



HEALTHY KIDS

COMMUNITY CHALLENGE

CITY OF GREATER SUDBURY



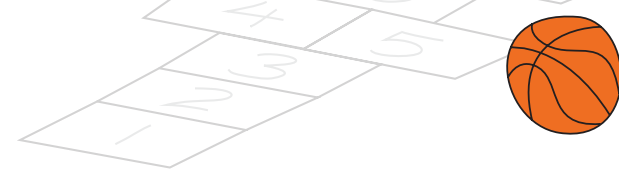
POWER OFF AND PLAY!

January – September 2018

What is the Healthy Kids Community Challenge?

The City of Greater Sudbury is one of 45 communities across Ontario to participate in the Healthy Kids Community Challenge, a Ministry of Health Initiative that supports the health and well-being of children in the community.

The Healthy Kids Community Challenge introduced a new theme every nine months to address topics related to children's health. The fourth and final theme, Power Off and Play!, ran from January to September 2018. This theme encouraged children and families to build a balanced day that limits children's screen time through initiatives that incorporated training, equipment, programming and education.



CONNECTING WITH FAMILIES

 2,630 likes
23,953 people reached per month

 4,896 visitors
14,896 page views



WE CHALLENGE YOU!

Jump into Summer Contest

We challenged families during the first week of summer to submit photographs of their screen-free activities for a chance to win prizes.

54 families participated

Active Transportation School and Child Care Field Trips

We challenged schools and child care centres to get out and use active transportation (walking or public transit) to explore their city.

3665 students
565 km travelled
218 field trips
27 schools and day cares



Walk and Wheel to School Challenge

Children were challenged to walk or bike to school from June 4 to 8, 2018 then to submit the number of kilometers they travelled. In total, the challenge covered an equivalent distance from Sudbury, Ontario to Saint John, New Brunswick.

1,583 km travelled
169 children participated



Power Off and Play Here!

Child care centres and after school programs that have made the decision not to allow recreational screen time received a decal for their door and a poster to let their clients know they are committed to a "Power Off and Play!" environment.

53 locations

TEACHING NEW SKILLS!

Cultivate Your Neighbourhood

Elementary school students participated in planting, nurturing and eating vegetables and fruit grown in their nearest community garden.

1,251 students participated
21 schools and after school programs



Way to Swim

Classes from 4 schools walked or rode Greater Sudbury Transit at no charge to the YMCA Sudbury for free swimming lessons.

164 children participated

Begin to Swim

Free swimming lessons were offered to new or beginner swimmers at two local beaches during the summer.

77 children participated

Drop-in Skating Tips

Children and families received tips to learn to skate or to improve their skills at various outdoor rinks during the winter.

77 children received instruction

5 outdoor rinks

Drop-in Skate Park Instructors

Children and youth had an opportunity to improve their skills and to learn new tricks on their skateboard or scooter during scheduled times at Skate Parks throughout the City.

35 children received instruction

4 outdoor skate parks

Adventures in Cooking

Children ages 8 to 12 gained basic cooking skills through free programs offered in a variety of community settings.

258 children participated
17 locations



NEW OPPORTUNITIES!

Active Adventures to School

Healthy Kids partnered with three local schools to encourage children to use active transportation to get to school. Events included cycle safety training, Walk and Wheel Week, a weekly Walk to School program and more.

81 children participated

Healthy Kids Harvest Festival at the Market!

Healthy Kids partnered with The Market in downtown Sudbury. Activities included "Market Money" – coupons for fresh fruit and vegetables – free Corn on the Cob, a skate exchange and free skate sharpening.

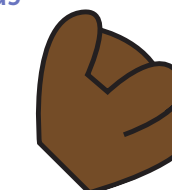
550 children received Market Money
70+ pairs of skates were distributed



"Stay and Play" at Neighbourhood Parks

Neighbourhood Playground Associations and local volunteers hosted free weekly get-togethers at municipal playgrounds. Families were invited to use playground and new sports equipment, to meet their neighbours and to enjoy active play close to home.

134 children participated
8 Neighbourhood Playgrounds participated



Healthy Kids Snow Day 2018

Healthy Kids hosted its third annual Snow Day in February. A variety of family-friendly outdoor events were offered free of charge.

720 children attended
18 community partners hosted events or sponsorships



Mobile Adventure Play Pilot

Specially trained staff visited parks across the City in their van filled with cardboard, wood, dress-up clothing, art supplies and more to provide children and parents with an opportunity to imagine, create and build their own adventure playground.

664 children from 246 families
32 professionals/volunteers trained
29 events at 20 locations

