

PLAY Notes

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Melanie Cooper, Bruce Power representative, presents PLAY in Bruce Grey with \$15,000 to support the Longest Day of PLAY. Accepting the cheque are Catherine Smart, Jason Wepler and Dr. Hazel Lynn

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Meaford Explores Options for Improving Walkability

PLAY in Bruce Grey hosted a third walkability workshop in October 2011– this time in the Town of Meaford. A special thanks to Amber Knott for organizing the workshop and to Catherine Smart and Kate Hall for facilitating the session. During the session, community partners, municipal staff, elected officials, the Grey Bruce Health Unit and PLAY came together to discuss elements of a walkable community. Plans following the workshop include integrating the report into the Community Service Master Plan as well as including as a background report in the Official Plan review process.



Please contact Catherine Smart at catherine@smartmove.ca or Jason Wepler j.wepler@publichealthgreybruce.on.ca to bring this free workshop to your community.

Swim to Survive Arrives in Saugeen Shores

The Town of Saugeen Shores Centennial Pool is offering schools in the area the ‘Swim to Survive Program’ for **grade 3 /4** students based on a grant from the Lifesaving Society, South Port OPTIMIST CLUB and other corporate sponsors. These sessions have been very well received in previous years and the Town would like to offer swimming opportunities for your school age children again this year. This is a FREE Program for the children. We are anticipating 650 children to go through this program. The following areas have been targeted: Lions Head, Wiarton, Saugeen Shores, Chesley and Paisley. Also included are the private associations, home school children, able bodied, and children with disabilities. This program is able to take place because of generous donations from Community Organizations and currently our Major Sponsor is South Port Optimist Club.

CHERISH

A number of Grade 5 –8 girls at Mary Immaculate School in Chepstow were exposed to a unique afterschool program. Caring, Healthy, Energetic, Responsible, Informed, Safe, Happy (CHERISH). With funding from the Ministry of Health Promotion and Sport the female participants were educated on a variety of topics including physical activity, nutrition, internet safety, self-esteem, food safety and art therapy. The six week program was led by the Brockton Recreation Department in partnership with the Bruce Grey Catholic District School Board and the Grey Bruce Health Unit



Mary Immaculate students show their creative sides following a NIA session during the CHERISH program

Shortest Day of PLAY December 21st

With the success of the Longest Day of PLAY behind us, PLAY in Bruce Grey is planning to tackle an second event in 2011. The difference, however, is this one will be shorter, colder and more festive. What better time to get out, get active and burn a few calories than right before the Christmas season?



Schools, municipalities, community organizations and individuals are all encouraged to participate. Hours accumulated can be logged, by municipality, on the PLAY website. The *Shortest Day of PLAY* is designed to encourage Grey Bruce residents to get more active by taking this challenge. To confirm your intent to participate please register by emailing Cathy Smart, PLAY Coordinator, at catherine@smartmove.ca

“The Shortest Day of PLAY” in Bruce Grey

Communitywide Challenge!!

Wednesday, December 21st, 2011



Jason Wepler, Health Promoter Grey Bruce Health Unit

519-376-9420 or 1-800-263-3456 ext. 1408

Cathy Smart – PLAY in Bruce Grey at

Catherine@smartmove.ca or (705) 606-0985

Study suggests traditional playgrounds contribute to childhood obesity KATE HAMMER — EDUCATION REPORTER

From Wednesday's Globe and Mail Published Tuesday, Aug. 30, 2011

Video games, the Internet and fast food take a lot of the blame for childhood obesity, but there's growing evidence for an unlikely addition to the list of usual suspects: The school playground. For decades, schools have chopped down trees and replaced them with asphalt, monkey bars and basketball nets all in the belief that it would encourage exercise and make kids happier, but a growing body of research suggests the opposite is true.

Climbing childhood obesity rates – Statistics Canada says about one-in-four Canadian school-aged children are overweight – as well as evidence that exercise and greenery can be a boon to student learning have helped fuel interest in building exercise-friendly spaces for children. But change in the schoolyard – which is supposed to foster an active break from indoor lessons – is likely to be slow, with outdoor spaces low on the priority list in an era of budget crunches and crumbling infrastructure.

