

Spring 2016



# Healthy Kids News

## It's Spring!

We have been Running, Jumping and Playing in our Healthy Kids Community for the past eight months and having so much fun! It is now Spring and we are excited to keep on having fun while the weather is a bit warmer.

As parents and caregivers, we know that being active every day is essential for growing children. Active kids are happier, they sleep better and they do better in school.

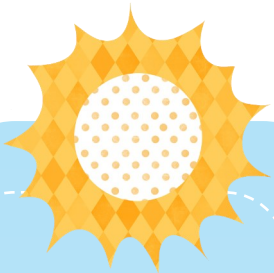
Being active doesn't have to mean planned or structured exercise, or something complicated to add to our long to-do lists. Children are active by nature and all we have to do is encourage that natural urge to "Run. Jump. Play. Every Day!"

Tennis, baseball, soccer, riding bikes, walking and hiking are all examples of activities that can be done in the Spring and Summer. Many of these activities are free and can be done together as a family.

Our Healthy Kids Community also has great parks and playgrounds that allow for free play for the whole family.

## Unstructured Play

Spring and summer are a great time to encourage "unstructured play". What exactly is "unstructured play?" It is that set of activities that children create without the guidance of adults. Children will naturally take to the initiative to create activities and stories around them. The outdoors provides more opportunities for free play due to the many moveable parts; dirt, sticks, rocks and leaves; which lend themselves to exploration and creation.

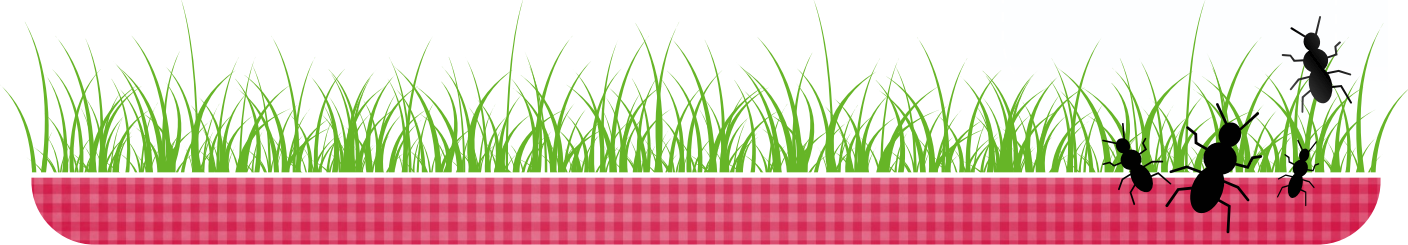


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### Important Dates

Check out the Healthy Kids Calendar on our website for important dates and other activities and programs!



## Oki Chi Taw Indigenous Martial Arts

On April 2/3, Keepers of the Circle Family Aboriginal Centre and the Temiskaming Metis Community Council hosted two Oki Chi Taw seminars in New Liskeard. Approximately 30 interested children, teens and adults were in attendance.

After a traditional smudging ceremony, Master Instructor George Lepine provided a brief history on the martial arts system, followed by a demonstration. Master Lepine is from the Native Canadian Friendship Centre in Toronto, where he offers a regular schedule of classes.

Oki Chi Taw is a martial arts system based on the traditional values of aboriginal people from the plains in Manitoba. It provides participants with a greater focus in confronting fears and limitations, to develop physical and mental

strength and empowerment.

Master George will be returning on June 25/26 to offer two more seminars at the Keepers of the Circle gym.



*"The heart drumming in the body of a child calls out 'play, run, jump, swim', so your song will endure to be heard with vigour and medicine, long into the winter of your years." - Albert "South Wind" Dumont, Spiritual Advisor, Poet, Storyteller*

## Get Moving Temiskaming

Get moving Temiskaming will take place on June 18th from 10:00am-2:00pm at Algonquin Beach Park.

This is a FREE Family event where various organizations in our area showcase their programs and activities.

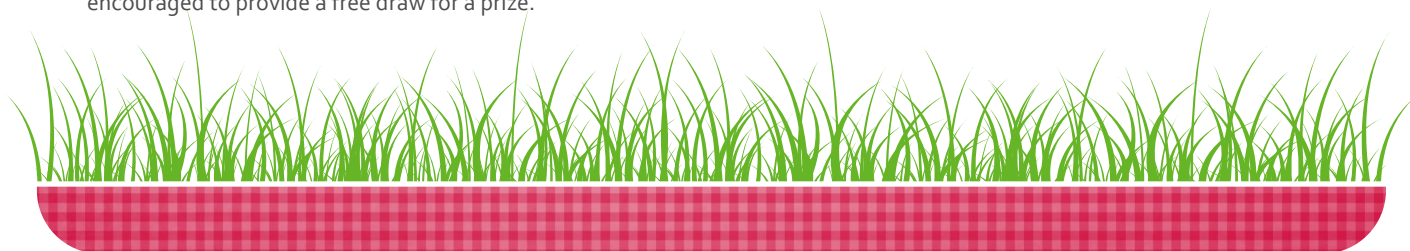
There will be interactive sites to present activities through games, drills, demonstrations and information sessions.

Would you like to increase the membership for your organization? This is a great opportunity for you to showcase what your organization has to offer and to educate the community about its fantastic benefits. There is also an opportunity to create partnerships with other groups to reach more people in our community.

There is no cost to participate, however each group is encouraged to provide a free draw for a prize.



Contact Jeff Thompson at 705-647-5709 to register today!





*Hands on learning at the Physical Literacy Workshop hosted by THU, DTSSAB and the Healthy Kids Community Challenge- May 5th, 2016 Earleton*

## Physical Literacy and Early Childhood– Bringing it to Life!

A decline in active play is effecting our children's movement and play skills. Physical Literacy needs to be nurtured in the early years so that children are set on a path to be active for life!

On May 5th in conjunction with our partners at the Timiskaming Health Unit and DTSSAB, we hosted a Physical Literacy workshop for ECE's, Teachers and Recreation Programmers.

We were joined by Dr. Drew Mitchell from Canadian Sport for Life and Dr. Dawne Clark, professor from Mount Royal University, Department of Child and Youth Studies. They spent the day teaching us about the concept of physical literacy and how supporting a child in developing physical literacy in the early years can promote overall development and lay the foundation for an active life. They also demonstrated how to bring physical literacy to life through various enriched activities.

Over 85 dedicated educators, programmers and other workers who support children aged 0-6 years attended to learn the skills to bring physical literacy to life. Thank you to all who attended! The Healthy Kids Community Challenge is proud to support those who are working every day to make our community an easier place for our children to be active!

### What is Physical Literacy?

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

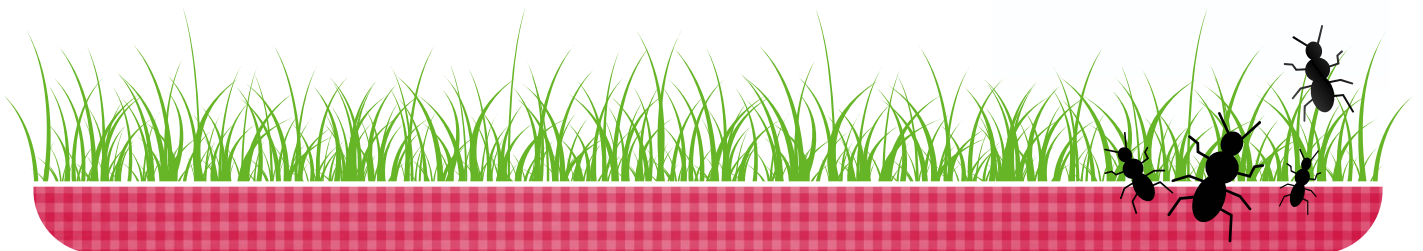
- Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
- They are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
- These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

Physical activity is a lot more fun when we are physically literate.

If we want to children to be active for life, we must develop physical literacy at an early age.

For more information go to:

[www.physicalliteracy.ca](http://www.physicalliteracy.ca)





## Getting Loud For Mental Health!

On May 6th at the Don Shepherdson Memorial Arena, the local branch of the Canadian Mental Health Association partnered with us to host the Family Fun Day!

We had DrumFit, Tai Chi, Urban Poling demonstrations and some good old skipping!

Physical activity is proven to have positive effects on mental health and we had a blast sharing that with the community.

Thanks to everyone who attended and helped out with this great event!

# #GETLOUD



*"Exercise not only changes your body. It changes your mind, your attitude and your mood."—Anonymous*

## Get Active in Temiskaming

The Get Active in Temiskaming series has started for the 2016 season! . The Healthy Kids Community Challenge has sponsored all registration fees for children aged 12 years and under for the events in April, May and June.

The series was kicked off with the first event on April 10th at the Haileybury Harbourfront. Despite the snow and chilly temperatures, 44 children still came out to run or walk in the event! What a great showing by the children and families in our community.

May 14th saw the second event of the season ( still with chilly temperatures) with 146 children under 12 years participating! Another great display by an active community.

The third event will be held on June 18th at Pete's Dam. Bring the entire family and then join us at the Get Moving Temiskaming event at Algonquin Beach Park.

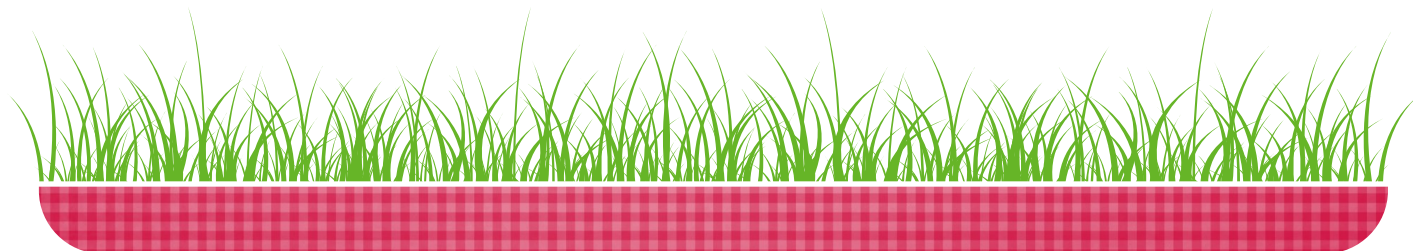
We would like to thank all of the volunteers at Get Active in Temiskaming for hosting these great events for our community!



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*Temiskaming*



# Bike Week!

Mayor & Council have proclaimed the week of MAY 30 TO JUNE 3RD AS BIKE WEEK IN TEMISKAMING SHORES! The Bicycle Friendly Community Committee will be hosting three main events during the week including a Bike to School Day for the kids, a Bike to Work Day and a CANBIKE Instructor's Course.

On Wednesday June 1st we are encouraging all of our youth to get active and Bike to School; if you Bike to School you will be eligible to win a pool or skating party for all your friends! All schools in our Healthy Kids Community are eligible!

On Thursday June 2nd we are encouraging everyone to Bike to Work – your Bicycle Friendly Community Committee will have a kiosk in downtown Haileybury and downtown New Liskeard from 7:30 to 9:00 am with juice and muffins for those who come on their bikes and we invite local businesses to come on board to encourage their employees to be active and bike to work every day!

And from June 3rd to the 5th the Timiskaming Health Unit will be hosting a CAN-BIKE 2 course – a nationally recognized bike certification course. The course is free of charge and provides basic riding skills and knowledge of defensive cycling techniques, completion of the course allows you to teach cycling to children up to age 12!



## Be part of building a bicycle friendly community

### Take the CAN-BIKE 2 Course

<b>What</b>	A nationally-recognized bike certification course
<b>When</b>	June 3-5, 2016 Friday 6-9pm, Saturday and Sunday 8:30am-4:30 pm
<b>Where</b>	Temiskaming Shores City Hall
<b>Cost</b>	Free (\$75 refundable deposit)



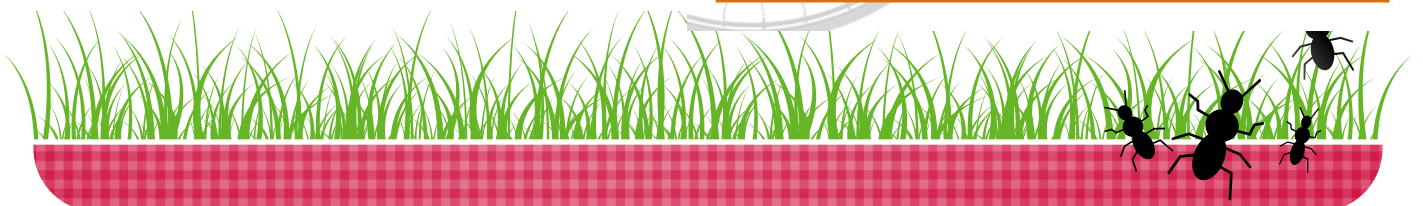
#### About the CAN-BIKE 2 Course

- Provides basic riding skills and extensive knowledge of defensive cycling techniques
- Completion allows you to teach cycling to children up to age 12
- It is the prerequisite for advanced instructor level courses

**Learn more:** Call the Timiskaming Health Unit  
705 647-4305 or 866-747-4305 x 2242

#### Brought to you by:

Bicycle Friendly Communities Temiskaming Shores and  
Timiskaming Health Unit



## Theme #2 Starting Summer 2016!

We are starting to plan for our next theme which will start in the Summer!

This theme will be based on reducing the drinking of sugary beverages and promoting water drinking!

We can't wait to start implementing activities that will promote this health message.

Stay tuned for updates!



Healthy Kids Community  
Challenge the City of  
Temiskaming Shores



#HealthyKidsTem

Check out our Healthy Kids  
Calendar at:

[temiskamingshores.ca/en/resident/HKCC.asp](http://temiskamingshores.ca/en/resident/HKCC.asp)

## Temiskaming Track Club

The Healthy Kids community Challenge is very excited to partner with the Temiskaming Track Club to provide opportunities for children aged 4-12 years to participate in track and field activities.

This volunteer fun organization bases their program on the Run Jump Throw Wheel Program, developed by Athletics Canada. It teaches children fundamental movement skills and develops physical literacy by using track and field inspired games, activities and skill challenges.

Due to the overwhelming success of the program and the demand to expand to other areas in our Healthy Kids Community, we will be offering a FREE Run Jump Throw Wheel Instructors course. Any teacher, sport club coach or community recreation leader is capable of delivering the basic Run Jump Throw Wheel program. This gives other communities the opportunity to increase children's enjoyment in physical activity and build their confidence.

Contact John Zubyck today to reserve your spot!



Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Using track and field inspired games, activities and skill challenges led by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs)



Any teacher, sport club coach or community recreation leader is capable of delivering the basic Run Jump Throw Wheel program!

Join us to become an accredited Run Jump Throw Wheel Instructor to increase children's enjoyment in physical activity and build their confidence!

Location: TDSS Classroom and Gym  
Dates: May 27th 5:00-9:00pm  
May 29th 8:00am-4:00pm

Contact: John Zubyck  
[temiskamingtrackclub@gmail.com](mailto:temiskamingtrackclub@gmail.com)

