

News Release

HIGH FIVE® Offers Hope To Overall Health of Canadian Children

Edmonton, June 03, 2008 . HIGH FIVE® applauds Active Healthy Kids Canada for the 2008 Canadian Report Card on Physical Activity for Children and Youth for bringing attention to the health of Canadian children. In the wake of Canada's unsettling failing grade, HIGH FIVE® is emphasizing that physical activity alone is not enough. To produce positive results, it is essential to offer sport and recreation experiences fostered within a constructive, encouraging environment.

“This report confirms that our children’s health is in a state of crisis. Kids have to want to be physically active. If the overall health of Canadian children is to improve, sport and recreation activities must be fun and enjoyable experiences that children want for themselves. The solution must include not only physical but also mental aspects to achieve healthy child development. Sport and recreation leaders who are aware of this can make all the difference.”

. LJ Bartle, HIGH FIVE® National Manager

HIGH FIVE® National, a division of Parks and Recreation Ontario, is leading the pack to ensure that coaches and recreation programs and leaders have the skills to build strong minds and bodies for Canadian children.

ARPA (Alberta Parks and Recreation Association) is proud to be the only Authorized Provider of HIGH FIVE® in Alberta. ARPA is a provincial charitable not-for-profit organization with a voluntary board of directors dedicated to the promotion of recreation and parks and their benefits to the quality of life of all Albertans.

“HIGH FIVE® has developed a quality assurance standard designed to support the safety, well-being and healthy development of children in all recreation and sport programs. This doesn’t just apply to physical health but mental health as well.”

- Dr. Kellie Leitch, Advisor to the Federal Minister of Health on Healthy Children and Youth

HIGH FIVE® training ensures that children’s programs offer high quality mental, social and physical skill sets and life experiences. It provides instructors, coaches and leaders working with children aged 6 to 12 with the expertise in learning patterns, physical and social stressors as well as developmental needs.

HIGH FIVE® training, tools, resources and Accreditation process help many organizations across the country deliver positive child-centered programs. Implementing HIGH FIVE® training and embedding its key ingredients into an organization’s operating practices demonstrates a commitment to children’s physical and mental health.

ARPA (ALBERTA RECREATION AND PARKS ASSOCIATION)

About ARPA:

ARPA (Alberta Recreation & Parks Association) is a provincial, not-for-profit, charitable organization made up of volunteers committed to building healthy citizens and communities in Alberta through recreation, sport, arts, culture and parks. Serving Albertans since 1952, ARPA members include community and public recreation agencies, educators, corporate, elected/appointed officials, lay and student members.

For more information on HIGH FIVE® in Alberta and the ARPA, please visit www.arpaonline.ca or call (877) 544-1747.

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Backgrounder

HIGH FIVE® is a national quality standard created by Parks and Recreation Ontario for children's sport and recreation. HIGH FIVE® is committed to assisting children along the path of healthy child development by:

- ensuring that recreation and sport practitioners develop a high level of knowledge and expertise in child development;
- helping parents to make informed choices; and
- providing practitioners with the tools for enhancing and maintaining a high level of program quality.

The 2008 Canadian Report Card on Physical from Active Healthy Kids Canada by Activity for Children and Youth, can be viewed at:

http://www.activehealthykids.ca/Ophea/ActiveHealthyKids_v2/programs_2008reportcard.cfm