investment, you can cultivate the right kind of people skills in them, helping them become the kind of people who everyone wants to be around.

**Belief:** Trust that your work is worthwhile and making a vital difference.

Legendary Indy 500 racecar driver Andy Granatelli once said, "When you are making a success of something, it's not work. It's a way of life. You enjoy yourself because you are making your contribution to the world."

Bob Buford has written that many people spend the first half of their career pursuing success. When success alone is found to be lacking, they give the second half to the pursuit of significance, which is far more satisfying.

If your job is not making a difference in this world, by all means, get out there and find something else. But in many situations, you'll find a sense of making a difference through your work if you simply look for it.

**Challenge:** Find a job big enough to keep you growing for the rest of your life.

Like too small of shoes pinch the feet, too small of a job pinches a leader's spirit. Cole Porter used to sing, "I want to ride to the ridge where the West commences. I can't look at hobbles and I can't stand fences. Don't fence me in."

If the job you have now offers no opportunity to grow, decide to grow anyway. Invest in your own personal development, sharpening leadership skills, interpersonal skills and technical skills. What you'll discover is that your organization will find a place for a person who has made a priority out of growth. And if they don't, the competition will!

And keep this in mind when you consider your top performers. Are you providing room for your top performers to grow? If you don't, someone else will.

So remember, finding joy in your work, or evaluating a lack of joy, can be found by considering the ABCs: associates, beliefs and challenges.

©John C. Maxwell

[www.success.com/article/john-c-maxwell-the-new-abcs-of-loving-your-job#sthash.e1uMDzap.dpuf](http://www.success.com/article/john-c-maxwell-the-new-abcs-of-loving-your-job#sthash.e1uMDzap.dpuf)

### Become a Leader in Your Workplace: Lead a go!PEI 'Lets Walk Challenge'

[5 Min. Walking Program](#), [12 Min. Walking Program](#),  
[20 Min. Walking Program](#), [30 Min. Walking Program](#)

If you have completed or are working through one of our 12 week Programs (listed above) then you're eligible to enter the PEI Marathon for FREE! in the 5K Walk or 10K Walk events.

Contact Olivia at go!PEI for more information and to receive your [PEI Marathon 5K/10K Walk Registration Form](#).

(Deadline to register is October 10, 2014)

## go!PEI Heritage Trail Passport

Get your go!PEI 2014 Heritage Trail Passport, a PEI2014 signature event, and begin your journey back to a time when walking, snowshoeing and exploration were not just activities but a necessity of life on Prince Edward Island. The Heritage Trail Passport highlights over 70 trails, sites and tours that need to be explored like they were in 1864 (on foot or snowshoe). Any Islander (or visitor to PEI) that completes at least 10 of the activities on the passport can submit their completed passport for a go!PEI 2014 commemorative key chain.



For a printable PDF copy of the Heritage Trail Passport visit [www.gopei.ca](http://www.gopei.ca)  
For additional information contact the go!PEI office at [gopei@recreationpei.ca](mailto:gopei@recreationpei.ca) or 902-892-






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## Contests and Incentives

### Join the Active Transportation Challenge

*(deadline to apply: December 31, 2014)*

In the 2014 [Active Healthy Kids Canada Report Card on the Physical Activity of Children and Youth](#), Canada received a 'D' in Active Transportation, ranking near the bottom on an international comparison.

The Active Transportation Challenge aims to 'improve the grade' by supporting community organizations across Canada to develop and implement an event or program for teens that encourages the use of active transportation. We're looking to motivate teens to get to and from places on their own steam and inspire others to incorporate active transportation into everyday life by educating peers and creating opportunities for easy, safe active transportation.



Community organizations can apply for grants up to \$500 toward active transportation events or programs.

#### How to get involved:

Registered Organizations: If your organization is registered with the Teen Challenge program, simply sign in and apply for a [grant online](#). Note: you must include 'Active Transportation Challenge' in the title to be identified as an applicant for this special funding opportunity.

Not registered with the Teen Challenge yet? Not to worry. Simply [register your organization](#) and then apply for a grant online. Note: you must include 'Active Transportation Challenge' in the title to be identified as an applicant for this special funding opportunity. [Learn more about applying for a Teen Challenge grant](#). Contact Recreation PEI at 902-892-6445 or <info@recreationpei.ca> if you have any questions.

Once you've been awarded an Active Transportation Challenge grant, you're invited to post photos/videos and information about your challenge on the Teen Challenge Facebook page. A panel consisting of ParticipACTION and Coca-Cola Canada representatives will then decide on the community host that has the most unique and engaging program/initiative and **that organization will receive an additional \$2500 to go towards active transportation efforts!**

For more information visit:

<http://www.participaction.com/teen-challenge/contests-incentives/>

sponsored by



# ParticipAction Teen Challenge Grants at work in PEI Communities

The ParticipAction Teen Challenge is designed to break down the barriers that prevent teens from getting active. ParticipAction is awarding grants to participants for \$500 for ongoing challenges and \$250 for one time events to promote physical activity to teens.



**How to Get Involved:**

If you are a teen that has a great idea for a challenge that you and your friends would be interested in doing, or if you're a community organization that has an idea of a challenge for teens in your area to help get them more physically active, here's how you can get involved;

**Teens** - Approach a teacher, mentor, or a local organization that supports physical activity for teens and tell them you want to get active. Rally some friends who want to be a part of the action, and get them to contribute their ideas. Work directly with the adult that you have approached to design what the activity looks like and get the adult to apply to become a Community Organization. Also, visit the ParticipAction Teen Challenge Face book Page for great challenge ideas.

**Community Organizations** - If you are a community organization, recreational facility, or a school that provides teens with the grounds, facilities, equipment, instructors, expertise or leadership to support a physical activity program, you can apply for funding. Register as a community organization at [www.participaction.com/teen-challenge](http://www.participaction.com/teen-challenge) to join the program and you will be eligible to apply for

a Teen Physical Activity Grant. These are funds that can be used to get teens moving in innovative and motivating ways.

There have been a number of successful and impactful ParticipAction programs for youth running across the Island in recent months.

The Teen Challenge Program at **Hillsborough Community Centre** is one such program. Leader Barb Dingwell's comments: *"Our Amazing Race was a huge success. It was very physical and fun. This was our biggest challenge to date. We stressed to the participants that it was not about winning but that the focus was on participation! We had 18 youth participate. We ate lots of healthy foods and drinks after the big race. Thank you so much for your support and funding!"*



**The Alternative Education Sr. High Class** received a Teen Challenge grant which gave the students the opportunity to go on an adventure to Tree Go Moncton, New Brunswick. The class worked together and walked for twenty minutes everyday hoping to accumulate enough steps to cover distance from Charlottetown to Moncton. The students were successful in this and they looked forward to walking the hallways of the school or outside if the weather was cooperating each day. The students accumulated over 350,000 steps together in this short time frame. The funds

supplied through Participation and Coca-Cola Canada enabled the group to get a physical activity reward of a special outing by being active on regular basis.



**Three Oaks High School in Summerside** reports a great story on their Teen Challenge Grant. Our school received a grant that allowed us to purchase two, top quality, table tennis tables for the school. Previously, we only had one operating table, which made it difficult to get students involved. Since purchasing the tables with this grant money, we have had several tournaments within the school, and there are regularly 20-25 people playing table tennis in the gym during lunch time. This has allowed so many students the opportunity to do something productive at lunch time, and also allow them to get active. As a table tennis coach, it is great to see all of the smiling faces eager to challenge one another each day at lunch and in the tournaments. This has been such a positive addition to our school. The gym is now considered the place to be at lunch time."



[www.participACTION.com/TeenChallenge](http://www.participACTION.com/TeenChallenge)



RBC Sports Day in Canada, presented by ParticipACTION, CBC and True Sport, is a national celebration of the power of sport to build community and get Canadians moving! The fifth annual event will take place on Saturday, November 29th in communities from coast to coast. [Enter the 'Sport Moves Us' contest by registering your event by October 15th](#) and sharing how the power of sport is at work in your community! Your community could be featured on CBC's national broadcast of RBC Sports Day in Canada and receive a \$2,000 grant from ParticipACTION to help enhance your event.





# LEGACY LEADERSHIP DAY

**Event Date:**  
November 21, 2014

**Keynote Speaker:**  
2-time Olympic Champion,  
Heather Moyse

**Location:**  
Synergy Fitness & Nutrition  
141 Mount Edward Road,  
Charlottetown, PE

## **Overview:**

In today's world there are so many distractions for student athletes, both on and off the field, that Sport PEI wanted to do something to help connect athletes who are striving to be the best they can be succeed in their sports. The purpose of the Legacy Leadership Day is to invite student athlete leaders from across the province, in a wide variety of sports, to join together for a day of learning and testing in an environment with other athletes in similar situations.

## **Details:**

The goal is to have 50-70 athletes participate in the day-long event (9am to 3:30pm) on November 21, 2014. Participants will receive information on a number of high performance topics such as nutrition & diet, mental health & preparation and strength & agility training along with physical testing sessions under the leadership and guidance of Certified Sports Conditioning Specialists. The participants will also hear from Heather Moyse, 2-time Olympic Champion, as she is slated as the event's keynote speaker. A full agenda of the events will be made available on the Sport PEI website, [www.sportpei.pe.ca](http://www.sportpei.pe.ca), as details are finalized.

## **Participants:**

Students identified by the External Sport Credit and two athletes identified and selected by each Provincial Sport Organization (PSO) will be invited to the Legacy Leadership Day. PSO's have until October 14, 2014 to nominate 2 athletes who must be in grade 10, 11 or 12. The nomination must include the athletes name, grade, sport, email and phone number. Confirmation of attendance from athletes is due no later than November 3, 2014. PSOs should contact Lynn Boudreau (contact information below) with their nominations.

## **Contact:**

Lynn Boudreau  
Sport PEI Member Services  
Phone: 902-368-6253  
Email: [lboudreau@sportpei.pe.ca](mailto:lboudreau@sportpei.pe.ca)



[www.sportpei.pe.ca](http://www.sportpei.pe.ca)



# Respect — It’s Everywhere You Want To Be

*It isn't image. It's not the money. And it isn't power, prestige or even political capital: What drives both progress and profits inside every organization is a simple thing called respect.*

*Universally recognized and traded ("It's everywhere you want to be!"), respect is the currency of people on the move, who know and work its profitable exchange rate in the commerce of getting things done.*

*Leaders in every industry deal primarily in social capital — networks of social connections, interpersonal relationships, and shared values and ethics, that enable and encourage mutually advantageous cooperation toward shared ambitions. And respect is the blue chip stock of social capital. Investing it in pays large and growing dividends.*

*Yet as exalted as this lucrative performer is, respect is a stock in trade that cannot be bought — only earned. Here are 12 guaranteed ways to stop yearning and start earning respect:*



**1. Give it.** Treating others the way you want to be treated is not just an ancient adage, but remains a golden rule for living today. In the economy of respect, the more you give, the more you gain: confer courtesy, bestow honor, and dish out dignity — and you'll earn many happy returns.

**2. Practice self - respect.** Despite your own faults and failures everyone has a slew of them), know that you are worthy of high esteem and unbiased regard. Treat yourself

*accordingly. Unsubscribe from the steady stream of negative self – talk and invest instead in a constructively healthy lifestyle.*

**3. Be authentic.** Say what you mean and mean what you say. Avoid duplicitous talk and vague vows. Wear no masks; build no facades. Be sincere in all your conversations and genuine in all your compliments. Be the real you all the time.

**4. Stay open to criticism.** Since no one's perfect — including you — remain humble and teachable to advance through your mistakes and setbacks. If you can take it on the chin without running off at the mouth, both your restraint and resolve will be duly noted and respected by others.

**5. Be discreet.** Gossiping and talking behind someone's back reflects worse on you than your victim. Respecting other's confidences builds your own trustworthy character.

**6. Be professional.** Know your job and be good at it. Producing outcomes without excuses and results beyond expectations shows both accountability and dependability. Grow in competence to build a stellar reputation and harvest honor.

**7. Know what and why you believe, and act on it.** Living and leading by a moral code shows you are committed to integrity, purpose, and responsibility. Believe in your own ideals and ideas and be able to intelligently support them in the marketplace.

**8. Keep your word.** Honor the integrity of your own commitments. Promptly returning phone calls and emails, consistently meeting deadlines, and intentionally delivering on all your promises not only stands out against the mediocre crowd, but also builds trust, loyalty, gratitude and esteem from your peers.

**9. Champion others.** No matter what the relationship, seek to add value to other people by actively supporting the right to their views

*and their contributions to the cause. Stand up for others, especially those who can't for themselves.*



**10. Listen emphatically.** Nothing speaks louder in terms of valuing other people than genuinely listening to them. Seek not to merely appear to hear, but comprehend and understand. Exuding genuine empathy is powerfully endearing, and helps you make a difference in a person's life.

**11. Be generous.** People admire those who give their time, talent and resources to help them reach their goals. Be lavish with praise, bighearted in attitude, charitable with assistance and liberal in sharing.

**12. Stay relentlessly positive.** Maintaining a perpetually positive outlook nurtures the best results in overcoming challenges, developing relationships, evolving solutions, fulfilling potential, generating respect, and attracting reputable associates.

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Recreation PEI Inc. is a not-for-profit volunteer driven organization. It primarily is a community/facility based membership of those who have an interest in delivering and promoting recreation and physical activity.

- Helping communities become healthier and more active
- Educating program leaders and facility directors
- Promoting risk management for programs and facilities

**Community Recreation Programs should:** promote participation and social interaction rather than excellence; provide social support (friendly, enjoyable, inclusive); use local facilities and promote local access; foster partnerships between local organisations – strengthening local networks and build capacity to manage projects or support skill acquisition.

#### Board of Directors

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