



Helping Islanders Get Active and Stay Healthy

www.recreationpei.ca

PROGRAMMING—ISSUE 42

FALL 2013

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go!PLAY and go!2014 “New Funding Programs”

go!PLAY

go!PLAY is a program to encourage children and youth to increase their physical activity levels. The goal is to help Island children meet the recommended guideline of 60 minutes of physical activity per day. The programs, which are free to children, will include and reinforce the physical activity and healthy eating curriculum messages.

go!PLAY programs will increase physical activity opportunities from the time children leave home to go to school until they arrive back home. It will be delivered as a partnership between communities, schools and/or other groups such as Home and School. They will be offered at the school, in green space around the school, or in community recreation facilities. Recreation PEI that manages the program has provided Regional Sport and Recreation Councils with go!PLAY

funding for leadership, staffing, equipment, barrier removal, and communications.

Schools can get Involved by contacting their **Regional Sport and Recreation Council** about Phase 1 of go!PLAY,

Phase II of the program will have a special focus: children's walk/run clubs, programs for girls and young women, options for active transportation, etc..

The initiative is funded through a Healthy Living Bilateral partnership between the Public Health Agency of Canada and the Province of PEI Department of Health and Wellness.



go! 2014

THE BEST WAY TO experience PEI's many historical and cultural landmarks is on foot.

THE BEST WAY TO improve islanders' health is through moving on foot.

The go! 2014 PROJECT AIMS TO combine these two experiences leading to healthier and more historically aware Islanders. It will be delivered by community partners and ... (continued on next page)

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go!2014 cont.

...will combine and promote history, physical activity, healthy eating, community pride and social engagement.

go!2014 will be linked with go!PEI and go!PLAY programs. They will add new cultural and historical components to existing walking, running, snowshoeing and healthy eating programs as well as develop new activities or special cultural/historical events.

As part of the go!2014 project, seven (7) regional passports will be developed which

will feature landmarks, trails and roads in that region. Islanders in each region will be encouraged to visit these sites on foot by walking, running, or snowshoeing.

Each passport site will have a historical skill testing question about the route or trail which the participant must answer after they complete the activity.

Once the person has completed each trail challenge, completed the skill testing question they can submit the passport and receive a

commemorative go!2014 item.

Weekly historical vignettes and healthy living messages will be sent to participants and a final celebration of achievement event (with healthy food eaten in 1864) will be held at a historical location in each region. Challenges throughout the year will engage Islanders in making healthy living choices while celebrating the past 150 years.



“Can I Play?” the answer should always be yes!

The answer to “Can I play?” should always be yes. Canadian Tire Jumpstart™ is a charitable program created by the Canadian Tire Jumpstart Charities to help kids in need participate in organized sports and recreation. Canadian Tire Jumpstart helps kids in need to participate by providing funds to help offset the cost of registration fees and equipment. The P.E.I. Local Chapter is made up of community leaders from KidSport™ P.E.I., Recreation PEI, and Canadian Tire Associate Dealers. These organizations help to deliver the program effectively and to identify kids who would benefit from the program.

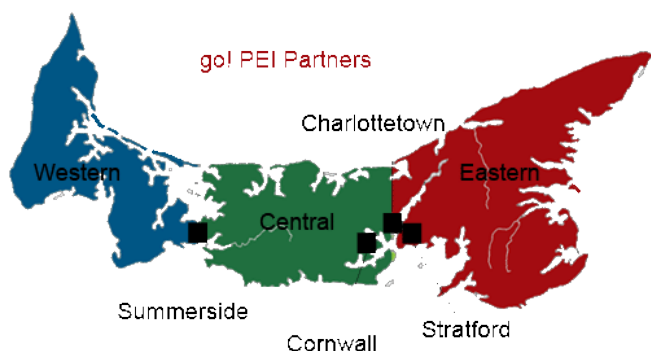
Guidelines for Funding: The potential participant must be between the ages of 4 and 18 and the maximum funding is \$300 per child, per calendar year. Eligibility for funding is based on financial need and is available to more than one member of the same family in the same season. Funding can be used for registration or equipment for a physical activity that is held over a season. For more information or to get an on-line application see

http://www.recreationpei.ca/index.php?page=programs_jumpstart

go!PEI Contacts

Western Region Sport & Recreation Council	859-8856
Central Region Sport and Recreation Council	629-9481
Eastern Region Sport and Recreation Council	940-4115
City of Summerside	724-3142
Town of Cornwall	628-6260 Ext 228
Town of Stratford	569-6924
City of Charlottetown	368-1025

go!PEI in 50 Communities province wide



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“I hope the experience the Englewood Grade 9’s had at the South Shore Actiplex will encourage them to continue fitness for the rest of their lives because of the knowledge and encouragement they gained through this program” said Paula Sark, of the Southshore Actiplex.

In the fall 2012 we partnered with Englewood school to enhance the physical activity of the Grade 9 students. We introduced them to the fitness facilities and instruction at the Actiplex. The students were divided into two groups, each group came to the community fitness facility for instruction once a week for 6 weeks.

As part of their orientation, students were introduced to the cardio and weight equipment, running on the indoor track and rope skipping. After the students became comfortable with the activities, Paula would get them working in a particular area and then was able to provide 1 on 1 instruction/ monitoring with individuals. The individual instruction focused on correct form or help with circuit development.

Funding for the students use the fitness centre and instruction came from 2 different sources. The group applied and received a grant under the ‘**ParticipACTION Teen Challenge Program**’ from Recreation PEI and also received ‘**go!PEI activity grant**’ from the Central Region Sport and Recreation Council. These grants paid the students ‘drop in fees’ and instruction. In addition, the skipping ropes used in the skipping segment were donated by the Heart and Stroke Foundation.

This was a great opportunity for students to come to a gym atmosphere and have 1 on 1 instruction. It is hard for people to begin going to a gym, many are nervous walking through the doors. The experience enhanced students comfort level in using the facility and increased their knowledge of the basics for individual fitness. “This is a win-win situation” says Ms Sark. “We were able to give potential customers an introduction to our community fitness facility and in turn the students get to know us. They come in to talk about the activity they did since the last time and to ask questions about other activities they could do. They are engaged and enthusiastic, and we hope they continue to lead an active life.

Hold the Date! Atlantic Recreation & Facilities Conference & Trade Show— Apr. 23-25 Moncton, NB

Funding to Help Increase Teen Physical Activity



This innovative program is aimed at getting Canadian teenagers moving by providing funding to local organizations for things **such as equipment, coaching or access to facilities in order to enable teens to get active**. The program allows teens to define how they want to get active and provides them with the support to make it happen. In addition, ParticipACTION and Coca-Cola Canada work together to promote and encouraging teens to adopt an active lifestyle through joint marketing initiatives. Coca-Cola Canada leverages its marketing capabilities to promote awareness of the program and promote active living.

With Teen Physical Activity Grants of up to \$500, registered community organizations are able to fund their own physical activity programs specifically for teens. Our goal is to enable teens to get active and to have fun in ways that mean something to them. By removing barriers and providing access to the facilities, equipment, instruction or other support they need to get active, we are facilitating stronger connections to the community and fostering social interactions that help build confidence and self-esteem.

How to get involved

The ParticipACTION Teen Challenge sponsored by Coca-Cola Canada encourages community organizations in every province and territory who serve teens aged 13-19 to register at www.participACTION.com/teenchallenge. Once approved by their provincial/territorial coordinating organization, the local community organization works with teens to design a program and then applies for Teen Physical Activity Grants of up to \$500 to support a local program or event. All programs must provide opportunities for teens to get active for at least 30 minutes at least once/week for four weeks. Teens work directly with their local organization to confirm their participation; teens do not need to register with the ParticipACTION Teen Challenge.



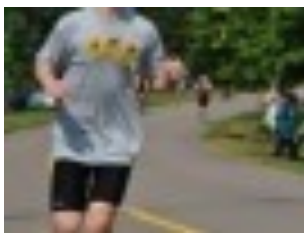
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Join the Teen Challenge !

The ParticipACTION Teen Challenge is breaking down the barriers that prevent teens from getting active. **On PEI grants have been recently awarded to: South Shore Actiplex, Kinkora Regional School, Alternative Education School, Ecole Evangeline, Central kings CIC, North Star Arena, Bedeque Area Rec Centre, CARI Complex, Donagh School, Football PEI, Colonel Gray High School, Lacrosse PEI, West Prince Sports Council, Three Oaks High School, Charlottetown Rural High School,**

Community Organizations: If you are part of 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, we want you to be part of the ParticipACTION Teen Challenge. Please register at www.participaction.com/teen-challenge to join the program and you will be eligible to apply for a Teen Physical Activity Grant – funds that can be used to get teens moving in innovative and motivating ways. Three Easy Steps to Get Your Program Rolling:

1. Consult with the teens who, are in your community, members of your organization or attend the school

where you work, about what activity would be fun for them to try. Maybe there's a goal that the teens want to achieve, like training for and participating in a 10km run, or getting their first belt in karate.

2. Determine what resources you need to make the idea come to life. Maybe it's transportation to a rock-climbing facility or an outdoor cross-country venue. It could be expert instruction on ashtanga yoga, judo or hip-hop dance. Perhaps equipment like balls, nets, mats, unicycles, or a kinball.
3. Apply for a Teen Physical Activity Grant through the ParticipACTION Teen Challenge. Make sure that you first register for the program and then submit your grant application that tells us how you want to get teens moving, and what the grant dollars will go towards.

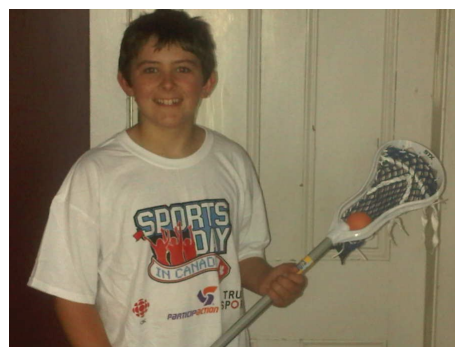
Sports Day in Canada Nov. 29

It's time to get out and play on RBC Sports Day in Canada!



There's still time to [register your event](#) on the website and be

a part of this national celebration of sport. If you're already hosting an event between November 23 and 30, all you have to do is register it [online](#) to participate. If you're not hosting an event, think about showing your support for sport in other ways. Get your teammates, classmates or colleagues to dig out a team or club jersey and wear it to school, work or play on **National Jersey Day - November 29.**



Enter the Tweet to Win Contest! Every day from November 1 to December 1 we are giving you the opportunity to win some great prizes. Follow us on [twitter](#) (#sportsday), participate in challenges, and become eligible to win the CBC Sports experience grand prize! Be sure to tune in to the RBC Sports Day in Canada broadcast on CBC on November 30 to catch all the action!

Learn more at cbcsports.ca/sportsday

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April 23-25, 2014 Moncton, New Brunswick



Building our Future

The Conference is brought to you in partnership with Recreation NB, Recreation PEI, Recreation Nova Scotia, Recreation Newfoundland and Labrador and Recreation Facility Association of Nova Scotia. Be inspired and build relationships that will help you do your job better. Session streams are: building our future citizens and communities...re-building our connection to nature... the built environment, and “If you build it they will come” – a full suite of facility tours.

Opening Keynote

Ivan Joseph, Ph.D, Director of Athletics, Ryerson University

For twelve years, Maple Leaf Gardens has had the lights out. Discover how unique partnerships involving public and private entities collaborated to restore one of the most iconic cultural landmarks in Canada. Ivan will share his journey from the student referendum to the “Lights On” opening ceremony that brought ice, and much more, back to one of the original six arenas. His presentation will highlight the celebrations, pitfalls, and the lessons learned when undertaking a major renovation to a public facility.



About the Conference

An exciting Atlantic gathering dedicated to Recreation and Facilities with a focus on development and networking. The purpose of this conference is:

- To share best practices and foster collaboration
- To highlight and share findings and experiences from relevant research, policy and practice work
- To build partnerships and strengthen networks to facilitate knowledge transfer and exchange
- To identify priorities and develop coordinated action plans for building the National Recreation Framework

There is something for everyone! Full session streams have been developed for aquatics, arenas and recreation practitioners. Presenters are lined up from across Atlantic Canada and Ontario.

Who Should Attend?

Participants will represent all facets of the recreation and facilities sector from both rural and urban centers: including Facility Managers and Operators; leaders in the field of recreation, parks, trails, sport, health and health promotion; municipal and provincial government representatives; non-profit community groups and organizations; planners and designers; volunteers; students, educators, academics and researchers, from across Atlantic Canada.

Atlantic Recreation & Facilities Conference and Tradeshow

April 23-25, 2014 Moncton, New Brunswick

ATLANTIC RECREATION & FACILITIES CONFERENCE AND TRADE SHOW

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*Receive the member rate if you are a member of
Recreation Nova Scotia, Recreation Newfoundland and Labrador, Recreation PEI,
Recreation New Brunswick or Recreation Facilities Association of Nova Scotia.
Early Bird Fee: Before March 14, 2014: \$300.00 (Member*) \$400 (Non Member)
Late Registration Fee: \$325 (Member*) \$425 (Non Member)
Student: \$145 (50 maximum registrations)

Hotel Information

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Confirmed Conference Rate (until March 14, 2014): \$129.00 + taxes

Contact Information

If you have any questions about the conference, please contact the Recreation NB Office:

Recreation New Brunswick
info@recreationnb.ca
55 Whiting Road, Unit 34
Fredericton, NB E3B 5Y5
T: 506.459.1929 F: 506.450.6066
www.recreationnb.ca

ABOUT THE TRADESHOW

With 50 plus exhibits from across Canada, the Tradeshow will showcase
and demonstrate the latest products, services, and market trends affecting recreation.
Wednesday, April 23, 2014 from 6:30 pm to 10:00 pm.



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**Helping Islanders
Get Active &
Stay Healthy**

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 be healthier and active*
- *Educating program and facility leaders*
- *Promoting risk management for programs*

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 –



FEATURED—PROGRAM RESOURCES ON OUR WEBSITE

at ... www.recreationpei.ca/resources

AN ISLAND EXPERIENCE

for Grade 6 students

On choosing “An Island Experience” you get to virtually travel across all of PEI and visit many sites and locations that you may not have known even existed. Within the leaders manual you will find student booklets for every child. There also is an “Island Experience” checkpoint printout with websites that you will photo copy for each of your students. This is their guide to touring the Island. To advance from one checkpoint to another individuals have to accumulate the points through physical activity. The points needed each week are included in the student booklet and are listed with each checkpoint. A key in the leader’s program manual will help guide your students to earn their points each week.

OUTDOOR ADVENTURE

For Grade 7-12 students

Through the “Outdoor Adventure Club”, students participate in activities that will engage both the mind and the body. Through a series of program modules, students actively participate in adventure games that will enhance cooperation, communication, problem solving, teambuilding, leadership, and movement skills.

These games are designed to be conducted outside but in the event of inclement weather; they can be adapted to take place indoors.





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