



Healthy Kids News

What have we been up to?

It takes a Village.....

The Healthy Kids Community Challenge is Ontario's new drive to support the health of our children.

Our community was chosen to be a part of it! We have been working with community groups and organizations, schools, public health and private business to make it easier for our children to be active and eat healthier. These are key components to good health through adulthood.

As parents, we know that being active every day is essential for growing children. Lots of good things happen when our kids move more. Stronger muscles and bones. Greater focus and attention. Self-confidence. Better coordination. Active kids are happier, they sleep better and they do better in school.

Being active doesn't have to mean planned, structured exercise. Or something complicated to add to your long to-do list. Children are active by nature.

Read on to find out how we have been encouraging the natural urge to Run. Jump. Play Every Day!

EPODE Model and Methodology

EPODE is a coordinated, capacity-building approach aimed at reducing childhood obesity through a societal process. Local environments, childhood settings and family norms are directed and encouraged to facilitate the adoption of healthy lifestyles in children (ie. The enjoyment of healthy eating, active play and recreation.) Over the past 20 years, EPODE has developed a proven methodology to help prevent childhood obesity. The EPODE methodology takes a positive approach to achieving healthy lifestyle habits and does not stigmatize culture, individual, food habit or behavior. Messages and actions are tailored to the population based on needs and demographic to ensure the program is effective and relevant.

The EPODE methodology has shown encouraging results in preventing childhood obesity in France and Belgium and has now been implemented in a number of countries worldwide. The Healthy Kids Community Challenge is modelled after this program. Read more at: www.epodecanada.ca

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Quick Facts

- Currently in Canada only 14% of kids aged 5-11 years meet the Canadian Physical Activity Guidelines
- Kids aged 3-4 years spend 7.5 hours a day being sedentary. Those aged 5-11 spend 7.6 hours per day

Source: ParticipACTION Report Card 2015



Our Community Champion, Mayor Carman Kidd, sliding with his grandchildren and friends

Run. Jump. Play. Every Day.

Every nine months the Ministry of Health and Long Term Care will launch a new theme related to physical activity or healthy eating; two protective factors associated with healthy weights in children. We will rally around these themes and work with local partners in many sectors developing programs, policies and initiatives that promote and enable healthy behaviours.

The first theme is : **Run. Jump. Play. Every Day.** This theme encourages physical activity through a mix of active play, sport, active transportation and structured activities. Any form of fun or regular movement is physical activity. For kids of all ages, it should include bouts of moderate to vigorous activity to raise their heart rate.

Why “Run. Jump. Play. Every Day?”

Regular activity is so important for children’s development, not just physically, but also socially and mentally. Being active can help children:

- Improve cardiovascular fitness (heart and blood flow)
- Build strong muscles and bones
- Learn coordination and movement control and confidence
- Maintain a healthy body weight
- Have less risk of chronic disease in later life
- Improve self-esteem and have less depression, anxiety and emotional distress
- Improve learning and attention span, and achieve more at school
- Have more chances to express themselves, learn new skills and have fun
- Build social skills such as cooperation, respect for others, problem solving, fair play

Community Needs Assessment

One of our first program deliverables was to complete a Community Needs Assessment. The CNA is aimed at providing us with the necessary information to build targeted and evidence-informed Theme Based Action Plans.

Our Community Needs Assessment:

- Represents the entire Healthy Kids Community
- Represents local information
- Identifies needs, gaps and resources to support planning and delivery
- Identifies opportunities and assets to support planning and delivery

The Community Needs Assessment will serve as a living document and will be updated periodically.

It can be viewed by visiting our website:

www.temiskamingshores.ca

Under the Resident Tab



Our Community Champion, Mayor Carman Kidd, enjoying the Christmas Bird Count at the Hilliardton Marsh

Canada Physical Activity Guidelines

- **Infants (less than 1 year);** should be physically active several times per day-through interactive, floor based play
- **Toddlers (1-2years) and pre-schoolers (3-4 years);** should get at least 180 minutes of physical activity at any intensity spread throughout the day.
- **Children and youth (5-17years);** should enjoy moderate to vigorous physical activity adding up to 60 minutes daily. At least 3 times per week, kids should:
 - ◆ Do vigorous activity that makes them breathe hard and start to sweat, like playing tag, soccer, swimming, cycling
 - ◆ Do things that strengthen muscle and bone, like hopping, skipping, running, gymnastics, playing and swinging on playground equipment or volleyball



Tri Town Ski and Snowboard Village– Snow School

The Tri Town Ski and Snowboard Village is offering a Snow School for the 2016 Season. Group lessons are available for a beginner who wants to learn or a seasoned person that needs a refresher. Private lessons are also available.

Children can learn physical literacy skills that they will keep for life to remain physically active and will learn an appreciation for the outdoors.

A unique partnership with Keepers of the Circle Aboriginal Family Learning Centre has also supported the participation of members of our Indigenous community, to not just attend the school, but to enjoy the hill and all of it's amenities.

To make it easier for families to get to the hill this season, free transportation is available on weekends.

For Bus Schedule and Hill Information go to:

www.tritownskivillage.ca



Having fun learning skills at the Snow School

Our Rural Communities

When you live in a smaller community, it is not always easy to travel to larger towns to participate in programs and activities that are happening.

The Healthy Kids Community Challenge wants to give the opportunity for all of the children in our community to Run. Jump. Play. Every Day. How are we going to do this? Let's bring the activities to them! And let's give the families skills to enjoy free, unstructured play and activity outside.

Here are some of the activities we have done so far:

- Elk Lake Eco Centre Family Day Fishing School– families were given instruction on how to ice fish, winter safety and sustainable fishing
- Earleton Winterfest– children learned how to play Snowshoe Frisbee and a fun session of Drumfit was available. Different generations participated
- Hockey Skills Session in Elk Lake- the ice was fantastic at the outdoor rink in Elk Lake as children learned hockey skills from a certified coach. Of course a fun game of Shinny was had to finish off a great day



Healthy Kids Activity Information

We have been having so much fun getting physically active with the children of our Healthy Kids Community! There are so many great things happening, that we don't have enough room in our newsletter to list them all! Our Facebook Page shares what we are doing and the Healthy Kids Calendar on our Website lists all of the activities happening in our area. Don't forget to follow us on Twitter to get daily updates and tips on how to stay active as a family.



Healthy Kids Community Challenge the City of Temiskaming Shores



#HealthyKidsTem

Learn more about our Healthy Kids Activities at www.temiskamingshores.ca Under the Resident Tab!



“Make exercise part of your routine. Like brushing your teeth, or taking a shower. Don't even think about it. Just do it.”

Get out to the ODR!

Get on out and enjoy the many outdoor rinks in our Healthy Kids Community! Dymond Park, Shaver Park, Hudson Rink, Elk Lake Rink, the Skating Oval at the Pool/Fitness Centre in New Liskeard and I'm sure there are many more in backyards in our area.

Skating is a great activity for a family to do together. It helps build balance, muscles and endurance. It is also a good stress reliever.

Shinny Hockey is a fun way to practice your skills or just to enjoy the game in a relaxed environment.

We are very lucky to live in a climate that still allows us to enjoy this Canadian past time.

Remember to wear proper fitting skates and helmet and to dress warm for the weather.

We would like to thank the volunteers who put in endless hours to ensure the ice conditions are just right. A big thank you to the municipalities and townships that dedicate staff to maintain them during our harsh winters.



Our Community Champion, Mayor Carman Kidd, enjoying the Skating Oval in New Liskeard

Snowshoes Available at the Pool/
Fitness Centre in New Liskeard

The City of Temiskaming Shores has partnered with us to provide FREE Snowshoe Rentals to the community. (A Small deposit is required)

60 Pairs are available in various sizes to borrow for individuals, families or groups to enjoy the beautiful trails in our area.

Make sure you call to reserve yours today as they go fast. Especially when we get a big snowfall.

706-647-5709

60 Minutes Kids Club



Congratulations to **St. Pat's School in Cobalt** for participating in the 60 Minutes Kids Club Winter Challenge!

The 60 Minutes Kids Club is a free program where children in the school who have agreed to participate will be logging in factors about their daily lives which relate to health habits. The 60 Minutes Kids Club suite is free for schools and provides tools to track healthy behaviours; the Healthy Habits Tracker.

The top ten students in each school will receive prizes for being the most active and healthy students. The winning school will receive a banner for their school and will be eligible to win the Grand Prize. The program is based on percentage of students in the school.

We wish St. Pat's School good luck in the Challenge and congratulate them on being a Healthy, Active School!



Resting on the Buddy Bench after doing stairs!

To learn more about the 60 Minutes Kids Club go to: www.60minkidsclub.org

March Break Activation Week 2016



It's March Break Activation Week! Time to get outside and play. As a reward for getting active – 104.5 CJTT FM is giving away rewards all week long. Post what you do on their Facebook Page – must be an outdoor activity - and you could win a pair of swim passes, or a CJTT lunch bag, or a stainless steel canteen, a hoodie, snowshoes, equipment bags– or a special activity gadget.

March Break at the Elk Lake Eco Centre



March Breakaway Camp Itinerary



Date	Time	Theme	Activities/Description
Monday March 14, 2016	10am – 3pm	Out in the Cold	For the first day of our camp, we'll learn all about being outside and active in winter. We'll explore what you should bring on a winter excursion and some of the best ways to stay warm. We'll conduct experiments, play games, snowshoe over a relay obstacle course, and begin building a quinzee.
Tuesday March 15, 2016	10am – 3pm	Ski & Tree	Cross country ski games and lessons will be laced with learning about trees and how to identify them in winter. We'll taste cedar tea on the ski trail and maybe even head inside to make recycled paper or notebooks everyone can take home. Hopefully we'll all be nuts for nordic by then!
Wednesday March 16, 2016	10am – 3pm	Wildlife in Winter	Love animals? Interested in how they do things differently in the winter months? This is the day for you! We'll investigate winter adaptations, examine animal tracks in the snow, play games exploring winter ecology, and finish our own winter shelters (i.e. quinzee building part II).
Thursday March 17, 2016	10am – 3pm	Going Green for St. Patty's Day	The Elk Lake Pilot Project, in conjunction with Timiskaming Best Start, Timiskaming Health Unit, and Ontario Early Years Centre, is partnering with the Eco Centre to facilitate this day. After a morning treasure hunt, we'll have guest speakers in to guide us in making healthy snacks for the trail, going on an outdoor storywalk and nature hike on snowshoes, and making an eco-friendly St. Patrick's Day craft.
Friday March 18, 2016	10am – 3pm	Fun with Fires	We'll start off with a gathering hike and fire starting demonstrations. Then everyone will have a chance to start their own fires. We'll have fire starting races, followed by a big bonfire, where we'll roast snacks, play campfire games, and maybe even sing a song or two. Time to celebrate everything we learned over the course of the week and enjoy our last afternoon outside together.

Everyone is invited to attend our Mid-Winter Festival on Saturday March 19th. Campers can show off some of their new skills and engage in more winter fun. It's free for the whole family!!! Learn more at www.elklakeeco.com or www.facebook.com/elklakeeco or by calling 1-877-678-2248.

- * Schedule subject to change according to participants needs or equipment availability...we have lots of outdoor games in our back pockets!
- * All ages are welcome—children under nine please BYOP (Bring Your Own Parent), and those over nine are still encouraged to do so!
- * If you have your own outdoor equipment, please bring it! We have limited sizes and we want to accommodate everyone.
- * This is a FREE event for locals and for overnight guests, and it's just \$10/day/child for others! Any donations to the Elk Lake Eco Centre are greatly appreciated and will go directly towards getting more youth outside and active through educational programming.
- * Registration is limited to 20 children, so please register in advance. Send Mollie an email at mollie.winter@elklakeeco.com or give her a call at 1-877-678-2248 to let us know you're coming!

The Eco's March Breakaway Camp is facilitated by our Educational Tourism Program Development Intern, Mollie Winter, who really does love winter! She's an Ontario certified teacher with a passion for the outdoors, and she's excited to have help from northerner Emma Galley. Emma ran last year's camp during her co-op placement as a recreation and leisure services and ecotourism student. The Eco Centre is thankful for support from the Healthy Kids Community Challenge, the Elk Lake Ski Club, and the Elk Lake Pilot Project. Learn more about Mollie, Emma, and the Eco Centre's partners online at www.elklakeeco.com.