



**KIDS
RUN
CLUB**

KIDS RUN CLUB ANNUAL REPORT 2020-2021



2020-21 KIDS RUN CLUB PROGRAM

During the 2020-21 school year, the Healthy Tomorrow Foundation's (HTF) Kids Run Club (KRC) program found innovative ways to reach students who were learning from home. In another year of rolling school closures, the HTF is proud to have demonstrated its resilience by expanding KRC's digital offerings. The expanded digital resources meant that KRC could reach more students, teachers and families, despite the challenges of the ongoing COVID-19 pandemic.

Children and youth across the province have met the uncertainties of the COVID-19 pandemic with great courage. We salute their commitment, which has been vital to the success of KRC over the past year. The HTF believes kids come first, and change starts at the grassroots level. The earlier we effect change, the better for our youth and their loved ones.

FALL 2020: MODIFIED KIDS RUN CLUB

Typically, the KRC program focuses on getting kids running in the spring, taking at least three months to build their endurance in preparation for a fun run at the end of the school year. Last year, with COVID-19 restrictions still in place, the foundation designed a modified version of the program to keep kids active all year long. This modified program saw more than 450 students across the province get running during their physical education classes this fall.

***Vision:** Every child is inspired, informed and empowered to be healthy and active for life.*

The modified program was designed to combine shorter class time runs with longer "homework" runs done at home. It also includes the traditional KRC resources: handbooks, runner's logs, finisher's prizes and, when possible, visits from KRC representatives who facilitate running clinics or deliver healthy living presentations.

SPRING 2021: KRC LET'S MOVE/SOIS ACTIF

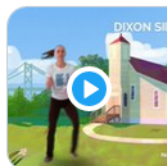
The KRC's biggest achievement this year was the launch of a new bilingual program called **KRC Let's Move (KRC Sois Actif in French)**. The goal of KRC Let's Move is to provide a fun, simple, free and effective bilingual resource to support Primary to Grade 6 classroom teachers in facilitating movement, whether they are teaching online and or in the classroom. Seventy-five teachers across the province registered for the program, allowing it to reach more than 10,500 students.



Kids Run Club @KidsRunClub_DNS · Jun 14

Let's move into Monday, with a 5-min movement break! Today we're visiting Africville. It was a historic Black community with deep roots in North End Halifax.

To learn more & see a 360 virtual tour of the Africville Museum visit: nsheritage3d.ca



KRC Let's Move: Africville Museum National Historic Site
[youtube.com](https://www.youtube.com)



SPRING 2021: KRC LET'S MOVE/SOIS ACTIF

The KRC Let's Move program resources include the [KRC Let's Move Toolkit](#), which contains tips for teachers; [KRC Let's Move videos](#), a series of five-minute movement breaks; ideas for outdoor activities; the Alphabet Activity Challenge for use outdoors or in a gymnasium; and the modified KRC running program.

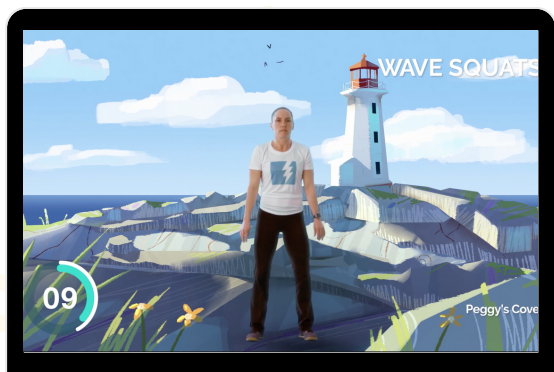
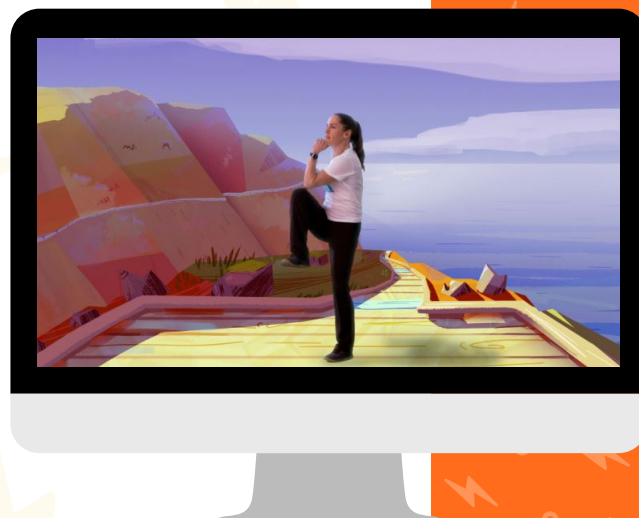
The energetic, artful KRC Let's Move videos have been enjoyed by kids across Nova Scotia and beyond. The videos were produced by Accomplice Content Supply Co., a Halifax-based media production company. They feature digitally animated depictions of 12 scenic locations and cultural landmarks across the province.

Whale-watching off the coast of Brier Island, a traditional Mi'kmaw birch bark canoe and petroglyphs on the shoreline of Kejimikujik National Park, and wild horses on Sable Island are just a sample of the interesting and educational backdrops. (Watch the videos online at tinyurl.com/KRCLetsMove.)

The videos were created with support from the Nova Scotia Department of Education and Early Childhood Development. The KRC YouTube page shows that the KRC Let's Move videos were viewed more than 9,000 times between the program launch in May and the end of the school year.

"It's so hard finding French resources. You've created French resources that combine geographical landmarks of Nova Scotia and physical activity, a rare gem. I'm so grateful," said Ms. D'Entremont, a French teacher and KRC coach with École Wedgeport.

In addition addition to the thousands of kids who got active with KRC Let's Move/Sois Actif this spring, many adults working from home engaged with us on social media and reported having fun using the movement break videos to help them get more physical activity during their workday.



You Retweeted



Doctors Nova Scotia @Doctors_NS · Apr 15

Hey physicians: our April magazine is online now & explores @NSMoves, dedicated to helping Nova Scotians lead active, healthy lives. Learn about its marquee running program @KidsRunClub_DNS & its #MakeYourMove campaign about moving more & sitting less: buff.ly/3aaQLin



Kids Run Club @KidsRunClub_DNS · May 28

DYK: The first 100 Nova Scotia teachers who register for KRC Let's Move/Sois Actif will receive a \$25 gift voucher for Chapters or Canadian Tire?

We've ALMOST reached our goal but have a few more spots left! Please spread the word! Register here: kidsrunclub.ca/lets-move-sois-activ



Pinned Tweet

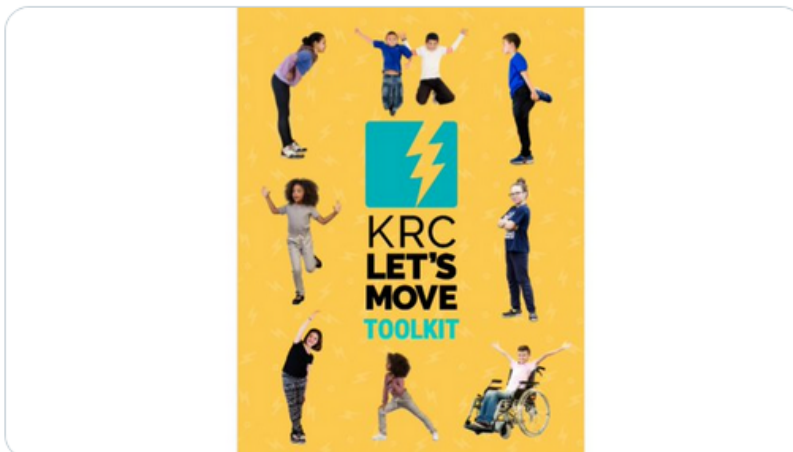


Kids Run Club @KidsRunClub_DNS · Jun 15

Teachers: Wondering what FREE resources we offer? Check out our KRC Let's Move Toolkit! It has:

- 🕒 5 min movement break videos
- ☀️ Ideas for outdoor activities
- 👤 Alphabet Activity Challenge for outside or gym
- 👣 Kids Run Club modified running program

kidsrunclub.ca/wp-content/upl...



SPRING 2021: KIDS RUN CLUB

As spring approached, the Healthy Tomorrow Foundation was excited by the number of dedicated teachers who were registering for KRC and making plans to get their students active with a spring run club. Due to the third wave of COVID-19 in the province, students only had a few weeks to run together before the schools returned to online learning in April. But KRC was there to support coaches and runners the whole time and in the end, KRC inspired 1,214 students to lace up their sneakers and get running.



Before schools returned to online learning, KRC coordinator Leah Jabbour was able to start visiting schools including a stop at Citadel High School in Halifax to run with their girls-only running club. Led by teacher and long-time KRC coach Amber Cowan, this club was designed to inspire girls to remain active throughout their teen years. Although the school shutdown meant that the group only ran together for three weeks, their coaches worked hard to make the most of the time available and encouraged members to keep running while they were distance-learning.





KIDS RUN CLUB



"We hosted two school wide runs this year. In December, the Jingle Bell Run and in June, the Fun Run. The whole school ran two different routes. The uppers ran a loop around community. It is 500m so they ran it 5 times. The lower ran around the field for 20 mins. We had Mrs. Brown act as a water station spraying all the minis as it was a hot one. Each group ran with their cohorts to keep distancing."

- LeeAnne Webber,
Springville Elementary
teacher who helps
organize 352 runners.

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SPRING 2021: KIDS RUN CLUB

At Dr. John C. Wickwire Academy in Liverpool, N.S., the KRC program typically launches in April. This year, students hosted their own virtual run club when they resumed online learning.

Running coach and teacher Adam Leuschner said, "Our first-ever virtual running program kicked off on April 30." To facilitate their activities, Leuschner drew upon KRC's online resources. "We handed out our virtual KRC Runners Handbooks and a virtual Runners Log, which was adapted using Google Docs to allow students to track their runs 'live' over a 14-day period. We encouraged all of our students to take the challenge and run once a day for the 14 days we had been scheduled to be online, learning virtually."

Notably, students took charge of the challenge by incorporating play into their run club activities.

Coach Leuschner said, "Many of our students took the challenge. They ran around their homes, played tag in their yard or headed to their local parks and beaches to get a walk or run in."

He applauds the creativity that his students demonstrated in finding ways to stay active and maintain their commitment to KRC.

SUMMER 2021: KRC AT HOME

To inspire and challenge kids to continue to be active over the summer months, the KRC at Home program will continue for its second year.

KRC at Home is a progressive, eight-week program based on final run distances of 2, 4 or 5 km. Resources are available in English and French, including training programs, tips related to running and healthy living, and certificates of achievement.

Keep an eye on KRC's [Facebook](#) and [Twitter](#) pages over the summer months for more great content designed to inspire kids to keep active and set new goals over the summer months.

THANK YOU FOR YOUR CONTINUED SUPPORT