

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY

Healthy Kids Community Challenge- January to June 2016

Theme 1: Run. Jump. Play. Everyday.



Program or Service	Start Date	End Date	# served to June 30, 2016	Who was served
Healthy Kids Public Education Campaign Marketing, social media and direct education campaigns to help parents get their children active and eating well.	Dec 2015	March 2018	6,245 website users 1,375 Facebook likes	Campaigns reached families in all neighbourhoods.
Supportive Skating Program Free equipment and lessons at selected outdoor rinks	Jan 2016	March 2016	90	Programs were offered to 6-12 year olds at outdoor rinks in the Donovan, Minnow Lake and Chelmsford.
Activate Your Neighbourhood Healthy Kids is providing support to grassroots groups to organize Active Play events in their neighbourhoods.	Feb 2016	Ongoing	10 events 201 adults 247 children	This program is available to all neighbourhood groups and citizens.
Supportive Swimming Lessons Free lessons at City and community pools for children from selected schools.	Jan 2016	March 2016	11 Schools 285 children	School boards selected schools where many children aged 7 to 11 had not had the opportunity to take swimming lessons.
Winter Wonder Free outdoor education field trips for selected schools.	Jan 2016	March 2016	481	Students from age 9 to 12 at schools across Greater Sudbury.
Supportive Cycling Program Free cycling equipment and lessons for children in need.	March 2016	June 2016	98	Programs were offered to 4 to 12 year olds at school locations in Flour Mill, New Sudbury and Hanmer.
Activate Grades 5 to 8 Free weekly drop-in physical activity programs in neighbourhood youth centres and community centres.	April 2016	Ongoing	705 visits 49 sessions	Programs were offered to 10-12 year olds at locations in the downtown, South End, Onaping Falls, Levack, Chelmsford, Hanmer, Lively, Flour Mill.
Activate Your Recess Equipment, resources and training to support more active play at selected schools (through the Recess Rescuers program), child care centres and Best Start Hubs.	April 2016	June 2016	15 schools 670 children	10 schools from across CGS were selected for this program by school board partners.
Active Transportation Support for children and families to walk and cycle to get to school and activities- including the piloting of a Walking School Bus and the Walk and Wheel to School Challenge	April 2016	June 2016	366 children	Participating schools were from: Naughton, Coniston, Garson, the South End, Downtown, and Hanmer.
Free Snowshoe Lending in Partnership with Greater Sudbury Public Libraries. Community members can borrow snowshoes to get out and be active.	Feb 2016	March 2016	303 pairs checked out	Snowshoes were available at 6 library locations.
Snow Day A free, fun-filled family festival to promote active outdoor family fun and introduce the community to the Healthy Kids Community Challenge.	Jan 2016	Feb 2016	750 (382 children)	Families from across CGS participated in this event.
HKCC partnered with Centre de santé communautaire du Grand Sudbury (CSCGS) to offer a soccer program at no cost for francophone youth.	April 2016	June 2016	130	This program served francophone children aged 4-12 from Hanmer and the surrounding area.

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY
Healthy Kids Community Challenge - July 2016 to March 2017
Theme 2: Water Does Wonders



Program or Service	Start Date	End Date	# served to March 31, 2017	Who was served
Healthy Kids Public Education Campaign Marketing, social media and direct education campaigns to help parents get their children active, eating well and drinking water.	Dec 2015	March 2018	13,094 Website users 1,878 Facebook likes	Campaigns reached families in all neighbourhoods.
Water Environment Improvements Improving access to water where kids and their families meet and play. We prioritized locations where we could have the largest impact. Water infrastructure included fountains, filling stations and portable water dispensers, as well as providing water bottles so that children can access the water.	July 2016	March 2017	22 water fountains 1 quench buggy trailer 2,500 water bottles 30 coolers	Water fountain locations are across the City of Greater Sudbury.
Activate Your Neighbourhood Healthy Kids provided support to grassroots groups to organize Active Play events in their neighbourhoods. This program is available to all neighbourhood groups and citizens.	July 2016	March 2017	14 events 380 adults 499 children	Events were held in neighbourhoods throughout the City.
Capacity Building and Training for Healthy Kids-Staff/ Educators/ Adult Influencers. Training on fluoride, weight bias, food skills and healthy child development.	July 2016	March 2017	109 individuals trained	Educators and professionals trained came from across Greater Sudbury.
Community Based Water Education "Tap and Thirsty", our fun and friendly, bilingual, water animators, visited kids at playgrounds, events and festivals and taught children and families about the benefits of making the switch to water.	July 2016	March 2017	79 visits 3,000 children 950 received 2 or more visits	Visits were held across Greater Sudbury.
Activate Grades 5 to 8 Free weekly drop-in physical activity programs for 10-12 year olds in neighbourhood youth centres and community centres.	July 2016	March 2017	9 sites 265 sessions 3,029 visits 462 youth	Programs offered downtown, South End, Onaping Falls, Levack, Chelmsford, Hanmer, Lively, Flour Mill.
The Team Water Challenge Interested coaches or team managers of children's sports teams signed their team up and agreed to drink only tap water at games and practices and, if they had after-game snacks, to have only fresh veggies and fruits.	July 2016	Sept. 2016	24 teams 305 kids	Teams participated from sports leagues across Greater Sudbury
The Lunchbox Challenge Students signed up for the challenge and pledged to bring a refillable water bottle or white milk in their lunch every day of November.	Nov. 2016	Nov. 2016	1,509 students	Students and their families from across Greater Sudbury Participated.
The Water Does Wonders Pledge Challenge Families, organizations and sports leagues took a pledge to commit to promoting drinking water and reducing consumption of sugary drinks.	March 2017	April 2017	83 families 21 organizations	Families and organizations from across CGS participated in this challenge.
Free Snowshoe Lending in Partnership with Greater Sudbury Public Libraries. Community members can borrow snowshoes to be active.	Jan. 2017	March 2017	311 pairs checked out	Snowshoes were available at 6 library locations.
Snow Day A free, fun-filled family festival to promote active outdoor family fun.	Feb 2017	Feb 2017	18 partners 23 volunteers 720 children 708 adults	Families from across CGS participated in this event.
Water Festival Healthy Kids provided a water station and an activity station at the Water Festival- two days of water themed activities for grade 4 aged children across the City.	Sept. 2016	Sept. 2016	700 children 12 partners	Students from across Greater Sudbury participated.
iCan Bike program A earn-to-ride program for children and youth with disabilities.	July 2016	July 2016	30 participants	This program served children with disabilities from across Greater Sudbury.

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY
Healthy Kids Community Challenge – April to December 2017
Theme 3: Choose to Boost Veggies and Fruit.



Program or Service	Start Date	End Date	# served to December 31, 2017	Who was served
Healthy Kids Public Education Campaign Marketing, social media and direct education campaigns to help parents get their children active and eating well.	April 2017	Dec 2017	9,647 Website views 2,205 Facebook likes	All families in Greater Sudbury across all neighbourhoods.
The Bright Bites Challenge The Bright Bites Challenge and contest encouraged students, teachers and school leaders to boost their school's nutritional environment. Participating schools, made healthy changes, earned badges, won prizes and received recognition on social media.	April 2017	Dec 2017	8 schools 96 classrooms 268 badges 184 teachers & school leaders	Schools from across Greater Sudbury participated.
Activate Your Neighbourhood Healthy Kids is providing support to grassroots groups to organize Active Play events in their neighbourhoods. This program is available to all neighbourhood groups and citizens.	April 2017	Dec 2017	839 adults 717 children 16 events	Events were held in neighbourhoods throughout the City.
Food Skills for Kids and Families This intervention trained adult influencers/ staff of children ages 0-12 years to deliver the Adventures in Cooking Program to children aged 9-12. Support was provided for participants to deliver programming to the children and families in their care.	April 2017	Dec 2017	42 people trained 8 training sessions 13 new sites will be able to deliver this program	Staff from programs across Greater Sudbury participated.
Community Based Healthy Eating Education Super Snackables The Super Snackables were out in the community visiting parks and children's programs where they had fun teaching kids about healthy snacking. They brought along our featured fruit and veggies of the month so that more kids could try them.	June 2017	Dec 2017	76 visits 3400 children 3000 received veggie and fruit Snack Packs	Visits took place at camps and parks across Greater Sudbury.
Activate Grades 5 to 8 Free weekly drop-in physical activity programs in neighbourhood youth centres and community centres.	April 2017	Dec 2017	9 sites 265 sessions 3,029 visits 462 youth	Downtown, South End, Onaping/Levack, Chelmsford, Lively, Hanmer & Minnow Lake
Pop Up- Good Food Box MARCHÉ- The Good Food Box MARCHÉ held Pop Up Fruit and Veggie markets in two neighbourhoods where grocery store access is limited. As a pilot project, the market operated over the summer and fall and sold fresh fruit and veggies at cost to local families.	April 2017	Dec 2017	12 weekly markets 2 neighbourhoods 435 families 708 children	Copper Cliff and Minnow Lake
Cultivate your Neighbourhood This interactive and hands-on program took kids on a journey from seed to plate. It offered elementary school students and groups of children the opportunity to plant and nurture fruit and vegetables from seed and plant in their nearest community garden, tying it all together with a fall harvest lunch.	April 2017	Dec 2017	1912 students at 21 schools 393 children & 499 adults attended 7 community events 19 volunteers were trained	Schools from across Greater Sudbury participated.
Healthy Kids Week at the Market From September 19 to 23, 2017, Greater Sudbury celebrated Healthy Kids Week at the Market. Kids aged 0-12 were given free Market Money that they could spend on fresh local produce.	Sept 9 th 2017	Sept 23 rd 2017	6 participating markets 515 children	Participating Markets were in the Downtown, South End, Flour Mill, Minnow Lake, Copper Cliff, and Lively
Walk and Wheel to School Challenge Students from across Greater Sudbury participated in the Walk and Wheel to School Challenge by walking or riding to school for a week.	June 2017	June 2017	157 children 1389 kilometers travelled	Children from across Greater Sudbury participated.

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY
Healthy Kids Community Challenge – January to September 2018
Theme 4: Power Off and Play

Program or Service	Start Date	End Date	# served to Sept.ember 30, 2018	Who was served
Healthy Kids Public Education Campaign- Marketing, social media and direct education campaigns to help parents get their children active and eating well.	Jan 2018	Sept 2018	14,896 Website views 2,630 Facebook likes	All families in Greater Sudbury across all neighbourhoods.
Active Adventures to School- Rainbow Routes, 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 and a weekly Walk to School program	Jan 2018	Sept 2018	81 children participated in training and walk to school events	All schools were invited to participate. Schools in the South End and Donovan were chosen.
Activate Your Neighbourhood- Healthy Kids provided support to grassroots groups to organize Active Play events in their neighbourhoods. This program was available to all neighbourhood groups and citizens.	Jan 2018	Sept 2018	69 children 39 adults 3 events	Events were held in neighbourhoods throughout the City.
"Stay and Play"- Neighbourhood Playground Associations and local volunteers hosted weekly get-togethers at municipal playgrounds. Families were invited to use playground and new sports equipment for informal play time.	May 2018	Sept 2018	134 children 102 adults 8 Neighbourhood Playgrounds	All playground associations were invited to participate. Parks in New Sudbury, the South End, Val Caron and the West End participated.
Adventures in Cooking- Children ages 8 to 12 gained basic cooking skills through free programs offered in a variety of community settings.	Jan 2018	Sept 2018	258 children 170 classes 25 sessions 17 locations	Classes were offered at youth centres, community centres and schools
Mobile Adventure Play Pilot- This program trained municipal park and child care staff to deliver unique play opportunities at parks, playgrounds and child care centres. During the summer, specially trained staff brought a van filled with cardboard, wood, dress-up clothing, art supplies to parks across the City to provide families with an opportunity to imagine, create and build their own adventure playground.	May 2018	Sept 2018	664 children 246 families 32 staff trained 29 events at 20 locations	Events were held in parks across Greater Sudbury
Begin to Swim- Free swimming lessons were offered to new or beginner swimmers at two local beaches during the summer.	July 2018	August 2018	77 children participated	Lessons were offered at Bell Park and Nephawin beaches
Way to Swim - Selected classes from grades five to eight either walked or rode Greater Sudbury Transit to the YMCA Sudbury for free swimming lessons.	Mar 2018	June 2018	164 children participated	Schools from Downtown, West End & Flour Mill participated
Drop-in Skating Tips- Children and families received tips to learn to skate or to improve their skills from instructors at various outdoor rinks during the winter.	Jan 2018	March 2018	77 children 13 sessions 5 outdoor rinks	Rinks in the South End, Garson, Flour Mill and Hanmer
Drop-in Skate Park Instructors- Children and youth improved their skills and learned new tricks on their skateboard or scooter with the help of an instructor, during scheduled times in September.	Sept 2018	Sept 2018	35 children 6 sessions 4 outdoor skate parks	Skateboard parks in Minnow Lake, Gatchell, Azilda and Hanmer
Cultivate your Neighbourhood- This program offered students and families the opportunity to plant and nurture fruit and vegetables from seed and plant in their nearest community garden, culminating with a fall harvest lunch.	Jan 2018	Sept 2018	1,251 children 54 classes or groups 23 schools 7 community events	Schools from across Greater Sudbury participated.
Healthy Kids Day at the Market- Greater Sudbury celebrated Healthy Kids Day at the Market. Children aged 0-12 were given free Market Money that they could spend on fresh local produce.	Sept 2018	Sept 2018	550 children received Market Money 70+ pairs of skates were distributed	Children from across Greater Sudbury participated.

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Healthy Kids Community Challenge – January to September 2018
Theme 4: Power Off and Play



Program or Service	Start Date	End Date	# served to Sept.ember 30, 2018	Who was served
Walk and Wheel to School Challenge Students from across Greater Sudbury participated in the Walk and Wheel to School Challenge by walking or riding to school for a week.	June 2018	June 2018	169 children participated 1,583 km travelled	Children from across Greater Sudbury participated.
Active Transportation Field Trips- We challenged schools and child care centres to get out and use active transportation (walking or public transit) to explore their city.	Mar 2018	August 2018	3665 child participants 218 field trips 27 schools and child care centre	Schools and child care centres from across Greater Sudbury participated.
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.	July 2018	July 2018	54 families participated 104 contest entries	Families from across Greater Sudbury 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. Greater Sudbury Transit provided free public transportation to this popular event.	Feb 2018	Feb 2018	720 children attended 708 adults attended 23 volunteers 18 community partners	Families from across Greater Sudbury participated.