

Theme 4
January 2018
- September 2018

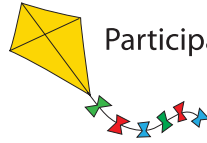
HEALTHY KIDS
 COMMUNITY CHALLENGE
 PETERBOROUGH



Power OFF and PLAY!

Stay within recommended screen time limits.

142+ partners involved through HKCC updates, projects, consultation and engagement.



Participated in **20+** community events and hosted **1** partnership meeting.

Peterborough Child and Family Centres offered a **family workshop** on "reducing screen time" with **30 families (30 parents, 40 kids)** attending.

15 "Outdoor Ed" puppet shows in the community and school assemblies educating **2400+** kids about the importance of getting off screens and exploring nature.

Powering off Screens for Kids Health - knowledge transfer event hosted by Peterborough Regional Health Centre's Personal Health Improvement Team (PHIT) had **150+** parents/guardians and health professionals attend.



50 parents/caregivers and **75** children and youth shared meals and stories during **Nourish's Family Friendly Community Meals** events.

23 parents and **38** children and youth participated in **Nourish's Screen-Free Family Meals and Activities** series.

8 schools participated in the **Powering Off and Play: School Challenge**, with an emphasis on **environmental-level changes** such as **Screen Free Meals** and **Loose Parts Play**.



Put screens away during important times of the day (i.e., 1 hour before bedtime, and during meals and snacks).

GreenUP distributed **free Peterborough Transit Passes** to **914** Grade 8 students for the March Break. Passes were delivered to **46** classes at **18** schools.

1300 Pulse Play Guides were distributed by **GreenUP** and partners featuring **28** unique local recreation/family activities. Guides distributed to **523** low income families directly.

Swimming lessons provided to **47** children and **53** monthly passes were distributed to families in **Curve Lake First Nation**.

Replace some screen time with other activities.



14 free public skates and **1** free kids shinny hockey offered during Family Day and March Break at **7** municipal recreation centres in Peterborough City and County.



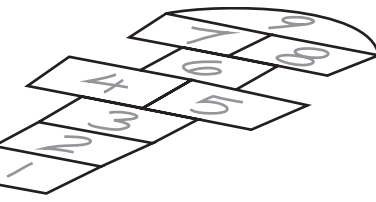
1083 individuals participated in the **Discovery Day** events, offered by **Otonabee Region Conservation Authority** as family friendly alternatives to screen time. **Kawartha Nordic Ski Club** provided barrier free cross country **skiing lessons** for **14** classes (**300+ Grade 5-8 students**) to learn new skills, be active, and reduce screen time.

Peterborough Family and Child Centres expanded its **board game** and **book collection** in their lending library, reaching approx. **600+** families.



Over **1800+** people participated in the **Peterborough Public Library** Children's Department summer programming and benefited from the addition of **5** giant active games, **13** new board games and **7** maker boxes that included circuit making, knitting, origami, jewellery, magnetiles and simple engineering challenges.

21 schools reaching **1763** students, **78** teachers and **157** parent volunteers participated in the **Think Outside** curriculum based outdoor education program for students from JK-Grade 8.



HKCC Legacy Project: 52 Hopscotch stencils (**32** in the City, **19** in the County of Peterborough and 1 at Hiawatha First Nation) installed on **26** school playgrounds and **10** municipal parks/First Nation & community centres to promote physical activity, literacy and all of our healthy living messaging.