



PRINCE GEORGE
COUGARS

Prince George Cougars Spirit of Healthy Kids School Program



Spirit of Healthy Kids Program now available across Northern BC

In 2015 the Prince George Cougars launched what was then called the Read to Succeed Program through School District #57. It was created based on the shared belief that daily reading and physical activity was a healthy addition to children's lives. Training the Prince George Cougars players to deliver this

message worked well and the program grew in popularity among students and the players. In 2017 Spirit of the North Healthcare Foundation along with Northern Health joined in support of this program with added messaging and encouragement to support key areas of focus. Spirit of the North Healthcare Foundation, as a funder of healthcare equipment, education and enhancements for the region suggests that the act of giving, whether it is through your time, your income, or through lending expertise or helping others, creates a healthy community. You are never too young or too old to give back to friends, family or your community! Northern Health advocates for children's health and wellness and is instrumental in providing funding to programs that provide information and services. Northern Health supports healthy choices in the areas of food choices and dental health, along with tobacco smoke and vape, substance harm and injury prevention.

Healthy Students Are Better Learners

This program teaches elementary school aged children the importance of reading and physical activity, and promotes other health and philanthropic behaviours such as being kind, helping friends, family, and the community. To date it has been successfully delivered to over 18,000 students in the city of Prince George. The good news is we are taking this regional and this means there is an opportunity for your school to participate.



Spirit of Healthy Kids School Program Student Activity Sheet:

Name: _____ Class: 4th Dragoes Age: 9

Day	Physical Activity	Minutes	Book Title	Minutes	Parent Initial
EX	Rowdy Cat: I played Hide & Seek with my friend Spirit the Cougar	30	Rowdy Cat: I read Where the Wild Things Are	15	AK
1	Work with family on a chore	15	Dear Bertha Diary	20	AK
2	Played outside	30	Dear Aunt Daisy	20	AK
3	Ride riding / scooter	30	Geranium Shitton	20	AK
4	Danced outside	30	Geranium Shitton	20	AK
5	Work with family	30	Dee Dories	20	AK
6	Gymnastics	120	Dee Dories	20	AK
7	Played outside	40	Dee Dories	20	AK
8	Played outside	30	Geranium Shitton	20	AK
9	Played outside	30	Dee Dories	20	AK
10	Played outside	30	Geranium Shitton	20	AK
11	Ride riding / scooter	1hr	Geranium Shitton	20	AK
12	Ride riding	30	Dear Aunt Daisy	20	AK
13	Gymnastics	120	Dee Dories	20	AK
14	Played outside	30	Dee Dories	20	AK

This is how Rowdy Cat gives back:
 • I picked up garbage in the parking lot at CN Centre.
 • I donated part of my allowance.
 List two ways that you chose to give back to friends, family or community:
 • Help pick up yard work for friends.
 • create a certificate for SRA

Check off the healthy choices you make:
 I brush my teeth twice a day, after breakfast & before bed.
 I choose water most often to quench my thirst.
 I say no to cigarettes & other tobacco products.
 I wear a helmet when I ride my bike or skateboard.

The Challenge

If selected, this program consists of watching a video complete with key messaging by the Prince George Cougars and produced by our media partners at Vista Radio. Participating students will track time spent reading, being active, making healthy choices and doing good deeds on an easy to use tracking form provided as part of the program package. Once the form is signed off by a parent it is turned in to their classroom teacher.





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Criteria

Can you think of a project to do in your school that is related to one of these areas? If so, consider applying. To help make your application as strong as possible, consider these points when planning:

- Does the plan address one of the program focus areas?
- Does the plan address a problem in your school?
- Has your plan been thoroughly thought through? Is it complete?
- Will there be a lasting impact for future students?
- Are there partners outside the school that could help or support your plan?
- Can the success of your plan be measured?
- Are other resources needed to support your plan and if so, are they readily available?

The more completely these points are considered, the better the chance of your project being accepted to participate in the Challenge!

How does it work?

The Spirit of Healthy Kids Regional Program will accept applications from interested schools between October 1 to 31, 2019. Once received, proposals will be reviewed based on the criteria in this guide. Six schools will be selected to participate in the challenge, and the school with the highest participation will receive a \$5000 grant towards a health promoting project! Even better! Every other participant school will still receive a \$1000 Grant!

Don't wait, apply today!

How to Apply?

- 1) Visit the Spirit of Healthy Kids web page
- 2) Download the Application Form
- 3) Complete the Application Form. Be as detailed and specific as you can, the better we understand your project the more likely you are to be approved!
- 4) Submit your application to:
spiritofhealthykids@northernhealth.ca

**All applications will be screened. The six successful participating schools will be notified by November 15, 2019.
Good luck!**

Important Dates

October 1, 2019	Call for applications opens
October 31, 2019	Call for applications closes
November 15, 2019	Participant schools announced
December 2, 2019	Challenge begins
December 13, 2019	Challenge end
December 20, 2019	Activity tracking forms due
January 10, 2020	Results of the challenge announced

Contact Us!

spiritofhealthykids@northernhealth.ca

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