

Programs to Support Healthy School Communities:

Active Living

Welcome! Below is a list of programs, organizations and activities you may use to support Active Living in your school community.

Please note: Each school is **responsible for connecting with program contact person/organization to make arrangements** for staff professional development, access to resources etc.

If you need support/help please contact your School Health Promoter, Emma:

Emma.VanRooyen@nshealth.ca or 902-599-0350

Active Living	Program Description	Program Contact	The Cost
Life Long Learning Activities (e.g skating, swimming, rock climbing, bowling etc.)	<p>Early physical activity learning experiences are important for the promotion of lifelong participation in physical activity. Lifelong learning in physical activity means that students continue to learn physical activity skills and gain new knowledge and confidence throughout their lifetime. Schools offer many activities under the lifelong learning criteria which are designed to support physical literacy skills outside the school facility. Activities often include trips to local pools for swimming lessons, trips to arenas and curling clubs for skating and curling lessons, and exposure to activities such as skateboarding and biking safety and skills.</p> <p>Physical activity learning activities during school hours can be funded by the HSC 'Activity allocation'.</p>		Cost: Determined by activities/ frequency
After School Program	<p>The partnership between AVRCE, Department of Health and Wellness, and municipalities in the Valley provides \$2500 per school for After School Programs (ASPs). This funding is separate from the HSC funding allocation. ASPs are</p>	<p>Contact: Local recreation partner or School Health Promoter</p> <p>West Hants: kjohnston@westhants.ca Glooscap & Annapolis Valley First Nation: mpal@glooscapfirstnation.com Kings County: abrooker@countyofkings.ca</p>	

coordinated and led by local municipal recreation departments. Additional funds are also available to enhance ASPs. These monies can also be accessed by your municipal recreation contact.

Village of New Minas: lauraj@newminas.com
Town of Wolfville: nzamora@wolfville.ca
Town of Kentville: lbroderick@kentville.ca
Town of Berwick: npalmer@berwick.ca
Village of Kingston:
ewright@kingstonnovascotia.ca
Town of Middleton: mpal@town.middleton.ns.ca
Annapolis County:
nchisholm@annapoliscounty.ca
Annapolis Royal: alc@annapolisroyal.com

Cost: Contact recreation partners for more information about funding/costs.

Outdoor Play/Activities Training

Gr. P-3, 4-5, 6-8, 9-12

Outdoor play/activities training for teachers, parents/guardians, lunch supervisors, EA's and other support staff. Evidence clearly states that students and staff benefit from time spent outdoors, engaged in nature play and activities. Learn new ways to expand learning zones beyond the classroom walls and to move from 'play supervisor' to 'play facilitator.' Individual school or Families of Schools training available. Please contact Erin or Anna to arrange training to suit your needs.

Contact:
Emma Van Rooyen
Emma.VanRooyen@nshealth.ca
or 902-599-0350
or your local recreation partner.

No cost
(unless sub
time required
if offered
during
regular
school day)

Swim to Survive

Swim to Survive: Funding for the grade three Swim to Survive program is funded through a

Contact:
Mike Ouellette -902-538-4745,
mike.ouellette@avrce.ca

Grade 3

partnership between the AVRCE, Department of Health and Wellness and the National Lifesaving Society. Pool time, swim instruction, manuals and bussing are covered through the program.

www.lifesavingsociety.ns.ca

Please Note: This program is funded outside of school HSC allocation funds. Please contact for more information

PALS- Playground Activity Leadership Program

The Playground Activity Leadership program (PALs) aims to develop student leadership and support student-led physical activity opportunities during 'out of classroom' time- before school, recess, and at lunch.

PALs training requires a staff 'champion' (PALs Coordinator) at each school. They support the senior playground/physical activity student mentors (PALs). In the 2104/15 school year, some Family of Schools (FOS) planned PALs training sessions as a FOS for both PALS staff coordinators and PALs students. There is no cost to PALS training, however there may be costs associated with substitute teachers.

The HSC 'Activity' allocation can be used for PALs programs as well as the 'FOS Planning' allocation of \$500/ Family of Schools if the training is planned at the FOS-level.

Contact:

Local recreation partner, local school Physical Education staff or School Health Promoter.

Cost:

Possibly substitute teacher coverage (to release AVRCE staff trainer, and student mentors approx.. \$200/staff)

Kids Run Club

- Students in elementary, junior high and high schools across the province
- Group size can range from just a few to more than 100
- Coaches can be school staff, parents, peer leaders or community members

The Program

- Walk/jog approach allows everyone to participate, experience with running isn't required
- School groups run together 1 to 3 times a week
- Participants build their endurance in order to complete a final fun run of 2.1, 4.2 or 5 kilometres
- All participants receive a Runner's Handbook when they join and a finisher's prize at the end
- Healthy Living Challenge encourages participants to eat well, stay active, and reduce screen time
- Running log allows participants to track their progress

Contact:
<https://kidsrunclub.ca/>

No cost

Making Tracks Ecology Action Centre

Making Tracks is a Department of Education curriculum-approved program developed by the Ecology Action Centre. Making Tracks uses a train-the-trainer model to teach active transportation skill competency, confidence, and safety in walking, cycling, in-line skating, skateboarding, and scootering.

<https://ecologyaction.ca/making-tracks>
walk@ecologyaction.ca

Cost: of a train-the-trainer session (including material) is \$100 for a group session. The session can be open to your school, Family of School (to cost share), and the community. The Ecology Action Centre covers the trainer and travel costs for their staff above the \$100 fee.

Fundamental Movement Skills

Teachers passionate about incorporating physical literacy and physical activity into classroom curriculum (outside of physical education), coaches of school teams, physical education teachers as well as after school program leaders.

The Fundamental Movement Skills (FMS) workshop is a NCCP course supported by Coaching Association of Canada. The development of fundamental movement skills and motor skills is critical to establishing the foundation for physical literacy, which leads to participation in a variety of opportunities within sport and physical activity.

Fundamentals (FMS)

Contact:

Angela Morrison
Regional Sports Consultant, Sport Nova Scotia
amorrison@sportnovascotia.ca

High 5 Training

The HIGH FIVE Sport training is aligned with the FUNdamentals and Learn to Train stages of Long Term Athlete Development. HIGH FIVE Sport focuses on the social,

Contact:

Anna Sherwood, CCH - CSR
Anna.Sherwood@novascotia.ca
902-679-5161

emotional and cognitive development and wellbeing of children and youth. The training is based in research and has been designed to help coaches, instructors and teachers with top dilemmas such as working with parents, keeping the child's interest, ensuring fair play and fostering an emotionally safe environment.

Note: Participants who are NCCP certified may earn 3 Professional Development (PD) points towards maintenance of the NCCP certification status.

High 5 for Healthy Minds

Teachers passionate about incorporating physical literacy and physical activity into classroom curriculum (outside of physical education), coaches of school teams, physical education teachers as well as after school program leaders.

This is a one-hour online training opportunity with a downloadable resource to help those working with children positively influence their mental health. This training links HIGH FIVE to children's mental health. Developed with expertise from Dr. Stanley Kutcher and Dr. Wayne Hammond, this training offers engagement strategies for nurturing resiliency in children and provides insights into common mental health distress or disorders that children could be experiencing.

Contact:

Anna Sherwood, CCH – CSR
Anna.Sherwood@novascotia.ca,
902-679-5161

No cost

HIGH FIVE: Strengthening Children's Mental Health

Teachers (coaches, counsellors, instructors, managers, supervisors) will be able to identify key concepts related to children's mental health, as well as strategies to help staff promote positive mental health and respond appropriately to children with challenges and/or mental health conditions.

This training is developed in collaboration with the Canadian Mental Health Association – Ontario. It will help anyone running children's programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health including the impact of stress and environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

Contact:

Anna Sherwood CCH – CSR
Anna.Sherwood@novascotia.ca
902-679-5161

Cost:

Please contact for more information

Maritime Centre for African Dance

The Maritime Centre for African Dance will be working beginning in Nova Scotia in September doing interactive African Dance, Caribbean Dance, African Drumming and cultural workshops. These workshops promote ***Healthy Living, Physical Activity, Cultural Education and inclusivity!***

<https://mcafricandance.wordpress.com/>

Please contact the organization for more information.

Reconnecting with Nature Hike NS

Teachers, EAs, after school program leaders who would like to facilitate outdoor nature-based games and activities, intended to reconnect children and youth to the natural world.

This program, sponsored by Hike NS and Communities Cultures and Heritage. Hike NS has developed a series of activities and games, intended to reconnect children and youth to natural spaces through creative and investigative play.

These activities help adults to create magic and memorable connections between children and the natural world.

Contact:

Hike Nova Scotia
Janet Barlow, Executive Director

info@hikenovascotia.ca
902-932-6902

Depends on the level of training desired.

iWalk

International Walk to School Month in October

International Walk to School Month gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. People from over 40 countries walk to school together for various reasons — the environment, physical activity, safety and fun — all hoping to create communities that are safe places to walk.

The Ecology Action Centre

<https://ecologyaction.ca/iwalk>

Provide: posters and other promotional materials

No cost

Hockey Helmet Program

Recreation Facility Association of NS

Applications due Oct 11, 2019.

Email: rfans@sportnovascotia.ca
Mail : 5516 Spring Garden Road,
4th Floor Halifax, NS B3J 1G6

\$10/helmet,
to a max of
20

[Application Brochure](#)

AVRL Fit Kits

AVRL's Be Fit Kits are designed to help build physical literacy skills. The Original kits contain books, balls, scarves, frisbees, and more.

Check out the [AVRL website](#) for more information on the kits available.

No cost, but you need a library card!

The new kits are a little smaller,
and thematic, with each kit
focusing on one skill or activity.

Outdoor Play Canada

Outdoor Play Canada is a network
of advocates, practitioners,
researchers and organizations
working together to promote,
protect, and preserve access to
play in nature and the outdoors for
all people living in Canada.

Includes many [resources](#) for
educators and parents.

Outdoor Play [Website](#)

No cost