

I've completed my application, now what?

When your application is complete send it to:

Nichole Gilbert
Municipality of the County of Kings
87 Cornwallis Street PO Box 100
Kentville, Nova Scotia
B4N 3W3

Phone: 902-690-6124 **Fax:** 902-679-0911
E-mail: ngilbert@countyofkings.ca

The following organizations work together to manage the Active Kids, Healthy Kids Fund:

Nova Scotia Department of
Communities Culture & Heritage –
Community, Sport & Recreation
Division

EKM Health Foundation

Municipality of Kings

Town of Wolfville

Town of Kentville

Village of New Minas

Canning Recreation



I have questions about my application, who do I call?

If you have any questions about the Fund or about the application process, you can contact one of the program partners below:

NS Department of Communities Culture & Heritage
Communities, Sport & Recreation Division
Phone: 902-679-5161
E-mail: anna.sherwood@novascotia.ca

EKM Health Foundation
Phone: 902-542-2359
E-mail: foundation-ekm@avdha.nshealth.ca

Kings County Recreation
Phone: 902-690-6124
E-mail: ngilbert@countyofkings.ca

Village of New Minas
Phone: 902-681-6577
E-mail: johna@newminas.com

Canning Recreation
Phone: 902-582-2033
E-mail: director@canningrecreation.com

Town of Kentville
Phone: 902-679-2539
E-mail: recreation@kentville.ca

Town of Wolfville
Phone: 902-670-0131
E-mail: nzamora@wolfville.ca

Eastern Kings County

Active Kids, Healthy Kids Fund



**Assisting children, youth
& families to lead
physically active
lifestyles**

What is the Active Kids, Healthy Kids Fund?

It is a partnership between the Nova Scotia Department of Communities Culture & Heritage Communities, Sport & Recreation Division, EKM Health Foundation, the Municipality of Kings, the Village of New Minas, Canning Recreation, Town of Kentville and Town of Wolfville.

The Eastern Kings Active Kids, Healthy Kids has funds available to support local groups and organizations to improve health through increasing physical activity levels in children and youth.

Funds are available to communities in Eastern Kings County (including the communities of Grand Pre, Gaspereau, Wolfville, Greenwich, Port Williams, Canning, Scotts Bay, Halls Harbour, Sheffield Mills, Centreville, Kentville, New Minas, North/South Alton, Coldbrook and surrounding areas).

No project is too small, so be creative and submit your

The Principles of Physical Activity

“Physical Activity” is the movement of major muscle groups and includes the components of cardiovascular endurance, flexibility and strength.

Physical Literacy

The motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities

(Whitehead, 2016)

Did you know that children and youth require 60 minutes (accumulated) of moderate daily physical activity?

Presently, children in Nova Scotia are falling far behind this standard. Through the Active Kids, Healthy Kids Fund we want to get kids moving more.

Past Projects

In the past, projects have included...

Inclusive Play
Outdoor Skating Rinks
Accessible Equipment
Youth Fitness Programs
Natural Playgrounds
Gaga Ball Pits

I want to apply for funding, how do I do that?

Using the application form you will be required to state how your project will...

- Involve inactive youth in physical activity
- Offer an opportunity for leadership development
- Involve youth in the planning and/or leadership of the activity.
- Support physical activity and/or physical literacy
- Create supportive environments and policies
- Build on what is already available in the school, community and home.
- Partners with other community organizations and makes use of resources already available to your organization
- Have a plan to sustain the project

**Application Deadline
April 8th, 2019 at 4:30pm**

Projects targeting older youth (13-18) are encouraged.

\$750 maximum application request.