



## Outdoor Play Canada December 2020 Newsletter

*OPC projects and activities encompass all traditional territories of the Indigenous Nations of Turtle Island, within the land we now call Canada.*

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### **\*NEW\* Welcome to our Newsletter!**

We have recently expanded access to our newsletter by providing a sign-up button on the OPC site. For those of you reading our newsletter for the first time, welcome! We hope you enjoy this bi-monthly update on what we and our membership are up to!

If this newsletter sparks your interest in becoming a member (and the many benefits it comes with), you can join [here!](#)

### **\*NEW\* Outdoor Play Canada Townhall**

We asked, you spoke, we listened! In our OPC Membership survey, we asked if you would be interested in attending quarterly OPC townhalls and you responded with a resounding YES!

We will be hosting our first townhall on January 15<sup>th</sup> at 12pm EST to meet you and share an update on the newest things happening in the sector. Register [here](#).

### **ParticipACTION shares the gift of physical activity with the 12 days of Fitmas**

December can be a cold, busy month – but making time to move your body is KEY to combating stress and being at your best. We invite you to take the ParticipACTION annual **12 Days of Fitmas Challenge** – where every day from December 1 to 12 there is an activity that contributes to your overall health and wellness (like moving more, reducing screen time, and drinking more water). It's that simple. You'll see how a little effort can go a long way into helping you move a bit more each day.

Participate in the **12 Days of Fitmas activities** on the [ParticipACTION app](#) AND on their social media channels! [Read more...](#)

## Canadian Parks Council Pan-Canadian Research Network for Parks and Protected Areas

The Government of Canada, in collaboration with the Canadian Parks Council and Mount Royal University's Institute for Environmental Sustainability, recently announced the launch of the Pan-Canadian Parks and Protected Areas Research Network. The Network is made up of scientists, researchers, Indigenous knowledge holders, students, and parks and protected areas specialists and managers, who will collectively work towards building a shared understanding of the challenges of and potential solutions for our protected areas.

Read more about their 3-year plan here. [Read more...](#)

## Ottawa Forest and Nature School: Embracing the Wonders of Winter

Living and playing with children on this land means being ready for all seasons- black flies, hot sun, pouring rain, and frigid winter. Where and how we've grown up, as well as our current circumstances have a great impact on whether or not it feels "easy" to spend time on the land when it's cold.

Experiences working and playing on the land with children, families and school groups in Ottawa have taught us [the Ottawa Forest and Nature School] some tips and ideas to support embracing the wonders of winter so that we can all continue to get out to play on the land all year long. [Read more...](#)

## Community Nature Adventure Playground in Calgary

Rediscover nature play! This winter (and eventually, spring), the City of Calgary is continuing its self-directed, drop-in program that uses natural elements such as snow, tree stumps, tree cookies, branches, twigs and rocks to inspire active and creative outdoor play, and connect people, young and old, to nature, with onsite play ambassadors to inspire play. Parents are encouraged to stay and watch their children's imaginations soar in this adventure space.

[Read more...](#)

## The Lawson Foundation: Release of the Outdoor Play Strategy 1.0 Report

The Lawson Foundation's Outdoor Play Strategy is an integral part of their strategic direction and guides their efforts in exploring how outdoor play supports the healthy development of Canadian children and youth. They initially invested \$2.7 million in 14 core projects, which grew to \$4.5 million in related grants. Through a third-party evaluation, the Lawson Foundation recently released a summary report of insights and lessons learned from the Outdoor Play Strategy projects, highlighting the most relevant findings such as the importance of building capacity for adults to support outdoor play.

[Read more here...](#)

## Join Us!

Join the movement, become an OPC member! Show your support of our effort to promote, protect, and preserve access to play in nature and the outdoors for all people living in Canada.

Membership benefits include being highlighted in this newsletter, discounts at Outdoor Play Canada endorsed events, access to resources to support your outdoor-play related work, as well as a plethora of professional engagement & development opportunities. [Read more...](#)

*We welcome blog posts and summaries of relevant research studies for publication on the [OPC website](#). If you have any items that you think would be of interest to fellow OPC members, please contact [info@outdoorplaycanada.ca](mailto:info@outdoorplaycanada.ca). We respect the amount of unnecessary emails you receive so the plan is for a maximum of one OPC newsletter every other month. Your feedback and comments are always welcome.*