

## Community Application Program Details

- ◆ Applications may be submitted at any time throughout the year.
- ◆ Maximum amount to be funded is 50% of the proposed cost up to a maximum of \$500. per application.
- ◆ Eligible cost shareable expenses include instructor fees, accommodation, travel, instructional material, etc.

Approved contributions will be made upon successful completion of the project and submission of a financial report.

### Examples of Eligible Projects

- ◆ Providing Youth with Fitness Leadership Training.
- ◆ Providing training or support for Community Leaders which leads to increased Physical Activity in their programs. (i.e. Boy Scouts/Girl Guide Leaders implementing Physical Activity components in their program)
- ◆ Training for sport coaches on how to maximize the amount of physical activity by participants.

For further information on Active Kids-Healthy Kids Leadership Development Fund contact the Municipal Recreation Department in your community;

Town of New Glasgow Tel: (902) 755-8363  
email: [rmaclean@newglasgow.ns.ca](mailto:rmaclean@newglasgow.ns.ca)

Municipality of Pictou County Tel: (902) 485-8528  
email: [recreation@county.pictou.ns.ca](mailto:recreation@county.pictou.ns.ca)

Town of Pictou Tel: (902) 485-6057  
email: [director@townofpictou.com](mailto:director@townofpictou.com)

Town of Stellarton Tel: (902) 752-8944  
email: [dhood@town.stellarton.ns.ca](mailto:dhood@town.stellarton.ns.ca)

Town of Trenton Tel: (902) 752-1019  
email: [batesmartin@hotmail.com](mailto:batesmartin@hotmail.com)

Municipality of Antigonish County Tel:(902)863-1141  
email: [marlene.melanson@antigonishcounty.ns.ca](mailto:marlene.melanson@antigonishcounty.ns.ca)

Town of Antigonish Tel: (902) 863-3686  
email: [tcameron@townofantigonish.ca](mailto:tcameron@townofantigonish.ca)

Municipality of the District of Guysborough  
Tel: (902) 533-3508  
email: [phochman@municipality.guysborough.ns.ca](mailto:phochman@municipality.guysborough.ns.ca)

Town of Mulgrave Tel: (902) 747-2243  
email: [tltibbo@hotmail.com](mailto:tltibbo@hotmail.com)

Municipality of the District of St. Mary's  
Tel: (902) 522-2598  
email: [steven.porter@munet.ns.ca](mailto:steven.porter@munet.ns.ca)

Town of Canso Tel: (902) 366-2525  
email: [carla@townofcanso.com](mailto:carla@townofcanso.com)

OR

Nova Scotia Office of Health Promotion -  
Sport & Recreation Division  
20 St. Andrews St.,  
Antigonish, NS B2G 2H1  
Tel: (902) 863-7380 Fax: (902) 863-7477  
email: [macisagx@gov.ns.ca](mailto:macisagx@gov.ns.ca)

# Highland Region Active Kids- Healthy Kids

## Leadership Development Fund

A project of the  
Highland Region Recreation  
Coordinators  
in partnership with  
Nova Scotia  
Office of Health Promotion -  
Sport and Recreation Division



Active Kids, Healthy Kids

  
NOVA SCOTIA

Health Promotion  
Sport and Recreation

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## Active Communities

### **A Regional Plan for Leadership Development in Physical Activity**

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#### **Purpose**

The purpose of the fund is to provide financial assistance to new initiatives in leadership training and development which result in:

- ◆ Increased youth involvement in Physical Activity Leadership Roles.
- ◆ Increased and Improved Physical Activity leadership skills of Community Recreation and Sports Leaders.

The fund was established in a manner which is consistent with the Nova Scotia Physical Activity Strategy for Children, Youth and Families. The fund is designed in a manner which values and adopts the following strategy principles:

- ◆ "Quality Leadership among service providers is essential to physical activity opportunities that maximize healthy child development."
  - ◆ The strategy will identify and build on what is currently offered by existing groups, organizations, and institutions in the community.
  - ◆ Collaborative effort among agencies, government, and non-government organizations is a proven method for achieving results.
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## **Background**

The Nova Scotia Physical Activity Strategy (Active Kids-Healthy Kids) was created by a working group of government and non-government organizations on behalf of the Minister responsible for the Nova Scotia Sport and Recreation Division. The three year strategy is supported and funded by the Office of Health Promotion-Sport and Recreation Division; Department of Health; Public Health Services; and the Department of Education, English Program Services.

Inactivity among children and youth is becoming an epidemic in Canada, and Nova Scotia is no exception.

The following chart reports the percentage of students who accumulated the Nova Scotia recommendation of 60 minutes or more of moderate or vigorous physical activity each day:

2001-02	Grade 3	Grade 7	Grade 11
Male	90%	62%	12%
Female	92.3%	44%	6.9%

**Note:** Full study available at <[www.gov.ns.ca/src](http://www.gov.ns.ca/src)> under Active Kids Healthy Kids.

- Only 15 per cent of Nova Scotia high school students take physical education.
  - Only 25 per cent of Nova Scotian students aged 5-17 years walk or bike to school every day.
  - The average Canadian child is sedentary for three to five hours every day.
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## **Vision**

In the year 2010, Nova Scotia will be known as a province that experienced a fundamental shift in its support for active, healthy lifestyles for children, youth and families. Communities, schools, and workplaces will welcome, encourage, and support physically active lifestyles.

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#### **Goal**

The long term goal of the Active Kids, Healthy Kids strategy is to increase the number of children and youth who accumulate at least 60 minutes of moderate or vigorous activity on a daily basis.

#### **Components of the Strategy**

- Policy & Program Development
- Active Communities
- Active School Communities
- Active Community Environments
- Public Education
- Evaluation and Monitoring

For additional information on the Active Kids/Healthy Kids Strategy visit our website at [www.gov.ns.ca/src](http://www.gov.ns.ca/src)