

New physical literacy concept for parents and schools

By Tony Pearson

The Hastings Prince Edward Public Health (HPEPH) Healthy Kids Community Challenge program is helping to educate elementary school parents in physical literacy.

The education programs are lead by an Ophea trainer. Ophea is a not-for-profit organization that champions healthy, active living in schools and communities through quality programs and services, partnerships and advocacy.

HPEPH is spending just over \$1 million on the initiative over the next three years.

The first part of the new program was called Run, Jump, Play ? Every Day, a first step in professional development of elementary teachers. Next year's theme will be Water Does Wonders promoting outdoor activity and involvement with the natural world beyond the house and electronic devices.

Unfortunately, the parental portion has failed to take flight in Bancroft. Only a handful of parents turned out to York River School for the physical literacy evening.

?Children have a natural urge to be active; we just have to encourage them to explore it,? said Project Manager Emma Pillsworth.