



DAVID CLARK (RANKIN INLET), RECREATION LEADER OF THE YEAR...



IN THIS ISSUE

2014 Recreation and Sport Recipients Celebrated...

The Recreation & Parks Association of Nunavut (RPAN) and Sport and Recreation Nunavut celebrated the achievements and contributions of our recreation leaders, athletes, coaches, officials and volunteers in Iqaluit, November 02nd, 2014

Congratulations to the following recipients:

David Clark (Rankin Inlet) – Recreation Leader of the Year

Cambridge Bay Wolverine Basketball – Community/Organization of the Year

Josee Tremblay (Nunavut Speed Skating) – Official of the Year

Kenneth-John Putulik (Chesterfield Inlet Hockey) – Male Athlete of the Year

Asini Wirjesooriya (Nunavut Speed Skating) – Female Athlete of the Year

Jeannie Arreak-Kullialik (Volleyball Nunavut) – Special Recognition

John Maurice (Nunavut Speed Skating) – Special Recognition

Glen Ullyot (Baker Lake Minor Hockey) – Special Recognition

Romeyn Stevenson (Iqaluit) – CPRA Award of Merit

2014 AWG Junior Female Basketball – Team of the Year

Donald Clark and Steve Faulkner (Rankin Inlet) – Coach of the Year

Brad Mainse – First Air Presidents Award of Excellent

On behalf of the Recreation and Parks Association of Nunavut as well as Sport and Recreation Nunavut...congratulations!



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2014-2015 After School Grant Recipients...

After school programs are intended to increase opportunities for physical activity for children and youth outside of regularly scheduled physical education classes and ongoing sport programs.

To assist community organizations in implementing successful programs that provide opportunity and encourage physical activity, the following **AFTER SCHOOL PROGRAM** applications were approved for funding:

- ✓ Suilaaqivik After School Program - \$3,300
- ✓ Amaruit Soccer Association - \$3,865
- ✓ Sanikiluaq - \$1,500
- ✓ Joamie School Badminton Club - \$2,200
- ✓ Kugluktuk High School Athletics - \$3,100
- ✓ Aqsarnitt Middle School TaeKwon Do - \$2,000
- ✓ Iqaluit Curling Club - \$5,000
- ✓ Hamlet of Kugaaruk - \$2,750
- ✓ Ranin Inlet Youth Basketball - \$3,045
- ✓ Rankin Inlet U12 Boys Soccer - \$1,900
- ✓ Kugluktuk Youth Recreation Program - \$5,000



DID YOU KNOW...

Effective afterschool programs can improve classroom behavior, school attendance, and academic aspirations and reduce the likelihood that a student will drop out.

Minister Ambrose announces winning submissions for The Play Exchange's



After challenging Canadians to help promote active and healthy living in schools across Canada through The Play Exchange's ACTIVE AT SCHOOL Challenge, the Honourable Rona Ambrose, Health Minister, today revealed the 13 winning ideas, one in each province and territory.

The winners include:

- [Je Bouge \(I move\)](#) (Sherbrooke, Quebec)
- [Fun and Fit 6 Week Challenge](#) (St. Andrews, New Brunswick)
- [MAP! \(Multisport After-School Program\)](#) (Wolfville, Nova Scotia)
- [Multizone: Infusing play, active learning and physical activity into health education](#) (Charlottetown, Prince Edward Island)
- [Bishops College "Core" Fitness Program](#) (St. John's, Newfoundland)
- [Elijah Smith Eagles Running Club](#) (Whitehorse, Yukon)
- [Range Lake North: Kanga Break](#) (Yellowknife, Northwest Territories)
- [School Youth on the Move](#) (Kugluktuk, Nunavut)
- [FitKid Coach](#) (Surrey, British Columbia)
- [The Fit Kit: Fitness and Fun for Our Littlest Ones](#) (Edmonton, Alberta)
- [File Hills Qu'Appelle Tribal Council \(FHQTC\) Physical Activity and Wellness \(PAW\) Initiative](#) (Indian Head, Saskatchewan)
- [Standing Up For A Challenge](#) (Brandon, Manitoba)
- [DrumFIT® Kit + Kick-Off Day](#) (Wellesley, Ontario)



Pathways to Wellbeing: A Framework for Recreation in Canada

Pathways to Wellbeing: A Framework for Recreation in Canada is a joint initiative of the Interprovincial Sport and Recreation Council and the CPRA and its members. The Framework is being presented to the Provincial/Territorial Ministers in February for endorsement.

This document and the Framework it describes is a call to action that invites leaders, practitioners and stakeholders in a variety of sectors to collaborate in the pursuit of common priorities, while respecting the uniqueness of individuals and communities across Canada. The Framework presents an opportunity to return to traditional paths and to forge new ones that will ensure recreation's continued relevance and leadership in the journey to wellbeing. The time to move forward is now.

The Framework describes 5 goals & priorities for action. The goals are:

1. Active Living
2. Increase inclusion and access
3. Connecting people and nature
4. Supporting environments
5. Recreation capacity

The Framework presents a renewed definition and vision of recreation, identifies challenges and opportunities for the sector and confirms common values and principles.

A RENEWED DEFINITION OF RECREATION

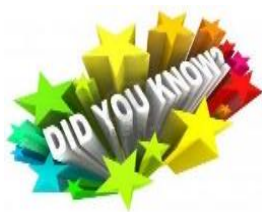
Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.



The Recreation and Parks Association of Nunavut would like to thank the many companies and organizations who contributed towards the Silent Auction and our annual awards dinner fundraiser. This year we raised \$3,710.00.

- ✓ First Air
- ✓ Calm Air
- ✓ Ottawa Senators
- ✓ Winnipeg Jets
- ✓ Canada Basketball
- ✓ Canadian Soccer Association
- ✓ Speed Skating Canada
- ✓ Arbonne
- ✓ Promomedia Group Inc
- ✓ Clarion Hotel
- ✓ Southway Hotel
- ✓ Sport and Recreation Nunavut





Get Active After School Campaign

in 2015.

The Recreation and Parks Association of Nunavut (RPN) will be working on the development and implementation of a Territorial "Get Active Campaign and program

With the intent to launch the Campaign in September 2015, the development of an After School Program campaign will significantly benefit communities, kids and youth in Nunavut. A number of focus areas will be implemented through the campaign that will support the implementation of quality programs. In providing support and training to implement a variety of programs/services to meet various needs, interests and demands, we are encouraging and providing opportunity to significantly increase physical activity levels in our communities.

The implementation of the Get Active Nunavut After School Program campaign will be completed in three phases. Phase I will include the development of a Strategy...How will we get kids more active; who will get kids more active; what kind of support can be provided to communities; what resources do we have; how do we celebrate what we are presently doing; how do we provide training; what is preventing us from going forward?

Phase II will focus on the preparation of resources to support the Program including:

- ✓ Logo/Slogan/Branding
- ✓ Signature School Challenge
- ✓ Activities Resource Handbooks
- ✓ Tool Kits
- ✓ NEW Grant Program and Guidelines
- ✓ Participation School/Community Banners
- ✓ New page on RPN website
- ✓ Best Practice Handbook
- ✓ Training Sessions

Phase III will be the official launch of the Campaign and will take place at the 2015 Recreation and Sport Leader Conference.

This project is financially supported through a donation from Canadian Tire.

Benefits of physical activity

Physical activity is an important part of healthy living at any age, and it's essential for children.

Physical activity helps children:

- ✓ develop cardiovascular fitness, strength, flexibility, and bone density
- ✓ maintain a healthy body weight
- ✓ reduce the risk of chronic disease and health problems
- ✓ lessen the likelihood of tobacco, alcohol, and drug use
- ✓ feel better every day, through improved mental health and well-being

Making regular physical activity a habit at an early age will provide your child with lifelong benefits. Adults with higher levels of activity are able to carry out their daily tasks more easily and with less fatigue and, later in life, enjoy lower rates of bone loss associated with osteoporosis while also maintaining strength, flexibility, balance, and coordination.

How much physical activity is enough?

It is recommended that children and youth get at least 60 minutes a day of moderate to vigorous-intensity physical activity.

Reaching this goal is easy. Increase your child's physical activity by just five or 10 minutes every few weeks. The time they spend being active will eventually add up to 60 minutes a day

Ways to encourage physical activity

Physical activity is more than just organized sports. It can include everyday activities like walking the dog, playing tag, building a snowman or tobogganing.

Here are a few tips to help teach children the importance of daily physical activity:

- ✓ Schedule active time for your children after school.
- ✓ Combine periods of moderate activity like walking or biking with periods of more vigorous activity such as running or playing soccer or tag.
- ✓ Activities like soccer, baseball, square dancing, skiing, and basketball provide opportunities to learn new skills while having fun.
- ✓ Balance the day with physical activities that are informal and unstructured, like playing tag or

building a snowman. This is particularly important for children who tend to shy away from competition.

- ✓ Set a positive example by being physically active as a family. Plan regular outings to hike, cycle, walk, or skate.
- ✓ Remember to praise your children for being active. Confidence is the key to success!



Led by Chef de Mission Mariele DePeuter, Team Nunavut will be thirty-one (31) strong including athletes and mission staff. Athletes will participate in speed skating, badminton, female curling and table tennis.

Good luck to our athletes!!!!

HELPFUL LINKS:

Ontario: Active After School

<http://activeafterschool.ca/ontario>

Dash BC

<http://dashbc.ca/>

After the School Bell Rings

<http://www.afterschoolmanitoba.ca/>

LIN: Active After School

<http://lin.ca/taxonomy/active-after-school-resources>

Let's Get Active After School

<http://activeafterschool.ca/>

Active at School: Canadian Tire

<http://activeatschool.ca/en/>

ParticipACTION – Teen Challenge

<http://www.participaction.com/teen-challenge/>

Boys and Girls Club of Canada

http://www.bgccan.com/Pages/BGCC_Splash.aspx



Ilagiiktunut Fund: RPAN Approved for \$85,605

In a joint application to the Ilagiiktunut Fund, the initiative lead by the Recreation & Parks Association of Nunavut (RPAN) and in partnership with the Hamlets of Clyde River, Pond Inlet, Arctic Bay, Igloolik and Hall Beach, funding has been approved for the implementation of the Get Happy Summer Day Camp and Training initiative.

The Get Happy Summer Day Camp and Training will be implemented in three Phases beginning in January 2015 and includes the development of resource materials to support staff training and day camp program implementation; a week long training session for summer day camp staff including national High Five certification, St. John First Aid, summer day camp planning and the implementation of a four to six week day camp program for children in each of the communities.

Our current focus is on building capacity in our communities that support the implementation of quality recreation programs and services. This program will provide a template for other summer day camp initiatives and will develop resources that can be used in any community in Nunavut.

The benefit of such a program cannot be underestimated. It will build youth leadership skills, build esteem and confidence, provide summer employment, provide training and certification to twenty-five summer staff, increase physical activity and creative thoughts and so much more. RPAN is pleased with the partnership created with the five communities mentioned and are confident that a quality program will be delivered next summer and that resources will be developed to support the program long after the initial implementation.

