

A program of the  Healthy Tomorrow Foundation



## ANNUAL REPORT

2022  
-23





## INTRODUCTION

# THANKS TO SUPPORT FROM OUR FUNDERS AND PARTNERS, KIDS RUN CLUB HAS BEEN HELPING NOVA SCOTIA'S KIDS EMBRACE ACTIVE AND HEALTHY LIVING SINCE 2004.

## BRINGING JOY TO MOVEMENT

In the 2022–23 school year, 164 schools, 16,300 kids and almost 300 teachers participated in Kids Run Club.

The 2022–23 school year marked the second year Kids Run Club (KRC) was able to be back in schools after the onset of the COVID-19 pandemic. Although schools and teachers continued to face many challenges related to the impact of the pandemic, they embraced KRC with enthusiasm and dedication.

The Healthy Tomorrow Foundation (HTF) is grateful to the school staff, parents and community members who stepped up this year to make KRC possible. These volunteers are the energy and heart behind the program – they're on the ground, organizing running routes, encouraging participants and helping to instill a passion for movement.

Kids Run Club was once again found in every region of the province, from Pleasant Bay to Great Village to Bear River to Yarmouth. The average club had just under 100 members and with clubs ranging in size from 14 to more than 400 kids. While most participating schools offered KRC as a lunch-time extracurricular program, many also implemented it during class time, either during PE or during regular class time. The flexibility in program delivery is one of the factors that has contributed to KRC's ongoing success.



## THE KRC TEAM

Since KRC was created in 2004, we have seen the value of providing hands-on support to teachers and offering school visits to educate and motivate participants. As the program has grown, so has the KRC team.

The 2022–23 KRC had a stellar team of representatives who visited schools in every region of the province to thank teachers, offer suggestions for customizing the program and make sure participants were having fun. Thanks to the team of Leah Jabbour (KRC Coordinator), Shannon Read, Karen Christie, Jake MacDonald and Jessica Reddin.

The HTF was grateful to have support once again from a group of enthusiastic and dedicated students from Dalhousie’s School of Medicine. This year, 25 students were trained and then paired with 10 local schools to support their run clubs. These volunteer coaches are wonderful role models for KRC participants, provide tips regarding running and healthy living, facilitate warm-ups and cool-downs, ensure participants were kept safe, and run alongside them each week.



THANK YOU!

TOP TO BOTTOM:  
Leah Jabbour, Shannon Read,  
Karen Christie, Jake MacDonald  
& Jessica Reddin.



Just some of the 25 amazing volunteers from the Dalhousie School of Medicine.



We enjoyed the Dal med helpers coming to our school. They were wonderful with our students and are such positive role models."

– Erin Coates,  
Oxford School, Halifax



# what *OUR* **COACHES** are saying

**95%** OF COACHES NOTICED

improvements in participants' running



Burton Ettinger Coaches & KRC team

**100%** OF COACHES SAID

Springvale teachers & KRC team

they will do KRC next year

ALMOST **75%** OF COACHES OBSERVED

KRC attracts kids who don't normally participate in extra-curricular physical activity programs



"The benefits of KRC are shown well beyond the 30 minutes of run club. The children LOVE run club! The movement translates to the classroom too and helps support their learning."  
- Lee Anne Weber, teacher, Springvale Elementary, Halifax



# ACTIVITY BAGS

When the COVID-19 pandemic hit Nova Scotia in 2020, the HTF was quick to adapt KRC to support teachers and students who had to adjust to virtual teaching. The HTF created digital resources, including the KRC Let's Move movement break videos, to help get students moving while learning at home or in the restricted space of the classroom.

This year, the HTF expanded the KRC Let's Move resource complement by offering 50 classroom teachers activity bags containing items to help them get their students moving more during the school day. Teachers reported using the bags several times each week, mostly outside, and said they helped them get their students moving.

Supplying classroom teachers with the tools they need to incorporate movement into class time is important not only for improving students' health, but also for better positioning them to learn.



Antigonish Education Centre







# FUN RUNS

The HTF recognizes that a celebratory final run can provide a positive experience for KRC participants. This year, thousands of KRC members across the province participated in fun runs at the end of the school year. Not only do fun runs help to motivate kids to run and work hard during the program, but the runs also allow students to experience a sense of accomplishment and celebration at the end of the program.

The HTF and KRC also help participants take part in community-based runs throughout the province by providing sponsorships to reduce financial barriers. This year, the foundation sponsored participants at the Emera Blue Nose Marathon Doctors Nova Scotia Youth Run, the Youth Running Series and the Valley Youth Run.



Pleasant Bay Fun Run



DNS Youth Run at Blue Nose



Debert Fun Run





"The foundation is committed to helping Nova Scotia's younger generation experience the joy of movement in the hopes we can create a healthy tomorrow for all where movement is part of our everyday lives."

– Dr. Alex Mitchell, HTF Chair





[KIDSRUNCLUB.CA](http://KIDSRUNCLUB.CA)

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