

How to Apply

Send your completed application to:

**Town of Kentville,
Department of Parks and Recreation**
354 Main Street
Kentville, Nova Scotia
B4N 1K6
Phone: 679-2539 **Fax:** 679-2375
E-mail: recreation@kentville.ca

FIRM DEADLINE:
Friday, February 17th, 2012
4:30 p.m.

Program Partners

The following organizations work together to manage the Active Kids, Healthy Kids Fund:

Nova Scotia Department of Health & Wellness

EKM Health Foundation

Eastern Kings Community Health Board

Central Kings Community Health Board

Kings County Parks and Recreation

Town of Wolfville

Town of Kentville

Village of New Minas

Canning & District Recreational
Commission

?Questions?

Any **questions** about the Fund or about the application process, contact the following:

EKM Health Foundation

Phone: 542-2359

e-mail: foundation-ekm@avdha.nshealth.ca

Central Kings Community Health Board

Phone: 681-2524

e-mail: ckchb@avdha.nshealth.ca

Eastern Kings Community Health Board

Phone: 542-1244

e-mail: ekchb@avdha.nshealth.ca

Kings County Parks and Recreation

Phone: 690-6124

e-mail: bmacarthur@county.kings.ns.ca

Canning & District Recreational Commission

Phone: 582-2033

e-mail: canningrec@ns.sympatico.ca

Village of New Minas

Phone: 681-6577

e-mail: village.newminas@ns.aliantzinc.ca

Town of Wolfville

Phone: 542-2400

e-mail: jboyd@wolfville.ca

Town of Kentville

Phone: 679-2539

e-mail: recreation@kentville.ca

N.S. Health & Wellness (Valley)

Phone : 679 – 6121

e-mail : Anna.Sherwood@gov.ns.ca

What is the Active Kids, Healthy Kids Fund?

Eastern Kings County

Active Kids, Healthy Kids Fund

The Nova Scotia Department of Health and Wellness, in conjunction with the EKM Health Foundation, the Eastern Kings Community Health Board, Central Kings Community Health Board, Municipality of Kings County, the Town of Wolfville, the Town of Kentville, the Village of New Minas has made limited funds available to the community to support local groups and organizations to improve health through increasing physical activity levels of our children and youth.

The fund is designed to help community organizations deliver innovative physical activity initiatives that enable youth and their families to lead physically active lifestyles.

Funds are available to communities in Eastern Kings County (including the communities of Wolfville, Port Williams, Greenwich, Grand Pre, Canning, Gaspereau, Scotts Bay, Sheffield Mills, Centreville, Kentville, Coldbrook, Halls Harbour, New Minas, North/South Alton and surrounding areas, etc.)

**NO PROJECT IS TOO SMALL
BE CREATIVE!**

Information for Applicants

The Eastern Kings AKHK Committee will consider all applications to the Fund, however the following are provided as a guideline to applicants regarding the priorities the committee will be following in its assessment of the applications:

High Priority

- Projects helping inactive children and youth to become more active
- Projects targeting older youth (13-18yrs)
- New activities/programs from groups
- Programs directed to youth and involve the important principles of physical activity *

Low Priority

- Large capital projects
- Ongoing annual programs or special events (especially those receiving funding previously)

Successful Projects Should :

- Increase the ability of the group or community to provide ongoing physical activities and leadership
- Be able to report on the progress of the project
- Show your group needs funding support
- Involve youth in the planning and leadership of the program
- Include fair and safe play principles
- Provide either structured or unstructured opportunities for youth to participate in physical activity
- Focus on daily activities at home, at school and/or in your community and build on what is currently offered by groups/organizations in the community.



Project Examples

- Skipping Clubs
- Before/After School Activities
- Recreational Youth Sport/
Outdoor Clubs
- Youth Fitness Programs

* The Principles of Physical Activity

- Physical Activity means the movement of major muscle groups and includes the components of cardiovascular endurance, flexibility and strength.
- Children and youth require 60 minutes (accumulated) of moderate daily physical activity - every minute counts!
- Successful initiatives value and support existing strengths and abilities of youth, participants, organizations and communities.