Present were: Chair S. Strickland, L. Armstrong, J. Brewer, T. Cowan, T. Galloway, J. Haalboom, B. Halloran, R. Kelterborn*, G. Lorentz*, C. Millar, J. Mitchell, K. Seiling and J. Wideman*

Members absent: D. Craig, R. Deutschmann and C. Zehr

MOTION TO RECONVENE INTO OPEN SESSION

MOVED by G. Lorentz
SECONDED by C. Millar

THAT the meeting reconvene into open session.

CARRIED

DECLARATIONS OF PECUNIARY INTEREST UNDER THE MUNICIPAL CONFLICT OF INTEREST ACT

None declared.

DELEGATIONS

a) Jodi Murray & Sam AbiSaab, Waterloo Region Active Living Network, provided an update on the mandate and activities of the organization and sought the Committee’s support of a Physical Activity Charter within the Region. They shared a presentation and distributed the 2012 Active Healthy Kids Canada Report Card; both are appended to the original minutes.

S. AbiSaab defined physical activity and its benefits, and identified the members of the Network, specifically the advocacy committee, who’ve reviewed other established charters and chose the Toronto Charter to guide local principles.

J. Murray requested that the Region endorse the Toronto Charter and she outlined the nine (9) guiding principles. She advised that the charter is intended to link with the current existing tools within the Region and that there’s no specific budget attached to this request and this charter. She stated that there is a need to develop a blueprint for action specific to the Region.

The Committee inquired about the purpose of the charter in terms of the various other charters the Region has previously supported. S. Strickland suggested that the matter be referred to staff for a report dealing with the impact of the charter and what the Region’s role might be.

* J. Wideman joined the meeting at 1:21 p.m.
MOVED by J. Haalboom
SECONDED by L. Armstrong

THAT the matter of a Physical Activity Charter for the Region of Waterloo be referred to staff and that staff be directed to prepare a report.

CARRIED

REPORTS – Public Health

a) PH-12-024, Public Health Humidex Advisory and Smog Advisory Response Protocol

Karen Quigley Hobbs, Director, Infectious Disease, Dental & Sexual Health, introduced the report and David Young, Manager, Health Protection & Investigation, summarized the report.

MOVED by J. Wideman
SECONDED by T. Galloway

THAT the Regional Municipality of Waterloo endorse the Region of Waterloo Public Health Humidex Advisory and Smog Advisory Response Protocol as outlined in Report PH-12-024.

CARRIED

b) PH-12-025, 2011 Food Safety Annual Report

D. Young provided highlights of the report.

Received for information

* G. Lorentz left the meeting at 1:35 p.m.

c) PH-12-026, 2011 Public Health Annual Report

K. Quigley Hobbs made introductory comments and advised that the data for Emergency Medical Services (EMS) response times on page 6 of the annual report should be 14 minutes and 34 seconds.

Received for information

d) PH-12-027, Waterloo Region Sexual Health Youth Strategy

K. Quigley Hobbs provided an overview of the report.

* G. Lorentz returned to the meeting at 1:39 p.m.

MOVED by L. Armstrong
SECONDED by G. Lorentz

THAT the Regional Municipality of Waterloo endorse the Waterloo Region Sexual Health Youth Strategy as outlined in Attachment 1 of Report PH-12-027 dated June 19, 2012.

CARRIED
REPORTS – Planning, Housing and Community Services

e) CA-12-006.1/P-12-053.1, Rent Supplement Program Review 2011-2012

Deb Schlichter, Director, Housing, stated that the program is operating reasonably well but there are a number of ways to increase efficiency, as noted in the report.

T. Galloway advised that the Audit Committee reviewed this report and that members are pleased with the recommendations.

MOVED by T. Galloway
SECONDED by B. Halloran

THAT the Regional Municipality of Waterloo endorse the recommendations and proposed actions of the Rent Supplement Program Review 2011-2012 as noted in Report CA-12-006.1/P-12-053.1 Appendix 1, dated June 19, 2012.

CARRIED

f) P-12-082, Joseph Schneider Haus and McDougall Cottage – 2011 Operations and 2012 Planned Initiatives

Susan Burke, Manager/Curator, provided a presentation to the Committee highlighting the past year’s activities; a copy is appended to the original minutes. She brought in a distaff artifact, which is a tool used in spinning designed to hold the unspun fibers, keeping them untangled and thus easing the spinning process.

Received for information

g) P-12-083, Housing Services Act – One-Date Chronological System for Coordinated Access Waiting List Applications

D. Schlichter stated that this is a good news report and that the proposed process aligns with new legislation in place. She advised that staff will bring forward another report in the fall with policies related to this program.

MOVED by L. Armstrong
SECONDED by T. Cowan

THAT the Regional Municipality of Waterloo approve the proposed implementation of a one-date chronological system for Region of Waterloo’s Community Housing Coordinated Access waiting list applicants;

AND THAT the Regional Municipality of Waterloo approve the proposed amendments to the Housing Programs Administrative Guide policy 6.10 – Placement on Provider Waiting Lists by Access Sites, as identified in Attachment B of Report P-12-083, dated June 19, 2012.

CARRIED
h) CR-RS-12-037/P-12-084/F-12-045, Region of Waterloo Community Housing Inc. – Completion of Transfer of Properties

D. Schlichter stated that operational savings and efficiencies were achieved in completing the transfer of properties.

Received for information

REPORTS – Social Services

i) SS-12-024, Delivery of Employment Placement and Development Services

David Dirks, Director, Employment and Income Support, stated that this report is not a reflection of the services provided by the involved agencies but rather per the mandate of the provincial government.

* R. Kelterborn left the meeting at 2:00 p.m.

D. Dirks responded to a Committee inquiry about the impact on the agency employees involved in providing these services.

MOVED by B. Halloran
SECONDED by K. Seiling

THAT the Regional Municipality of Waterloo not renew its contracts for employment placement with Lutherwood and the KW Multicultural Centre effective December 31, 2012;

AND THAT all Employment Placement & Development Services be provided through internal programming within Employment and Income Support, Social Services;

AND FURTHER THAT an additional 2 full time equivalent positions be approved effective January 1, 2013 for Employment and Income Support as outlined in report SS-12-024, dated June 19, 2012.

CARRIED

j) SS-12-025, Children’s Services Purchase of Service Agreement for Recreation Programs

Nancy Dickieson, Director, Children’s Services, stated that the Region has recently been notified that youth development programs will be operated under the legislative authority of the Day Nurseries Act. She has revised the report to reflect this change in authority; the revised version is appended to the original minutes. She highlighted the curriculum-based programs that have been developed in collaboration with Regional staff.

MOVED by J. Wideman
SECONDED by J. Brewer

THAT the Regional Municipality of Waterloo enter into a Memorandum of Understanding with the Waterloo Region District School Board for delivery of Youth Development Programs for 8 – 12 year old children as outlined in report SS-12-025;

AND THAT the Regional Municipality of Waterloo amend service agreements with KW YMCA, YMCA of Cambridge, KW YWCA, YWCA of Cambridge, Jacob Hespeler Child Care Centre,
Creative Beginnings Child Care Centre and Conestoga College as outlined in report SS-12-025 dated June 19, 2012.

CARRIED

k) SS-12-027, Children’s Services Request for Approval to Enter into a Fee Subsidy Purchase of Service Agreement

N. Dickieson stated that this agreement is as a result of a new school opening in September 2012.

MOVED by J. Mitchell
SECONDED by L. Armstrong

THAT the Regional Municipality of Waterloo enter into a Fee Subsidy Service Agreement effective September 1, 2012 with the YMCA of Cambridge, head office located at 161 Roger Street, Waterloo ON N2J 1B1 as outlined in report SS-12-027, dated June 19, 2012.

<table>
<thead>
<tr>
<th>YMCA of Cambridge</th>
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<tbody>
<tr>
<td><strong>Age Group</strong></td>
<td><strong>Hours of Care</strong></td>
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<tr>
<td>Toddler</td>
<td>6+ hours</td>
</tr>
<tr>
<td>Toddler</td>
<td>&lt; 6 hours</td>
</tr>
<tr>
<td>Pre-School</td>
<td>6+ hours</td>
</tr>
<tr>
<td>Pre-School</td>
<td>4-6 hours</td>
</tr>
</tbody>
</table>

CARRIED

l) SS-12-028, Funeral Rates for Ontario Works and Low Income Individuals

D. Dirks provided background information.

* R. Kelterborn returned to the meeting at 2:06 p.m.

MOVED by K. Seiling
SECONDED by T. Cowan

THAT the Regional Municipality of Waterloo approve a revised rate for funerals of $2,830 plus applicable taxes effective January 1, 2012;

AND THAT funeral rates be included in the discretionary benefits review as outlined in report SS-12-028, dated June 19, 2012.

CARRIED

m) SS-12-030, Changes to Child Care Rate Structures

MOVED by L. Armstrong
SECONDED by J. Mitchell

THAT the Regional Municipality of Waterloo amend By-law 12-001, being a By-law to Establish Fees and Charges for the Regional Municipality of Waterloo, to remove the Pre-School (<3.75
hours) and Toddler (<3.75 hours) rates for Children’s Services Division effective July 1, 2012 as outlined in Report SS-12-030 dated June 19, 2012.

CARRIED

INFORMATION/CORRESPONDENCE

a) Memo: From One System to Another: Crossover Children in Waterloo Region

Anthony Piscitelli, Supervisor, Planning and Research, Waterloo Region Crime Prevention Council, responded to a Committee inquiry regarding the primary and secondary prevention statistics.

Received for information

b) Memo: Municipal Alcohol Policy

Received for information

c) Memo: Updates on New Investment in Affordable Housing Programs: Ontario Renovates and Temporary Housing Assistance with Supports

In response to a Committee question about the purpose of the service manager administration fees, D. Schlichter stated that the Region will be contracting-out home inspections and will support the function of a housing coordinator.

Received for information

d) Memo: Ontario Works Caseload: May 2012

Received for information

OTHER BUSINESS

a) Council Enquiries and Requests for Information Tracking List was received for information.

NEXT MEETING – Tuesday, August 14, 2012, 9:00 a.m.

ADJOURN

MOVED by L. Armstrong
SECONDED by J. Haalboom

THAT the meeting adjourn at 2:12 pm.

CARRIED

COMMITTEE CHAIR, S. Strickland

COMMITTEE CLERK, S. Natolochny
A Request to Support Physical Activity

To the Community Services Committee
Region of Waterloo

Presented by
Jodi Murray & Sam AbiSaab
WRALN Steering Committee
1. Physical Activity: Definition
2. Support for Physical Activity
3. Waterloo Region Active Living Network: Overview
4. Physical Activity Charter
5. Physical Activity Action Plan
How do we define physical activity and what are the benefits?

- Refers to a number of specific activities (e.g., sport, exercise, leisure time activities, work, and activities of daily living) that require energy expenditures above what is normal when the body is at rest.

- Promotes wellbeing, physical and mental health

- Prevents disease

- Improves social connectedness and quality of life

- Provides economic benefits, and contributes to environmental sustainability
1- Country-Wide:
   – Canadian children are less active on weekends than on weekdays.
   – The proportion of Canadian children who play outside after school dropped 14% over the last decade.
   – Canadian kids in Grades 6-12 are spending 7 hours and 48 minutes per day in front of screens.

2- In Waterloo Region:
   – Only 22.3% of youth and 49.1% of adults are sufficiently active to achieve health benefits
   – We are ranked 21st out of 34 regions within Ontario with respect to physical activity

Children are the same everywhere
Who Are We?

• A group of advocates and enthusiasts with a mission to “bring people together to encourage ACTIVE LIVING”

Goals:

– To strengthen and create relationships among members of the community who promote active living
– To increase accessibility to participate in physical activity
– To advocate for creating environments conducive to active living
WRALN is steered by a committee representing:

- Municipalities
- Ministry of Health
- Public Health
- Colleges and Universities
- Not-For-Profit
- School Boards
- Interested citizens

In addition to more than 36 members at large
A sub-committee of the WRALN dedicated to advocating for policy changes regarding physical activity in the Waterloo region.

- First meeting conducted on January 5\textsuperscript{th}, 2011.
- Spark Advocacy Grant from HSF in May 2011 to create a Physical Activity Charter for the Waterloo Region.
  - Review of existing charters (local, national & international)
  - Focus group discussions

Chose the \textbf{Toronto Charter for Physical Activity}
Why the Toronto Charter for Physical Activity Guiding Principles?

• International advocacy document developed by the International Society for Physical Activity and Health (see www.globalpa.org.uk)

• Over 450 individuals/organizations from 55 countries contributed
The principles encourage local government bodies to:

1. Adopt evidence based strategies and implement sustainable actions
2. Build capacities, embrace an equity approach and ensure cultural sensitivity
3. Use a life-course approach and facilitate healthy personal choices
4. Address the environmental, social, and individual determinants of physical inactivity
This charter is intended to link with and support existing, well-designed tools promoting active living within the region including:

- Pedestrian Charter
- Active and Safe Routes to School charter
- Region of Waterloo's Active Transportation Master Plan
- Pedestrian Master Plan
- Active Transportation Master Plan
- Regional Cycling Master Plan
- Travel Wise

links directly with strategic objectives:

- 4.2 and 4.7 Health and Inclusive Communities,
- 3.2 Sustainable Transportation, contained within the Region of Waterloo’s 2011-2014 Strategic Focus document
• There is no specific budget attached to this request.

• The charter provides a set of guidelines to consider when developing policies and initiatives at our local level.

In sum, it is an overt statement of the importance of physical activity for our citizens.
How to make the Charter a Living Document?

- CCORIC (Community Coalition on Refugee and Immigrant Concerns)
- Public Health managers and planners
- Board of Education
- Sports and recreation staff
- Neighbourhood communities
Results of the community engagement - focus group discussions:

– Grass root and collaborative approach and practical actions
– Access to physical activity
– Focus on individual and community responsibilities
– Non-government efforts to increase physical activity

“Where’s the action? We need some practical plans for what action will be. What WRALN has done so far, and what we will do in the future”

There is a need to develop a blueprint for action specific to the region
What are the next steps? The need for ACTION

• The overall purpose of this deputation is: Ask Regional council to:

  1- support the guiding principles of the Toronto Charter for Physical Activity

  2- Provide guidance and support for the WRALN to develop a blueprint for action on physical activity
Thank You

Questions?
Canadian kids in Grades 6-12 are spending 7 hours and 48 minutes per day in front of screens.

- When asked, 92% of Canadian children said they would choose playing with friends over watching TV.
- Given the choice, 74% of Canadian kids in Grades 4 to 6 would choose to do something active after school.

- 2012 Grades (AHKC)
- (F) on Physical Activity
- (A-) on Proximity and availability of facilities, programs, parks, and playgrounds
- (C) on Usage of facilities, programs, parks and playgrounds
IS
ACTIVE
PLAY
EXTINCT?

2012
Active Healthy Kids Canada
Report Card on Physical Activity
for Children and Youth
The Active Healthy Kids Canada Report Card is the most comprehensive annual assessment of child and youth physical activity in Canada.
46% of Canadian kids get 3 hours or less of active play per week, including weekends.

63% of Canadian kids’ free time after school and on weekends is spent being sedentary.

92% of Canadian children said they would choose playing with friends over watching TV.
Active Healthy Kids Canada is the “go-to” source for knowledge, insight and understanding into the complex and multifaceted issue of child and youth physical activity. We collect, assess and synthesize the most current data and literature examining physical activity levels and the individual characteristics, influences and outcomes that affect those levels.

To build a complete and robust picture, we break our assessment of Physical Activity Levels into the components Organized Sport & Physical Activity Participation, Active Play & Leisure and Active Transportation, with grades assigned for each. Sedentary Behaviours, important factors in overall daily movement, are also graded. Finally, influences, grouped under School & Childcare Settings, Family & Peers, Community & the Built Environment and Policy, are assessed and graded on their engagement and involvement in facilitating, promoting and encouraging physical activity.

Disparities that exist in relation to individual characteristics, such as income, ability level, region, age and gender are considered, and affect the final grades.

A child’s physical activity level affects outcomes such as mental health and body weight; in turn, these outcomes may affect a child’s overall levels of physical activity.
Play has been called the business of childhood.33

It comes in many forms, but is generally freely chosen, spontaneous, self-directed and fun.34-35 Play allows children and youth of all ages to try new things, test boundaries, learn from their mistakes and, perhaps most importantly, enjoy being active. And while active play is fun, it’s certainly not frivolous. One Ontario study showed that preschoolers who play outdoors for at least 2 hours a day were far more likely to meet physical activity guidelines.36

Sometimes, the most important thing is to simply let kids have fun. If playing outdoors is fun, why not let them have fun? And one Ontario study showed that preschoolers who play outdoors for at least 2 hours a day were far more active than those who only play indoors.36

The proportion of Canadian kids who play outside after school dropped 14% over the last decade.44-45

> 46% of Canadian kids get 3 hours or less of active play per week, including weekends.45

Canadian kids are not playing actively in their “free time.” At lunch and after school, kids are getting only 24 minutes of moderate- to vigorous-intensity physical activity out of a possible 4 hours.45

Even at school, recess is increasingly being threatened by adult beliefs that this “free time” is better spent in academic study. Not only is there value in this free time, it’s what kids want:

> In one global study, playing with friends was the single favourite pastime of kids around the world.46

> 92% of Canadian children said they would choose playing with friends over watching TV.46

> Given the choice, 74% of Canadian kids in Grades 4 to 6 would choose to do something active after school, with 31% choosing to play with their friends at the playground.46

Supporting and encouraging opportunities for safe, free, unstructured play, especially outdoors, may be one of the most promising, accessible and cost-effective solutions to increasing child and youth physical activity in Canada.

Motor function

Creativity

Decision-making

Problem-solving

Executive functions – the ability to control and direct one’s emotions and behaviours

Social skills – sharing, taking turns, helping others, resolving conflict

Speech (in preschoolers)

Unfortunately, the structure and demands of modern Canadian life may be engineering active play out of our children’s lives. Perhaps in a misguided bid to protect and direct them at all times, Canadian kids have lost the freedom to throw open the doors and go play. Researchers agree the decline of play over the past 50 or 60 years has been consistent and substantial:

While current crime rates in Canada are about equal to what they were in the 1970s,47 the increase in news coverage of crime has fuelled parental fears of letting their children outside.48 82% of mothers cite safety concerns and almost half of parents cite fear of exposure to child predators as reasons they restrict outdoor play.48 58% of Canadian parents agree they are very concerned about keeping their children safe and feel they have to be “over-protective of them in this world.”48

Unfortunately, over-protective parenting, plus the lure of ever-present technology, is driving kids into highly controlled environments, where they have little opportunity to let loose, run around, build, explore and interact with peers on their own terms.

On weekends, when kids should have abundant free time, kids are less active than on weekdays.21

> Canadian kids spend 63% of their free time, after school and on weekends, being sedentary.21

> Instead of playing outdoors, Canadian kids in Grades 6 to 12 are spending 7 hours and 48 minutes per day in front of screens.47

> In one global study, playing with friends was the single favourite pastime of kids around the world.46

> 92% of Canadian children said they would choose playing with friends over watching TV.46

> Given the choice, 74% of Canadian kids in Grades 4 to 6 would choose to do something active after school, with 31% choosing to play with their friends at the playground.46

Complete references are available in the long-form Report Card at www.activehealthykids.ca

**HOW TO PRESS PLAY**

Recommendations for increasing opportunities for active play

**EARLY YEARS**

> Provide access to safe, open areas, either indoors or out, where kids can move freely.

> Add balls and toys to encourage more vigorous play at home, and in childcare and community settings.

> Get down on the floor and play with them!

**SCHOOL-AGE CHILDREN**

> Provide access to fields, nature, skipping ropes, balls and equipment to facilitate active play.

> To counter safety concerns, parents and caregivers can take turns supervising kids at play in the park or on the block, encourage kids to play outside with a buddy and consider street-proofing courses.

**YOUTH**

> Accept that tweens and teens need free time to play without the assumption they are “up to no good.”

> Increase youth-friendly play spaces where youth can hang out and direct their own activities.

**KIDS OF ALL AGES**

> If your child has no free time, consider reducing the number of scheduled activities.

> To increase neighbourhood safety, advocate for traffic-calming measures such as speed bumps and roundabouts, which have been shown to decrease pedestrian-vehicle accidents.

> To reduce screen time, encourage time spent outdoors, every day, instead of in front of TV or video games.
### Physical Activity Levels

**THIS IS THE CORE GRADE IN THE REPORT CARD.** Unfortunately, it remains an F for the sixth consecutive year, as objectively measured data indicate that only 7% of children and youth are meeting Canada’s guidelines of 60 minutes of physical activity a day. CHMS

How far off the mark are we? Achieving the guidelines is essential for health benefits, but it is encouraging to note that 44% of Canadian kids are getting 60 minutes of physical activity on 3 days of the week. 49

<table>
<thead>
<tr>
<th>PHYSICAL ACTIVITY</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organized Sport &amp; Physical Activity Participation</td>
<td>C</td>
</tr>
<tr>
<td>• 75% of kids aged 5-19 participate in organized physical activities or sport.</td>
<td></td>
</tr>
<tr>
<td>• Kids from higher-income families have a 25% higher participation rate than those from lower-income families.</td>
<td></td>
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<tr>
<td>• One soccer and baseball/softball study found that only 46% of practice time is spent being moderately or vigorously active.</td>
<td>53</td>
</tr>
<tr>
<td>Active Play &amp; Leisure</td>
<td>F</td>
</tr>
<tr>
<td>• 46% of kids aged 6-11 get 3 hours or less of active play (unstructured physical activity) per week, including weekends.</td>
<td></td>
</tr>
<tr>
<td>Active Transportation</td>
<td>D+</td>
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<tr>
<td>• 35% of kids aged 10-16 report using active transportation on the main part of their trip to school (33% walk, 2% bicycle).</td>
<td></td>
</tr>
<tr>
<td>• The percentage of Canadian kids who walk or wheel to school peaks at age 10 (approximately 35%) and then drops off.</td>
<td>56</td>
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<table>
<thead>
<tr>
<th>SEDENTARY BEHAVIOUR</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screen-Based Sedentary Behaviours</td>
<td>F</td>
</tr>
<tr>
<td>• Children and youth get an average of 7 hours and 48 minutes of screen time per day.</td>
<td>47</td>
</tr>
<tr>
<td>• Only 19% of kids aged 10-16 report meeting Canadian Sedentary Behaviour Guidelines, which recommend no more than 2 hours of recreational screen time per day.</td>
<td></td>
</tr>
<tr>
<td>Non-Screen Sedentary Behaviours</td>
<td>INC</td>
</tr>
<tr>
<td>• Although it is difficult to separate out non-screen behaviours, kids under age 6 spend 73-84% of their waking hours sedentary, and kids aged 6-19 spend 63% of their free time (after school and weekends) sedentary.</td>
<td>12-13</td>
</tr>
<tr>
<td>• Numerous studies suggest that high levels of sedentary behaviour increase health risks in kids regardless of how active they are.</td>
<td>95-99</td>
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<thead>
<tr>
<th>SCHOOL &amp; CHILDCARING SETTING</th>
<th>GRADE</th>
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</thead>
<tbody>
<tr>
<td>Physical Education (PE)</td>
<td>C</td>
</tr>
<tr>
<td>• 67% of schools report that almost all of their students take PE classes from a PE specialist.</td>
<td></td>
</tr>
<tr>
<td>• The proportion of students who get the recommended 150 minutes of PE per week ranges from 15-65% across school grades.</td>
<td>57-81</td>
</tr>
<tr>
<td>Sport &amp; Physical Activity Opportunities at School</td>
<td>B</td>
</tr>
<tr>
<td>• More than half of schools in Canada with Grade 6-10 students offer several intramural and interschool sports.</td>
<td></td>
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<tr>
<td>• 77% of parents report their schools offer sport or activity programs outside of regular PE classes.</td>
<td></td>
</tr>
<tr>
<td>School Infrastructure &amp; Equipment</td>
<td>B+</td>
</tr>
<tr>
<td>• 95% of school administrators report that students have regular access to a gymnasium during school hours.</td>
<td></td>
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<tr>
<td>• A large majority also report that students have access to outdoor facilities (89%) and gyms (84%) outside of school hours.</td>
<td></td>
</tr>
<tr>
<td>School Policy</td>
<td>C-</td>
</tr>
<tr>
<td>• 54% of middle and high schools have a committee that oversees physical activity policies.</td>
<td></td>
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<tr>
<td>• 53% report having improvement plans related to physical activity for the current school year.</td>
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### FAMILY & PEERS

**D+**

**Family Physical Activity**
- Only 15% of Canadian adults are active enough to meet the guideline of 150 minutes of physical activity per week.17
- 38% of parents say they often played active games with their children in the past year.29,30

**INC**

**Peer Influence**
- 55% of middle- and high-school students sometimes lead physical activities at school for their peers and younger students.18

### COMMUNITY & THE BUILT ENVIRONMENT

**A-**

**Proximity & Availability of Facilities, Programs, Parks & Playgrounds**
- 93% of parents report local availability of public facilities and programs for physical activity.34
- Parents from the highest income households report more access to facilities than lowest-income households.34

**B+**

**Community Programming**
- Availability remains high, yet only 51% of municipalities offer programs for youth at risk, 49% offer discounted child fees and 24% target Aboriginal people.35,36

**C**

**Usage of Facilities, Programs, Parks & Playgrounds**
- 61% of parents with kids aged 5–17 say they use public facilities and programs for physical activity at least sometimes.37
- An estimated 67% of current facilities need to be repaired or replaced.38

**B**

**Perceptions of Safety & Maintenance**
- 64% of families agree their neighbourhood is safe for kids to walk to and from school.39
- In one study, the highest perceived threat to children’s safety was traffic, with 47% of parents agreeing it is an issue.40

**D**

**Municipal Policies & Regulations**
- 45% of municipalities rate opportunities for sport as a high priority for promotion; 39% rate physical activity opportunities as high priority.41,42

**INC**

**Nature & the Outdoors**
- There are limited data on the amount and frequency of outdoor activity in children and youth.

### POLICY

**D**

**Federal Government Strategies**
- Once a leader, Canada is falling behind peer countries – Canada currently has no national physical activity strategy.
- 60% of Canadians think the federal government is not doing enough to deal with the problem of childhood obesity.43

**B+**

**Provincial / Territorial Government Strategies**
- The majority of Canadian provinces and territories have developed specific physical activity strategies.

**F**

**Federal Government Investments**
- 90% of Canadians think the federal government should fund more recreational facilities for youth and make it easier for children to walk and bike daily.43

**C-**

**Provincial / Territorial Government Investments**
- Less than 1% of total healthcare spending in Canada is devoted to health promotion, physical activity/education and sport.44

**A-**

**Non-Government Strategies**
- In the absence of a federal physical activity strategy, the non-government sector has stepped up to fill the void with initiatives such as Active Canada 20/20, a national physical activity strategy and the publication of the Physical Activity and Sedentary Behaviour Guidelines for the Early Years (0–4).

**INC**

**Non-Government Investments**
- Sport and recreation organizations received 17% of all volunteer hours in 2007, second only to religious organizations at 18%.45
- They received 2% ($200 million) of all donations given by Canadians.45

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17. CFLRI
18. IBSC
34. CFLRI
35. CFLRI
36. CFLRI
37. CFLRI
38. CFLRI
39. CFLRI
40. CFLRI
41. CFLRI
42. CFLRI
43. CFLRI
44. CFLRI
45. CFLRI
Methodology, Detailed Findings & Additional Resources

Our interdisciplinary research team identifies and assesses Report Card indicators to determine grade assignments based on available data, research and key issue areas from the past year. Consideration is also given to prevalence levels, international comparisons, trends over time, disparities (age, geography, etc.) and newly emerging initiatives.

The detailed, long-form version of this Report Card includes background on our methodology and process; in-depth analyses; summaries of key research, charts and figures; and complete references.

Visit www.activehealthykids.ca to download the long- and short-form versions of the Report Card and access free presentations, articles and media materials that will help you further understand and share the 2012 Report Card findings with others.

Active Healthy Kids Canada is a charitable organization that advocates the importance of physical activity for children and youth where they live, learn and play.

Active Healthy Kids Canada relies upon its strategic partners, who play a critical role in the research, content development and communication of the Report Card:

Production of the Report Card is possible through funding from Provincial/Territorial governments through the Interprovincial Sport and Recreation Council and support from the following partners:
Joseph Schneider Haus and McDougall Cottage

2011 Operations and 2012 Planned Initiatives
Curriculum-Based Education Programmes
Marlene Pomeroy
Contemporary Book Artist
Folk Artist-in-Residence
2011
Backyard Tourists visit Port Dover
Heart & Hand

The Festival that brings Traditional Arts to Life!

Joseph Schneider Haus
Philippe Elsworthy
Instrument Maker

Best of Show

Wesley Bates
Wood Engraver

People's Choice
Gallery Exhibitions 2011

Willow, Ash, Oak and Rye
From Inside My Heart
Building Books from the Heart of Italy
The Grand National Quilt Show
McDougall Cottage
2011 Musician-in-Residence
Piper Robin Aggus
Tea with Granny at the Cottage
Wee Quilt Challenge Winners 2011
"DIY Plaid"
Collections and Curatorship
TO: Chair Sean Strickland and Members of the Community Services Committee
DATE: June 19, 2012
FILE CODE: S04-20
SUBJECT: CHILDREN’S SERVICES PURCHASE OF SERVICE AGREEMENT FOR RECREATION PROGRAMS

RECOMMENDATION:

THAT the Regional Municipality of Waterloo enter into a Memorandum of Understanding with the Waterloo Region District School Board for delivery of Youth Development Programs for 8 – 12 year old children as outlined in report SS-12-025;

AND THAT the Regional Municipality of Waterloo amend service agreements with KW YMCA, YMCA of Cambridge, KW YWCA, YWCA of Cambridge, Jacob Hespeler Child Care Centre, Creative Beginnings Child Care Centre and Conestoga College as outlined in report SS -12-025 dated June 19, 2012.

SUMMARY:

This report provides background and context to establish agreements for the provision of before and after school programs for school aged children. These new programs called Youth Development Programs will be administered by Waterloo Region District School Board and operated by third party providers directly in schools. The availability of additional programs for school age children is a welcome addition to licensed child care settings and ensures availability of regulated programs for children.

REPORT:

1.0 Background

The implementation of full day kindergarten in the Province of Ontario has created significant changes to licensed early learning and child care. Local School Boards are now mandated to deliver a full day kindergarten program for all four and five year old children and when demand exists also offer before and after school care. In Waterloo Region both English boards have been offering before and after school care for 4-7 year old children at full day kindergarten schools. Delivery of the program at each school is reviewed annually and is offered if sufficient demand exists. Interest in before and after school care has shown a steady increase in year three of the five-year initiative.

For the 2011-2012 school years before and after school care was provided at 11 schools in Waterloo Region for approximately 200 children. In the 2012-2013 school years, registrations for before and after school care have increased to over 1600 children and will be offered in 33 schools this September.
The Early Learning Policy Framework provided school boards an ability to offer before and after school programs for children up to the age of 12 years. The Waterloo Region District School Board (WRDSB) in consultation with Children’s Services and licensed Early Learning and Child Care operators developed a delivery model for before and after school programs for children aged 8 – 12 years of age using a recreation focus. This fall the WRDSB will be offering recreation programs called, Youth Development Programs for children between the ages of 8-12 years. Parents have a choice of registering their children for the before school program, after school program or selecting both options. Parents pay a fee for their child to participate in the program. The programs will be operated through third party agreements with existing local service providers. Eight operators have been selected through a Request For Proposal (RFP) process, Children’s Services staff participated in the development of the RFP to ensure requirements for fee subsidy agreements were met as well as in final the selection process.

2.0 Fee Subsidy & Youth Development Programs

The Youth Development Programs will be operated under the legislative authority of the Day Nurseries Act and be available to subsidy eligible families. The Youth Development Program developed by the WRDSB is the first of its kind for Waterloo Region and is being followed with interest by other areas of the Province. The program will be delivered by third party operators and incorporates a focus on; physical activity, social & emotional health, creativity and choice. All school sites will be licensed to operate for school aged care by the Ministry of Education. Staff will establish a memorandum of understanding with WRDSB who will provide verification that each operator is in compliance on an annual basis. This approach will ensure consistent service delivery across all schools and maintains program standards. The Youth Development Program created by WRDSB provides a new option for families of school aged children for before and after school activities on a fee for service basis and meets a significant need in our community.

3.0 Selection & Implementation Process

WRDSB has selected eight organizations through a request for proposal process. Seven of the organizations currently have purchase of service agreements with the Region of Waterloo for provision of licensed child care on behalf of subsidy eligible families. Amendments to the current purchase of service agreements will be required to add the new school sites. This will allow for placement of subsidy eligible 8-12 year old children in recreation based, Youth Development Programs offered at public schools. In September 2012 this program will be available in 25 schools in Waterloo Region. Parent fees set by the third party operators and school bell times cause rate differentials as noted in the following chart.

<table>
<thead>
<tr>
<th>Operator</th>
<th>School Name</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>KW YWCA</td>
<td>Mary Johnson P.S.</td>
<td>Before School</td>
</tr>
<tr>
<td></td>
<td>Southridge P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sandowne P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Abraham Erb P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>After School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Non-Instructional Day</td>
</tr>
<tr>
<td>YWCA of</td>
<td>Ryerson P.S.</td>
<td>Before School</td>
</tr>
<tr>
<td>Cambridge</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>After School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Non-Instructional Day</td>
</tr>
<tr>
<td>KW YMCA</td>
<td>J.W. Gerth P.S.</td>
<td>Before School</td>
</tr>
</tbody>
</table>
### After School

<table>
<thead>
<tr>
<th>Operator</th>
<th>School Name</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Franklin P.S.</td>
<td>Lester B. Pearson P.S.</td>
<td>$12.00</td>
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<tr>
<td></td>
<td>Forest Hill P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lincoln Heights P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pioneer Park P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trillium P.S.</td>
<td></td>
</tr>
<tr>
<td>YMCA of Cambridge</td>
<td>Elgin Ayr P.S.</td>
<td>$12.00</td>
</tr>
<tr>
<td></td>
<td>Cedar Creek P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Highland P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stewart Avenue P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Moffat Creek P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Before School</td>
<td>$8.00</td>
</tr>
<tr>
<td></td>
<td>After School</td>
<td>$12.00</td>
</tr>
<tr>
<td></td>
<td>Non-Instructional Day</td>
<td>$38.00</td>
</tr>
</tbody>
</table>

### Before School

<table>
<thead>
<tr>
<th>Operator</th>
<th>School Name</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jacob Hespeler Child Care Centre</td>
<td>Bridgeport P.S.</td>
<td>$9.00</td>
</tr>
<tr>
<td></td>
<td>Hespeler P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Millen Woods P.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Centennial P.S.</td>
<td></td>
</tr>
<tr>
<td>Creative Beginnings Child Care Centre</td>
<td>Sir Adam Beck P.S.</td>
<td>$6.85</td>
</tr>
<tr>
<td></td>
<td>Baden P.S.</td>
<td></td>
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<tr>
<td></td>
<td>Before School</td>
<td>$14.75</td>
</tr>
<tr>
<td></td>
<td>After School</td>
<td>$28.75</td>
</tr>
<tr>
<td></td>
<td>Non-Instructional Day</td>
<td>$39.00</td>
</tr>
<tr>
<td>Conestoga College</td>
<td>Driftwood Park P.S.</td>
<td>$8.00</td>
</tr>
<tr>
<td></td>
<td>Before School</td>
<td>$14.00</td>
</tr>
<tr>
<td></td>
<td>After School</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Non-Instructional Day</td>
<td>$39.00</td>
</tr>
</tbody>
</table>

The eighth operator, Blair Road Neighbourhood Association, does not currently meet all of the criteria required to be a licensed child care program and will not be eligible for a purchase of service agreement at this time. WRDSB and Children’s Services staff will work with this program to formalize their structure in preparation for entry into a purchase of service agreement in 2013.

### 4.0 Availability

The implementation of the Youth Development Program for 8-12 year old children is a welcome addition to licensed early learning and child care spaces. Limited availability of spaces through licensed child care has meant that many families have not been able to access regulated programs for their children. Families often report resorting to informal arrangements with friends and neighbours due to lack of options. WRDSB also requires that operators expand availability of services as demand increases, meaning that families will not be placed on waiting lists. Availability of fee subsidy will ensure that families who require assistance with the fees will be able to access these programs for their children. Seven of the eight operators selected to deliver the programs are also child care operators, expansion to this new service provides a new option for operators to offset the impact experienced from loss of 4 and 5 year old children as full day kindergarten is phased in.
CORPORATE STRATEGIC PLAN:

This report addresses the Region’s Corporate Strategic Plan, Focus Area 4: Healthy and Inclusive Communities; Strategic Objective 4.6: Collaborate with the community to support the development of services for children.

FINANCIAL IMPLICATIONS:

The 2012 Purchase of Service budget totals $14,400,000.00. Costs associated with placing subsidy eligible families in Youth Development Programs will be accommodated within the existing fee subsidy budget. Expenditures are monitored on a monthly basis to ensure expenditures do not exceed budget levels.

OTHER DEPARTMENT CONSULTATIONS/CONCURRENCE:

The assistance of Legal services and Finance are required to establish agreements and monitor expenditures.

ATTACHMENTS

NIL

PREPARED BY:  
Judi Neufeld, Manager, Early Learning Program  
Candace Goudy, Manager, Child Care Administration  
Nancy Dickieson, Director, Children’s Services

APPROVED BY:  
Michael Schuster, Commissioner, Social Services