



# HEALTHY KIDS

## COMMUNITY CHALLENGE

### CITY OF GREATER SUDBURY

## CONNECTING WITH FAMILIES

 2,630 likes  
23,953 people reached per month

 4,896 visitors  
14,896 page views



## 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.

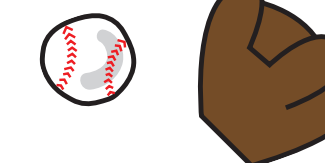
**550** children received Market Money  
**70+** pairs of skates were distributed



### "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



## THEME FOUR REPORT CARD



## 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.



## 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

