

PLAY Notes

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Mandy Johnson and Kate Hall facilitate active transportation discussions in the Town of Saugeen Shores and the Town of the Blue Mountains.

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- ♦ Longest Day of PLAY event
- ♦ Walkability Workshops
- ♦ Active Healthy Kids Report Card



PLAY hosts two Community Walkability Workshops

PLAY in Bruce Grey hosted two walkability workshops in April in the Town of the Blue Mountains and the Town of Saugeen Shores. These two communities were chosen as pilot sites for the workshops due to their sponsorship of the Gil Penalosa presentation in January. During the four hour session, community partners, municipal staff and members of Council came together to discuss the walkability of their community. Using the Eight Principles from the International Charter for Walking, facilitators Mandy and Kate explored the criteria and discussed each principle in detail. The end result will be the development of a formal report, a deputation to Council and a request for the formation of an Active Transportation Committee of Council for each community.



This workshop is now available to other Grey Bruce communities. Please contact Catherine Smart at catherine@smartmove.ca or Jason Wepler j.wepler@publichealthgreybruce.on.ca for more information.

Canada's Active Healthy Kids Report Card Released



April 26th, 2011 marked the release of the 2011 Active Healthy Kids Report Card. As with past years, Canada's children and youth received a failing grade for both physical activity and screen time. The 2011 report focuses on the after school hours. For the full report please visit www.activehealthykids.ca

Indicators	Grade	Quick Stats	Recommendations for Action
Physical Activity Levels	F	<ul style="list-style-type: none"> • Only 7% of Canadian children and youth are meeting the new Canadian Physical Activity Guidelines • Fewer than 2% of Canadian children and youth get 90 minutes of MVPA on at least 6 days of the week (2007-09 CHMS). 	<ul style="list-style-type: none"> • Expend social marketing efforts to communicate the importance of regular, lifestyle-embedded physical activity throughout the day and week. • Healthcare practitioners should be proactive in talking to children and parents about the importance of physical activity for healthy development.
Organized Sport and Physical Activity Participation	C	<ul style="list-style-type: none"> • Though the proportion of Canadian children and youth participating in organized sport appears to be high, gender and income disparities persist 	<ul style="list-style-type: none"> • Though children and youth who participate in sport take an extra 1,600 steps per day, physical activity promoters and parents should ask whether there are other ways for kids to get that extra physical activity.
Active Play and Leisure	F	<ul style="list-style-type: none"> • Only 14% of 6- to 10-year-old boys and 7% of 6- to 10-year-old girls in Canada are getting at least 60 minutes of MVPA. In combination with the fact that children and youth only get 14 minutes of MVPA during the afterschool period 	<ul style="list-style-type: none"> • Parents should restrict television viewing, video and computer games during the after-school period (3 to 6 p.m.). • Encourage children and youth to play outdoors. • Social marketing campaigns need to target the promotion of active play at home, child care, school and in the community.
Active Transportation	D	<ul style="list-style-type: none"> • 24% of parents say their children use only active modes of transportation (e.g., walking, biking) in trips to and from school. By contrast, almost 62% of parents say their children and youth rely on only inactive modes of transportation to get to and from school 	<ul style="list-style-type: none"> • Efforts should be expanded to implement Active and Safe Routes to School programs in all communities. • Parents and school representatives need to explore the possibility of modifying school bus drop-off locations to provide for a "walking school bus" to complete the trek to school for children who require busing. • Initiatives need to be supported that facilitate active transportation to and from school (e.g., no drop-off zones around schools, safe and visible bike lock facilities on-site at schools)

What's Happening Across Grey Bruce?



Saugeen Shores PLAY Network

The Saugeen Shores PLAY Network promoted bicycle safety at the recent Safety Festival at the PLEX in Port Elgin. More than 1400 students were taught skills related to bicycle safety, maintenance, equipment and appropriate hand signaling. The group is also gearing up for the Longest Day of PLAY, Canada Day Kite Night and visit from Jays on the Road.



Owen Sound PLAY Network

Weekly KinderGym nights continue at Hillcrest Elementary School on Monday nights from 6 p.m. to 7 p.m. Attendance has been great thus far with 20-30 families attending on a regular basis. You can bring your own equipment or use the equipment provided. Regular equipment provided includes slides, tunnels, balance beams, tumble mats, bowling pins and balls, soccer nets and a parachute. Each evening also features organized games and a story.



Preschoolers enjoy time with their parents, grandparents and new friends during PLAY Kindergym nights in Owen Sound.

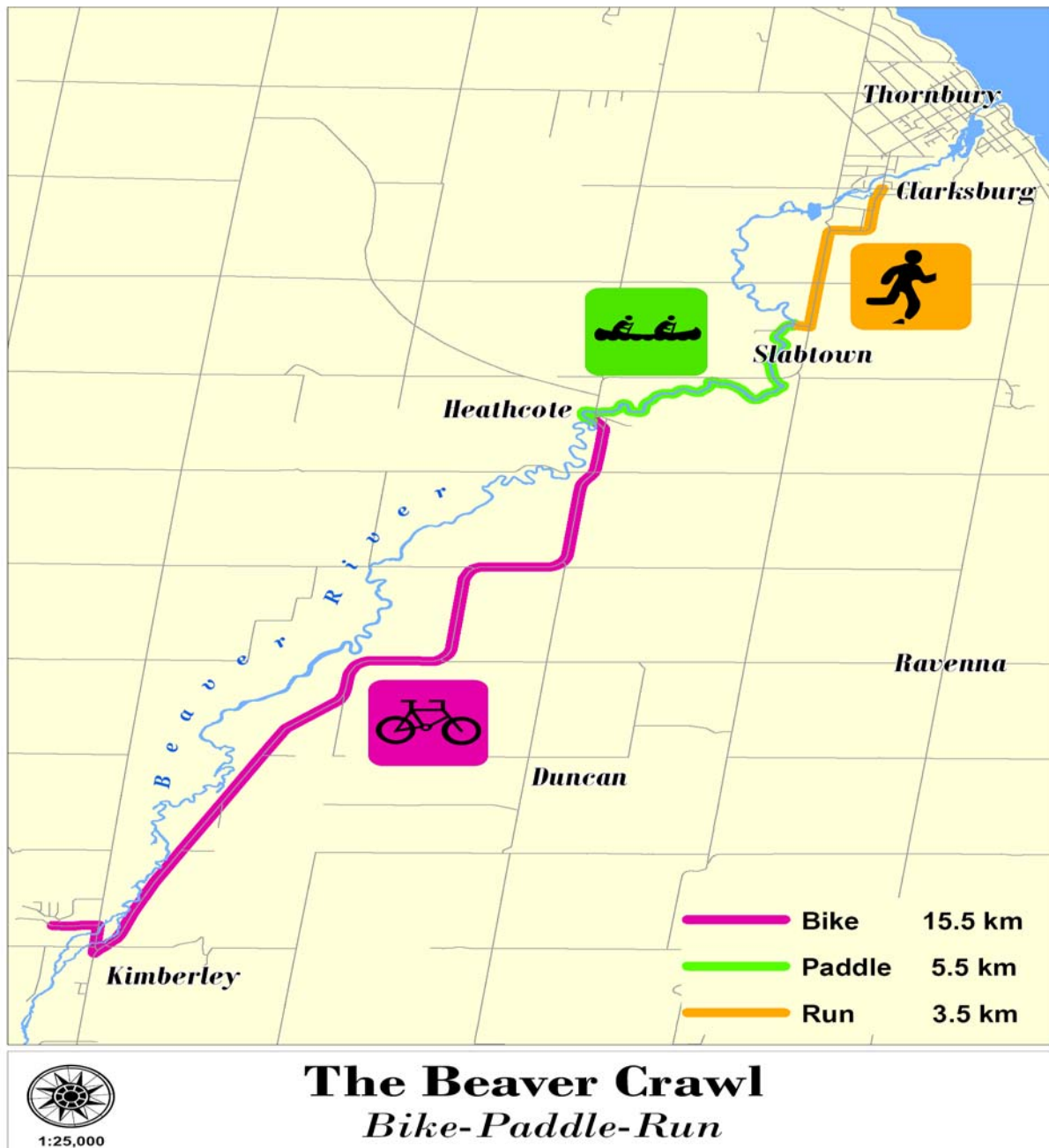
Arran Elderslie PLAY Network

Our “Play at School” gym night was a great success. It was a 12 week program that was held on Wednesday evenings from 6:30-7:30pm at Kinghurst School. It included many free play activities, such as scoops, skipping, ball activities, hoola hoops, tumbling on the mats, and many impromptu games based on the interest of the participants. There were up to 48 kids in attendance and everyone had a great time. Plans for the Longest Day of PLAY include free swim, Kinsmen BBQ, unstructured games and Cops for Cancer shave off all to take pace at Rotary Park.



Blue Mountains PLAY Network

Looking for something unique to do this Canada Day? The first annual Beaver Crawl is moving ahead. Registration is now open and you can search for “The 1st Annual Beaver Crawl” on Facebook for more information. The distances for the event are approximately a 15 km bike, 5 km of paddle and a 4 km run.



Meaford PLAY Network

The Meaford PLAY Network is wrapping up a session of drop-in Indoor Soccer for kids in grades 2 to 6 at Meaford Community School. The next free activity will be **Outdoor Soccer** during the month of **June** and is open to all elementary students in grades 1 to 8. Free **basketball** drop-in will be available during the month of **July** at the Meaford Community Centre for students in grades 7 to 12.

During the busy month of May, the PLAY Network supported Turn Off the Screens activities each evening and also assisted with a Family Dance on the Friday night which raised over \$2000 for the Heart and Stroke Foundation. The group is also sponsoring a Run/Walk clinic on Tuesday and Thursday evenings for people interested in preparing for the Meaford Harbour Run in July.

The group is planning a Bike Rodeo with the Meaford OPP detachment as part of the activities on Canada Day. As we plan our Future Community Leaders program, for young people in grades 6 to 8, we are anxiously awaiting to see if our request for funding has been approved. Last but not least, the indoor walking group also continues every Tuesday and Thursday morning from 9-11AM at the arena.

Just a reminder to check out the **newly revised PLAY website**. Thanks to all your feedback, we are confident the website will meet the needs of all our partners, funders, parents and general visitors.

Please forward any information you would like to have included on the site including events, news, pictures, etc.

PLAY is also excited to announce the development of a PLAY facebook page for those social media types. Thanks Peter for taking on this piece!

<http://www.facebook.com/events/create.php?eid=110866675668832#!/pages/PLAY-in-Bruce-Grey/129989997076045>



Longest Day of PLAY Media Release May 24th

The longest day is one month away, what are you doing to get ready to PLAY?



The *PLAY in Bruce Grey* physical activity project is pleased to announce the first *Longest Day of PLAY* on June 21, 2011. This event marks the first day of summer and the longest day of the year. The *Longest Day of PLAY* is designed to encourage Grey Bruce residents to get more active by taking this challenge. Prizes will be awarded to the municipalities with the highest percentage of their population who participate.

Many municipalities have already pledged their support for the challenge by signing the Memorandum of Participation to take part. Preliminary planning has begun across Grey Bruce with municipalities organizing activities including hikes, games, swimming, food and giveaways. Additionally, both the Bluewater District and the Bruce Grey Catholic District School Boards have joined the challenge with individual schools making plans to get their students up and moving throughout the course of the day.

“It’s really exciting to be part of the first regional physical activity initiative since Ontario’s World Record Walk in 2007. This is something PLAY municipalities have been requesting for a number of years and *PLAY in Bruce Grey* is pleased to take the lead” said Jason Wepler, Health Promoter at the Grey Bruce Health Unit. “Grey Bruce is a great place to live, work and PLAY and we need to encourage residents of all ages to be more active. Only about 50% of Grey Bruce residents are active on a regular basis and 22% are considered overweight or obese.”

To confirm your intent to participate please register by emailing Cathy Smart, PLAY Coordinator, at catherine@smartmove.ca

For more information about the event please visit the newly revised PLAY website at www.playbrucegrey.com



***“The Longest Day of PLAY” in Bruce Grey
Communitywide Challenge!!***

Tuesday, June 21st, 2011



For more info. please contact:

Jason Wepler, Health Promoter
Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456 ext. 1408

or

Cathy Smart – PLAY in Bruce Grey at
Catherine@smartmove.ca or (705) 606-0985

PLAY in Bruce Grey encourages YOU to get active!



“The Longest Day of PLAY” in Bruce Grey Countywide Challenge

The **PLAY** in Bruce Grey initiative is inviting your municipality to celebrate the first annual “Longest Day of PLAY” in Bruce Grey countywide challenge. Tuesday, June 21st marks the first day of summer and is the longest day of the year! All community members residing in Bruce and Grey are invited and encouraged to participate. The top three municipalities who log the most number of PLAY hours will win a prize!!

The ingredients for success to ensure that every municipality in Bruce and Grey participates includes the following:

- Community leadership
- Council and municipal buy in
- Identify and firm up a location(s)
- Community volunteer involvement

Activities through out the day could include the following:

- Morning community walk
- Kid Fest!
- Teen challenge!
- Lunch time Mayors walk with the business sector
- Family evening BBQ at your local park including organized games; Music and or a band and prizes distributed through out the evening.

Every municipality that completes a Memorandum of Participation will receive a tool kit from PLAY in Bruce Grey which will include program ideas; contacts; sponsorship and door prize opportunities. Every municipality that participates will receive 25 PLAY in Bruce Grey t-shirts which can be handed out throughout the day at the organizers discretion.

Please contact Cathy Smart – PLAY in Bruce Grey for more information at Catherine@smartmove.ca or (705) 606-0985 or Jason Wepler at the Grey Bruce Health Unit J.Wepler@publichealthgreybruce.on.ca or (519) 376-9420 x 1408.

Sponsored by PLAY in Bruce Grey; The Ontario Trillium Foundation and the Grey Bruce Public Health Unit.

PLAY in Bruce Grey encourages YOU to get active!

PLAY Dates!

Sept. 21st - Kincardine Davidson Centre

9:30 – 12:00 PLAY in Bruce Grey Network meeting

Special Guest Presentation TBD



June is Parks and Recreation Month www.recandparksmonth.ca

June 21st Longest Day of PLAY www.playbrucegrey.com

August 12 International Youth Day

September 17 Sports Day in Canada www.cbcsports.ca/sportsday

The “**new**” **Canadian Sedentary Behaviour Guidelines** have just been released by the Canadian Society of Exercise Physiology. :

For health benefits, children **5 – 11 years** and youth **12—17 years** should minimize the time they spend being sedentary each day. This may be achieved by:

- ◆ Limiting recreational screen time to no more than 2 hours per day
- ◆ Limit sedentary (motorized) transport, extended sitting time and time indoors

Sedentary Behaviour is time when children are very little physical movement.

Some examples include:

- ◆ Sitting for long periods
- ◆ Using motorized transportation
- ◆ Watching television
- ◆ Playing video games or computer

For more information visit www.csep.ca

