



Outdoor Play Canada July 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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Outdoor Play Canada is here!

Outdoor Play Canada is here! Our aim is to galvanize the outdoor play movement across Canada and power it to new levels.

Our strategic priorities are to:

- 1) Establish and operate OPC
- 2) Provide leadership and strategic direction for the Outdoor Play sector
- 3) Serve as a central portal of credible information on the Outdoor Play sector in Canada
- 4) Amplify efforts and successes related to Outdoor Play
- 5) Convene and facilitate collaborations among members of the Outdoor Play movement

As part of the fulfillment of these goals, we will be regularly updating the OPC website with resources, news articles, and outdoor play-related events, and deliver this newsletter to you, our valued members!

Opening Soon: The Canadian Centre for Outdoor Play

Andrew Fleck Child Services, in partnership with Healthy Active Living and Obesity Research Group and Child and Nature Alliance of Canada, is constructing a multi-purpose iconic building on National Capital Commission (NCC) property, with the goal of promoting children's play and learning outdoors on a regular and repeated basis.

This building will house three primary functions:

1. To mainstream outdoor play through a nature-based licensed early learning and care program
2. To convene people, demonstrate emerging best practices, and support increase knowledge and thought leadership on outdoor play in Canada
3. To increase the evidence-base and research in the field of outdoor play

[Read more...](#)

It's back! ParticipACTION releases the 14th edition of the Report Card on Physical Activity for Children and Youth

This year, Canadian children received a “D+” grade for Overall Physical Activity. Considering this grade and how less than 1 in 5 Canadian children and youth are meeting the Canadian 24-Hour Movement Guidelines, it is time to consider every possible angle to shift these trends.

Family support is positively associated with children’s physical activity levels. **Each additional 20 minutes of moderate to vigorous physical activity by a parent is associated with an additional 5 minutes in their child’s daily physical activity.** We need to use this knowledge to be a positive influence on our kids’ lives.

[Read more...](#)

Learning and Connecting Through Play on the Land

During the COVID-19 closure of the Andrew Fleck Ottawa Forest and Nature School, lead-educator and manager of regional programs Sonja Lukassen launched the blog *Learning and Connecting through Play on the Land* to connect with families and other outdoor educators. The blog includes inspirational ‘How To’ videos and reflections on outdoor teaching and learning.

[Read more...](#)

8 Reasons Why You (Really) Want to Spent Time in Nature

In a recent story for the newly launched New Brunswick tourism website, Dr. Willi Broeren, a family doctor in Fredericton and an outdoors enthusiast, put together a compelling list of 8 benefits of spending time in nature. Dr. Broeren highlights the physical, mental, and emotional benefits of time in nature, from boosting the immune system to making us kinder.

[Read more ...](#)

Outdoor Adventure Calendar

On July 1st Active Saskatchewan launched their Outdoor Adventure Calendar. Every day through July and August they will serve up a new active outdoor adventure for families. Activities include outdoor and indoor ideas, small group and individual activities, ideas requiring minimal equipment, and parent-free options to give dad and mom a break.

[Read more...](#)

Canadian Parks Collective for Innovation and Leadership Webinar Series

The Canadian Parks Collective for Innovation and Leadership hosts a monthly webinar series on the first Thursday of every month with topics ranging from leadership to management, conservation to connection. If you missed their July 3rd webinar on ‘Parks Day: Past, Present, and Future’, you can listen to the recording [here](#).

Though many conferences and events have been rescheduled or cancelled this year, many others like the CPCIL have turned to online options. For this and other events, check out our [online calendar](#).

Call for information on events, job postings, and other relevant items of information for OPC members

Events: Is your organization planning a webinar, event, or conference (online or in-person) in the next 4 months? Send us the details to post in the [OPC calendar](#) and in our next newsletter.

Job Postings: Is your organization hiring? Send us the details to post in the [OPC Job Postings](#) section and in our next newsletter.

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. 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.