



Outdoor Play Canada September 2022 Newsletter

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

In this issue...

- News: [Congrats to OPC's 100th member!](#)
- News: [Outdoor Play Canada is seeking nominations for its Board of Directors \(deadline is today!\)](#)
- News: [Take Me Outside Day 2022!](#)
- News: [Outdoor Learning Professional Development Opportunities](#)
- Blog post: [Children's health will be negatively impacted by poorer fitness as global temperatures rise](#)
- Blog post: [Travel companions on the pathway to participation in adapted sport & recreation](#)
- Blog Post: [The role of nature-based early childhood education on children's physical, social, emotional and cognitive outcomes](#)
- Resource: [Popping the Bubble Wrap Podcast](#)
- Resource: [Raising Canada 2022 Report](#)
- [Join us!](#)

Congrats to OPC's 100th member!

Congratulations to Teresa Sankey, Child Care Licensing Officer at Vancouver Coastal Health, for being Outdoor Play Canada's 100th member! Thank you to all members for supporting our mission to promote, protect, and preserve access to play in nature and the outdoors for all people living in Canada.

Learn more about our [membership and how to sign-up, here](#).

Outdoor Play Canada is seeking nominations for its Board of Directors!

Outdoor Play Canada (OPC) is transitioning from a national network to an official not-for-profit organization and we are looking for outdoor play leaders across the country to join our Board of Directors!

Launched in September 2019, OPC has operated as a national network of advocates, practitioners, researchers, and organizations working to promote, protect, and preserve access to play in nature and the outdoors for all people living in Canada. While this structure has served us well, we recently underwent a strategic planning process with stakeholders from across the country to determine how OPC may best serve the outdoor play community in Canada. It was decided by all those involved that becoming a not-for-profit organization was the logical next step. Founding Board members will support OPC in becoming an established not-for-profit organization (e.g., developing its bylaws), while ensuring OPC stays true to [its mission](#), is financially stable, and is representative of the broad outdoor play sector in Canada. We invite outdoor play stakeholders from all aspects of the diverse peoples living in Canada to consider applying. The deadline to apply is **today, Friday, September 16th!**

[Learn more, including how to apply, here.](#)

Take Me Outside Day 2022

Take Me Outside is a non-profit organization committed to raising awareness and facilitating action on nature connection and outdoor learning in schools across Turtle Island (North America). Every year they host 'Take Me Outside Day', a now week-long celebration focused on extending the learning environment beyond four walls and a desk! Commit to spending 1 hour outside on October 19th (or sometime that week) and get access to their speakers, events and awesome prizes.

[Learn more here.](#)

Outdoor Learning Professional Development Opportunities

The [Outdoor Learning Store](#), a social enterprise offering outdoor learning equipment and resources, has compiled a list of key dates and events/initiatives on outdoor learning professional development opportunities across North America and the world, starting in September 2022 and running until May 2023!

[Check out the list here.](#)

Children's health will be negatively impacted by poorer fitness as global temperatures rise

A recent review published in the peer-reviewed journal *Temperature* highlights the issue that current climate change policies fail to adequately address child health needs, and children should be encouraged to continue daily physical activity as part of their everyday lives. Remaining physically active must be better prioritised in order to cope with living in a hotter world. Study author and OPC member, Dr. Shawnda Morrison, advocates that children should continue to perform physical activity, especially outdoors, in order to maintain their overall fitness and better tolerate changes attributed to global warming and our changing world.

[Read the full post here.](#)

Travel companions on the pathway to participation in adapted sport & recreation

Founded through the leadership of [Jumpstart](#), [Calgary Adapted Hub](#) exists to make sport and recreation more inclusive for children, youth, and families living with disabilities including physical, intellectual, sensory, developmental, or otherwise. Their goal is to maximize available programs and create bold new ones through knowledge-sharing, research, education, evaluation, and—above all else—collaboration. Because no one should have to sit on the sidelines. Karen Dommert, Director at Calgary Adapted Hub, shares the Hub's journey with us in a new guest blog post.

[Read the full blog post here.](#)

The role of nature-based early childhood education on children's physical, social, emotional and cognitive outcomes

The early years is a time of rapid development in childhood where children are shaped by the early experiences they have with their surrounding environment. One hugely influential environment where young children spend much of their day is in early childhood education (ECE) settings. Generally, we have a good understanding of how 'traditional' ECE practice supports childhood development, however, what remains unclear is the role of *nature-based* ECE on childhood development. In a recent guest blog post for Outdoor Play Canada, researchers Dr. Avril Johnstone, Dr. Anne Martin and Dr. Paul McCrorie describe their search into the role of nature-based ECE on children's physical, social, emotional and cognitive outcomes.

[Read the full blog post here.](#)

Popping the Bubble Wrap Podcast

[Parachute](#)'s new podcast, "Popping the Bubble Wrap", is geared towards "the household safety officer", aka the person in a household who thinks/worries/makes decisions about safety.

In each episode, a round table of parents chat with [Pam Fuselli](#) – president and CEO of Parachute – about an injury topic they worry and want to know more about – like why it's so darn difficult to install a car seat correctly! The approach is informal, chatty, and humorous. After a quick break, Pam speaks with an expert, covering what was previously discussed with parents, dispelling myths, and giving advice/answers to parent questions.

[Learn more here.](#)

Raising Canada 2022 Report

The Raising Canada Reports, led by [Children First Canada](#), are published annually and provide an in-depth review of the top 10 threats to childhood. This year, the report highlights the lasting impacts of COVID-19 on children's physical activity and play as being a top 10 threat to childhood.

[Learn 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 many professional engagement & development opportunities.

[Learn more here.](#)

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.