


2010-11 Healthy Choices Initiatives for Children/Youth

Program	Description	Timing	Contact Information
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Nutrition

<p>Drop the Pop</p> 	<p>Unhealthy eating habits, especially sugar sweetened beverages, are a major issue in the NWT affecting dental and bone health, and body weight. Since 2006, Drop the Pop has provided funding for schools to design healthy eating activities.</p> <p>The campaign encourages students and their families to make healthy choices through projects designed by the schools themselves.</p> <p>Funding is based on school size, ranging from \$750 - \$2,000. The 2010 Drop the Pop theme and updated information will be posted on the website by October, 2010.</p>	<p>Feb 1/11 – Feb 28/11</p>	<p>elsie_deroouse@gov.nt.ca Phone: (867) 873-7925 Fax: (867) 873-7706</p> <p>elaine_stewart@gov.nt.ca Phone: (867)-873-7676 Fax: (867)-873-0109</p> <p>Website: www.dropthepopnwt.ca</p>
<p>Healthy Food for Learning</p>	<p>Funding for the Healthy Food for Learning Grant is provided to each school in the Northwest Territories to assist in providing nutritious foods for students. Funds can be used for food purchase and /or staff support for meal/snack programs, skill building programs, or kitchen supplies.</p>	<p>Application deadline October 12, 2010</p>	<p>Food First Foundation, NWT P.O. Box 973, Yellowknife, NT X1A 2N7 Phone: 867-446-3785 Internet Fax : 780-669-7996 E-mail: foodfirst.coordinator@gmail.ca</p>
<p>Breakfast for Learning NWT</p>	<p>Breakfast for Learning Northwest Territories is committed to helping start and sustain school-based healthy breakfast, lunch and snack programs, ensuring that students are well-nourished and ready to learn. Grants can be used for food, supplies and equipment, and staff/volunteer support required to run a school nutrition program.</p>	<p>Application deadline October 15, 2010</p>	<p>www.breakfastforlearning.ca</p> <p>Dana Britton Coordinator Breakfast for Learning Northwest Territories 5 Otto Drive Yellowknife NT X1A 2T9 p: (867) 873.8403 f: (867) 873.8423 email: dana@breakfastforlearning.ca</p>

Tobacco

<p>Don't Be a Butthead</p> 	<p>The Butthead team travels all around the Northwest Territories providing interactive presentations to students in grades 3 -10 on the importance of not smoking. Information is given on tobacco and its effects, and youth are encouraged to sign a promise form pledging to be smoke-free. Youth are asked to renew their promises each year. The promise renewal can now be done online.</p>	<p>Presentations in schools and representation at events. September 2010 – June 2011.</p> <p>Call today to book a presentation</p> <p>School information packages will be mailed in the fall.</p>	<p>Butthead@gov.nt.ca Phone: 1-866-353-0338 (867) 920-3295 Fax: (867) 873-7706 Julie_coad@gov.nt.ca www.dontbeabutthead.ca</p>
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Physical Activity

<p>Active After School Funding</p>	<p>Active After School Funding provides funding to schools and community-based organizations to build on existing programs or create new physical activities for all school-aged children and youth during the after-school time period with a strong focus on engaging currently inactive or underactive youth.</p> <p>In order to qualify for the funding, schools and community groups must demonstrate they are providing activities that appeal to inactive or underactive youth, and ensure that the youth are active for a minimum of 40 out of every 60 minutes.</p>	<p>Information packages to be sent to all schools in September 2010.</p>	<p>NWT Sport and Recreation Council</p> <p>Phone : (867) 669-8347</p> <p>E-mail : dana@nwtsrc.com</p> <p>Or</p> <p>Department of Municipal and Community Affairs</p> <p>Phone : (867) 873-7245</p> <p>E-mail : gary_schauerte@gov.nt.ca or damon_crossman@gov.nt.ca</p> <p>www.maca.gov.nt.ca</p>
<p>Regional Youth Sport Events Program</p>	<p>A regional program that provides support to sport and recreation organizations and school authorities to organize and host regional youth sports events. Regional organizations or school authorities are invited to submit applications for up to \$50,000 for events that target youth in the NWT under the age of 25 years.</p>	<p>Funding deadline for activities in 2010-11 was July 2010.</p> <p>Applications for 2011-12 will be issued in the spring of 2011.</p>	<p>Department of Municipal and Community Affairs</p> <p>Phone : (867) 873-7245</p> <p>E-mail : gary_schauerte@gov.nt.ca or damon_crossman@gov.nt.ca</p> <p>www.maca.gov.nt.ca</p>


Get Active NWT	This program supports “community champions/groups” in hosting up to three events that promote active living. Ideally, events will be new initiatives and be enjoyed by multi age groups.		<p>NWT Recreation and Parks Association</p> <p>Email: stremblay@nwtrpa.org</p> <p>(867) 669-8381 <u>or</u></p> <p>Department of Municipal and Community Affairs</p> <p>Phone : (867) 873-7245</p> <p>E-mail : gary_schauerte@gov.nt.ca or damon_crossman@gov.nt.ca</p> <p>www.getactivenwt.ca www.maca.gov.nt.ca</p>
Physical Activity Kits	A large plastic tub of resources to support physical activity in grade 4 - 6 classrooms. Includes teacher supports to employ active instructional methods for curricular outcomes and to take fun energizer breaks.	n/a A limited number of kits remain.	elaine_stewart@gov.nt.ca (867) 873-7676
Fun on Ice	This program is targeted to communities that do not have an indoor ice surface. Support is given, if needed, for developing an outdoor ice surface. Instruction provided in basic skating and hockey skills, principles of fair play, how to participate on team and other skills that can be integrated into participants lives on and off the ice. All participants will receive a hockey stick and helmet so they can safely continue the game in their community.		<p>Aboriginal Sport Circle NWT Phone: (867) 669-8346 Email: info@ascwa.ca Web: www.ascnwt.ca</p>

Injury Prevention

<p>Drive Alive</p>	<p>A children’s activity book for kids aged 4 to 9 dealing with:</p> <ul style="list-style-type: none"> • motor vehicle safety, including seat belt use; • water and boat safety, including lifejacket/PDF awareness; and • bicycle safety, including helmet safety. 	<p>Available in hard copy in English and French. Also available as a PDF document from the DOT website at www.dot.gov.nt.ca (under Quick Links). Willing to have the book translated into an Aboriginal language, in any elementary school offering an Aboriginal language immersion program and wanting to use the publication as language resource.</p>	<p>Department of Transportation Phone: (867) 873-7712 e-mail: earl_blacklock@gov.nt.ca</p>
<p>Go Safe/Work Smart</p>	<p style="text-align: center;">Go Safe: Work Smart</p> <p>A safety education program created by northerners, for northerners that is the first of its kind north of 60.</p> <p><i>Go Safe: Work Smart</i> is a flexible and comprehensive educational resource. Program content is easily incorporated into existing high school curriculum. <i>Go Safe: Work Smart</i> includes 13 modules that are written at a grade 9 level and complement the Alberta Learning Curriculum competencies of CTR1210: Personal Safety (Management) and CTR2210: Workplace Safety Practices.</p> <p>The <i>Go Safe: Work Smart</i> package includes everything your school needs to make this program a success. The starter kit includes an Instructor’s Manual, a support resource DVD, safety posters, promotion materials, interactive resources like <i>Go Safe: the Safety Game</i>, and much more.</p> <p>On average, 455 young workers under the age of 25 are injured every year in the Northwest Territories and Nunavut. Empowering young workers with the knowledge and tools to help keep them safe at work is essential. Effective safety education programs are a crucial part of this process. By working together, we can make sure our young workers have the knowledge and tools to keep themselves</p>	<p>Fall 2010</p>	<p>Cara Benoit, Safety Officer 669-4407 Cara.benoit@wscn.nt.ca</p> <p>Judy Kainz 669-4418</p>

	safe as they enter the workforce.		
Helmet Use Initiatives	Funding available for helmets for on-the-land programs (applications to secondary schools in September)	September 2010 and ongoing	Earl_Blacklock@gov.nt.ca Phone: (867) 873-7712 Mabel_Wong@gov.nt.ca Phone: (867) 823-7040


Sexual Health

Respectyourself.ca 	A NWT sexual health website designed by NWT Youth, for youth. An unbiased source of information for youth aged 13-19, promoting self-esteem and self-respect. Provides confidential advice from health professionals through a “You Asked...We Answered” forum. Information on sexual health topics including puberty, sexually transmitted infections, communication, healthy relationships as well as many other health topics. Useful links to lesson plans and information for teachers about how to teach sexual health in the classroom.		Website address: www.respectyourself.ca For more information contact: Amy_Lea@gov.nt.ca NWT Sexual Health Program Coordinator (867) 873-7051
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Addictions and Mental Health

Not Us	This is a prevention campaign that focuses on information about drugs and the effects of drugs. It also is intended to empower people to make decisions that are healthy and productive. A website, video and posters have been developed along with promotional items such as T-shirts and hats. We want schools, classes, teams, groups and communities to be involved.	Website, ads and packages available for any community. Specific posters and ads will be tailored for each community. A community campaign can have almost any theme.	Department of Justice Email: not-us@gov.nt.ca Phone:(867) 920-3163 Fax: (867) 873-0199
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General Youth Resources

<p>Proud2BNWT</p> 	<p>Proud2bnwt.ca is the one stop shop on the Internet for NWT residents aged 15 to 30 to get youth related information. You'll find everything from government programs and services to information on health, post secondary education, recreation, and much more.</p>		<p>Mellissa_wood@gov.nt.ca</p> <p>Phone: (867)873-7756</p> <p>www.proud2bnwt.ca or www.maca.gov.nt.ca</p>
<p>Youth Tours</p>	<p>This program complements the school curriculum and enhances community awareness on specific issues by using inspirational and motivational speakers to offer seminars and workshops primarily within community schools.</p>	<p>Available throughout the school year.</p>	<p>Mellissa_wood@gov.nt.ca</p> <p>Phone: (867)873-7756</p>
<p>Youth Funding</p>	<p>Funding for youth development initiatives is available through the Youth Corps and Youth Contributions Programs of the Department of Municipal and Community Affairs.</p>	<p>Available throughout the school year.</p>	<p>Mellissa_wood@gov.nt.ca</p> <p>Phone: (867)873-7756</p> <p>www.proud2bnwt.ca or www.maca.gov.nt.ca</p>

Volunteer Support

<p>Volunteer Organization Development Fund</p>	<p>Funding to support the training of volunteers in all areas.</p>	<p>Available throughout the school year.</p>	<p>Mellissa_wood@gov.nt.ca</p> <p>Phone: (867)873-7756</p> <p>www.proud2bnwt.ca or www.maca.gov.nt.ca</p>
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Funding Support

Health Promotion Fund	<p>The Health Promotion Fund is available to any non-profit societies or organizations that would like to improve and promote the health of infants, children, youth and/or pregnant women and their families. Health and Social Services, GNWT provides funding up to a maximum of \$10,000 for health promotion projects that promote healthy pregnancies; healthy eating and active living; tobacco harm reduction and cessation; injury prevention; and sexual health.</p> <p>For more information or to access the application form, go to www.hlthss.gov.nt.ca, and type "Health Promotion Fund" into the site search engine.</p>		<p>elsie_deroose@gov.nt.ca Phone: (867)873-7925 Fax: (867)873-7706</p> <p>mable_wong@gov.nt.ca Phone: (867)873-7040 Fax: (867)873-7706</p> <p>miriam_wideman@gov.nt.ca Phone: (867)920-6907 Fax: (867)873-7706</p>
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