

A program of the



Healthy Tomorrow
Foundation



**KIDS
RUN
CLUB**

YEAR-END REPORT

**2021
-22**



Doctors
Nova Scotia

NOVA SCOTIA



MD Financial
Management

Scotiabank
Healthcare+

KIDS RUN CLUB HAS BEEN HELPING NOVA SCOTIA'S YOUTH EMBRACE ACTIVE AND HEALTHY LIVING SINCE 2004

COMING BACK STRONG

In the 2021–22 school year, 145 schools, 13,500 kids, and almost 300 teachers and coaches participated in Kids Run Club (KRC).

Despite the ongoing and significant challenges Nova Scotia schools faced during the pandemic, when classes were back in session, teachers and students were ready to jump back into action. From early April to mid-June, KRC representatives supported schools in every region of the province, helping teachers plan their run clubs and making in-person visits to motivate and educate students.

The 2021–22 KRC groups ranged in size from seven students at Pleasant Bay School (the entire student body) in Cape Breton, to 400 recess-running students at Elmsdale District Elementary School, and all students and staff at H. M. MacDonald Elementary School, outside Antigonish, N.S., who took part with the goal of doing a virtual run across Canada.

The beauty of KRC is that teachers can adapt the program to suit their school in terms of club size, grades participating, and the frequency and duration of runs. The one thing all KRCs have in common, however, is that participants have fun being active!



STUDENT★ COACHES

The Healthy Tomorrow Foundation (HTF) was grateful to resume the partnership between KRC and 12 Dalhousie Medical School first and second year students, who volunteered as KRC coaches to support nine local schools.



Dr. Louis Martin & year-one med student Jill Lamb at St. Catherine's School



Dalhousie Medical School Student Coaches

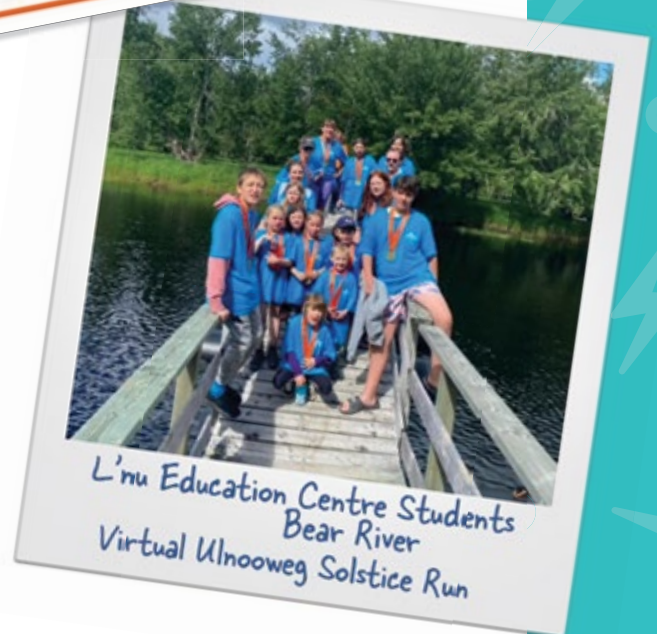


Dalhousie Medical School Student Coaches

FUN RUNS

The HTF recognizes that a celebratory final run can provide a positive experience for KRC participants. This year, hundreds of KRC members across the province participated in fun runs at the end of the school year. Not only do fun runs help to motivate kids to run and work hard during the program, but it also allows them to experience a sense of accomplishment and celebration at the end of the program.

For these reasons, the KRC reps encourage schools to make their final runs special. Kids Run Club also helps participants take part in community-based runs throughout the province by providing sponsorships to reduce financial barriers.



THIS YEAR, THE PROGRAM SPONSORED:



122
KRC PARTICIPANTS

who took part in the Doctors Nova Scotia Youth Run at Blue Nose Marathon in Halifax



ALMOST
50
KRC PARTICIPANTS

who took part in the virtual Ulnooweg Solstice Run in Millbrook



HTF SPONSORS

the Run Nova Scotia Youth Running Series and the Inverness Youth Running Series

KRC EN FRANÇAIS

The HTF is committed to providing KRC resources that will support schools across the province in getting their students active, including French schools.

French materials, including French versions of the Runner's Handbook, Healthy Living Challenge and certificates of achievement, have been available since the program was introduced and we seek to hire representatives who are bilingual when possible.

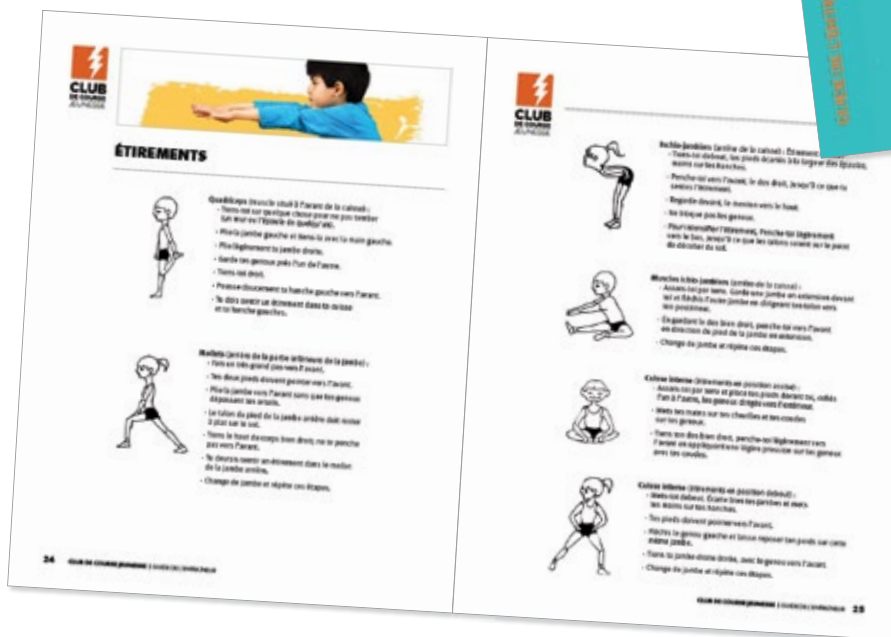
This year, thanks to financial support from the provincial and federal governments, the KRC Coach's Handbook was translated into French. Having this important document available for French teachers is critical to providing comprehensive resources and helping to ensure the program is implemented in the best possible way.



Healthy Living Challenge



Coach's Handbook



Coach's Handbook

what **OUR** ★
COACHES
are saying

100% OF
coaches
SAID

they will
do KRC
next year

ALMOST
90% OF
coaches
SAID

KRC attracts
kids who don't
normally participate
in extra-curricular
programs and
that they noticed
improvement in their
participants' running



Kingswood Elementary Coaches



Robbie Comar on left, Blue Nose Mascot Myles & the KRC Team

“Keep doing what you're doing! The program is excellent.
You do a great job getting more people in Nova Scotia active!”

– Robbie Comar, physical education teacher,
Prospect Road Elementary School and Grosvenor-Wentworth Park Elementary

“ This year, 150 of our students, with the support of nine dedicated teachers, participated in KRC. For most of these students, participating in extracurricular sports and clubs is not a possibility due to financial, linguistic and family constraints.

Many of the students at our school are strong, proud new Canadians, but do not have the same recreational opportunities that many other Nova Scotian children enjoy. Kids Run Club gave our students a club to call their own; a safe, fun group of peers and teachers celebrating running and active living. Kids Run Club became an opportunity for students to demonstrate their strengths and gain confidence in abilities that they were not able to show in classroom settings. The enthusiasm and pride for being part of the club extended beyond students, with parents and grandparents sharing their pride in their child's achievements with teachers and school staff.

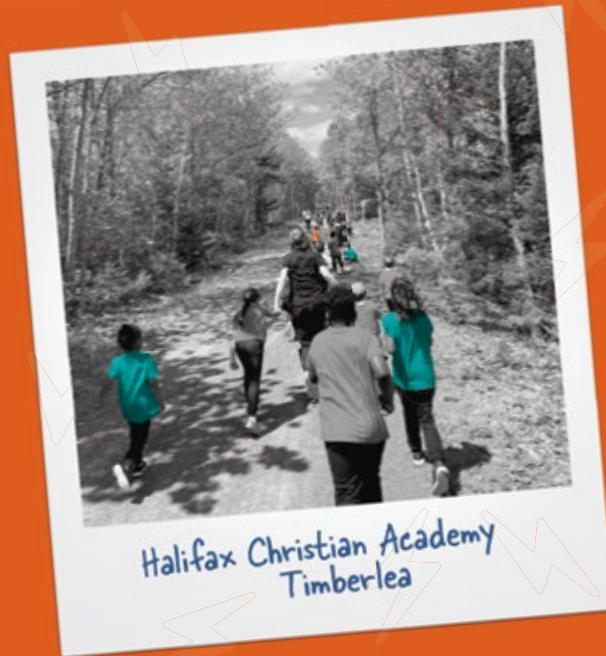


Pleasant Bay Final Run 2022

With the support of the Healthy Tomorrow Foundation, our students had the opportunity to participate in the Blue Nose Marathon Doctors Nova Scotia (DNS) Youth Run. This was the first official youth run for most of our students; it gave them a goal to work toward throughout the KRC season and made for an incredibly exciting day for all involved.

Participating in the DNS Youth Run would not have been possible without the financial assistance of the Healthy Tomorrow Foundation. Our KRC group wrapped up the year with the Gorsebrook Youth Running Series races, which were a success and highlight for many students, teachers and parents.

– Sara Thompson, M.Ed. TESOL and CRP,
EAL teacher, Joseph Howe Elementary



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Made possible by support from

