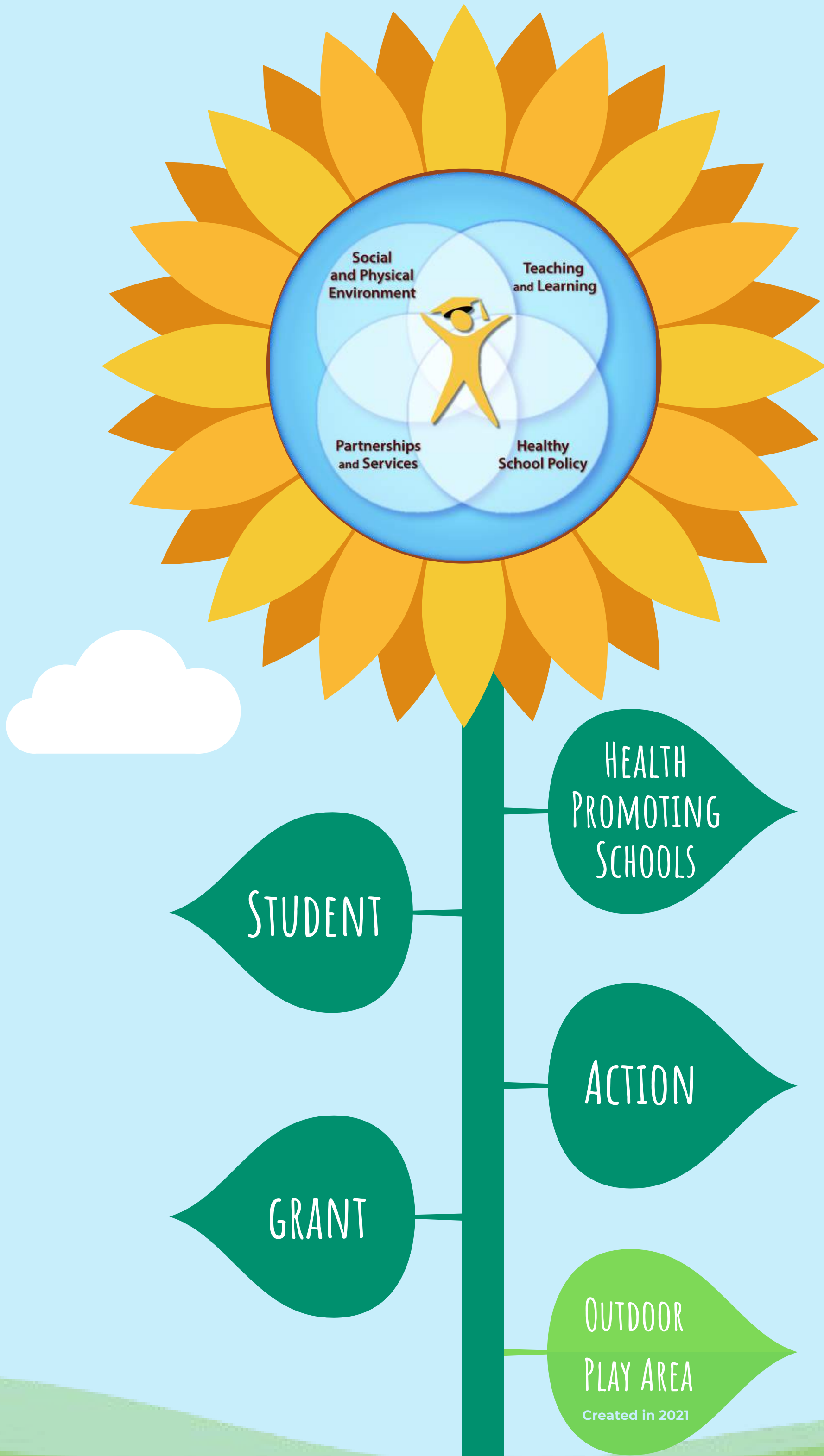


Promoting Healthy Learning Environments With the UpLift Partnership

The UpLift Partnership provides \$5000 in seed funding to participating schools to enhance the HPS approach. Projects are required to incorporate meaningful student involvement. Funding is provided by the PHAC and matched private sector funding. It is encouraged to combine this grant with other grant opportunities.



WHAT IS IT?

Outdoor play is any form of free and unstructured spontaneous play that a child takes part in while in the outdoors. An outdoor play area is the space where children are able to take part in that form of play. A very popular and timely type of outdoor play area is natural playgrounds. This form of outdoor play area includes bringing in natural materials such as trees, dirt, water, and more room for kids to use their imaginations.

WHO SHOULD BE INVOLVED?

Planning an outdoor play area means engaging different members of the school community:

- Principals
- Regional Centre for Education/Conseil scolaire acadien provincial
- Parents
- Teachers
- Students
- Municipal government (i.e. to discuss outdoor play project in a shared space)
- Local landscape architect
- Local contractors and building stores
- Other community partners

WHAT ARE THE BENEFITS?

According to the Health of Canada's Children and Youth Profile, systematic reviews have revealed many benefits to unstructured active outdoor play. Active outdoor play demonstrate benefits in both physical and mental well-being. Children also develop social skills and are able to build relationships with their peers, their community and the environment. In addition to those benefits, outdoor play has been linked to reduced feeling of isolation and increased creativity skills among children.



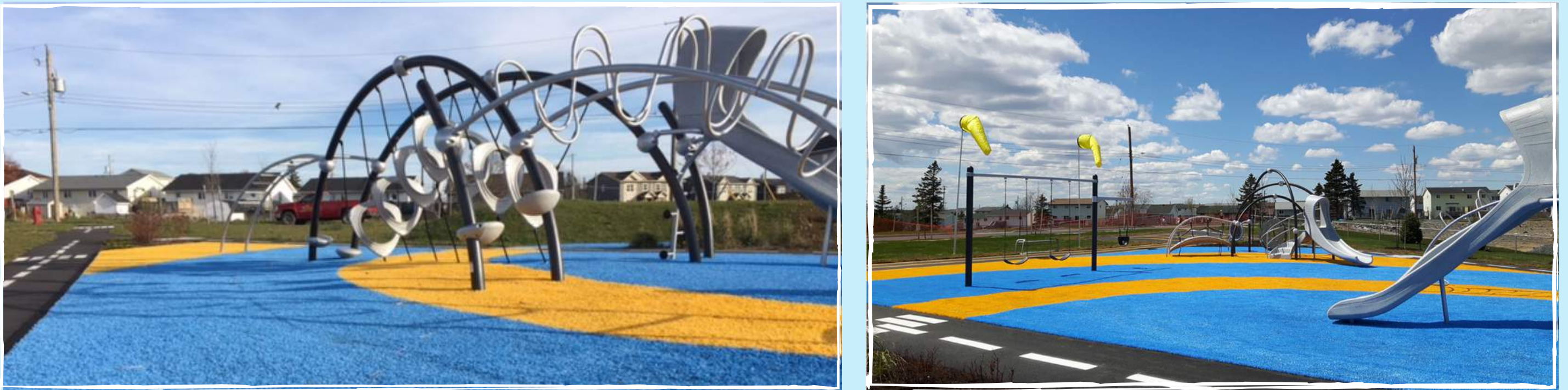
OUTDOOR PLAY AREA - LOCAL EXAMPLES



Fort Needham Memorial Park (Halifax)



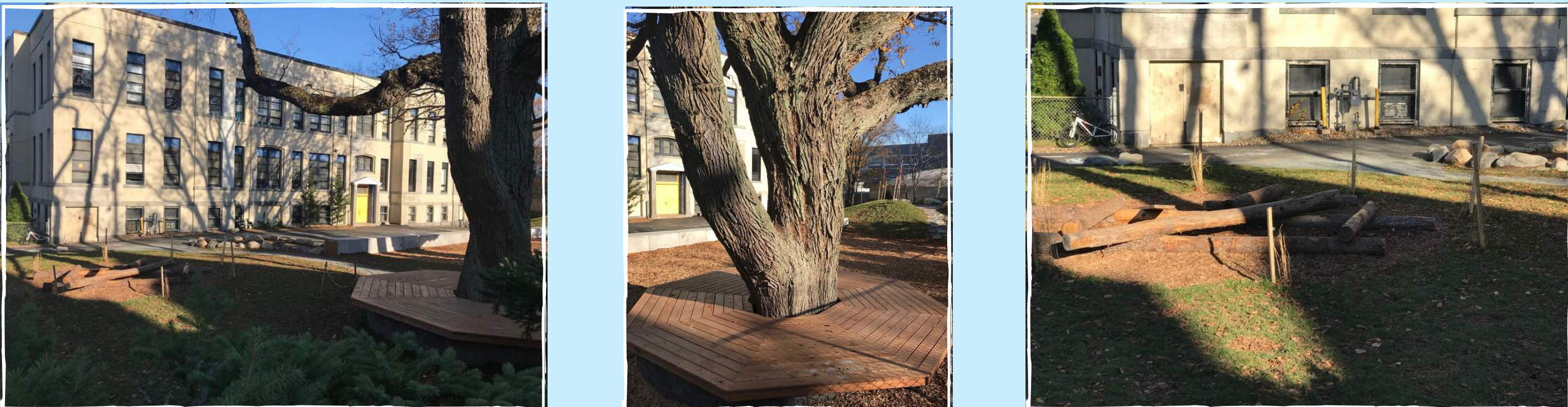
Erindale Estates Park (Eastern Passage)



Mount Royale Park (Halifax)



Shambhala School (Halifax)



OUTDOOR PLAY AREA - OBSTACLE COURSE EXAMPLES



← Rope Pyramid: Requiring balance, agility, strength, and flexibility the rope pyramid will challenge children as they learn to conquer and then excel at this obstacle



Quintuple Steps: Two lanes through the Quintuple Steps allows children to race across these challenges →

Hang Board: duo-sided, this obstacle requires coordination, strength and agility ↓



Warped Wall: a steeply curved wall obstacle that competetors must run up and reach the top ↓



← Spider Climber: An easy challenge for a spider with eight legs, children, however, must use all four limbs to conquer this obstacle

Swinger: Kids see monkeys do this all the time on TV or at the zoo. Monkeys make it look easy, it's not. →



↓ An example of a playground obstacle course



OUTDOOR PLAY AREA - BUDGET



BUDGET

BLUE IMP

Obstacle Course

- 4 Quantum Leap
- 1 Net Wall
- 1 Super Hooper
- 1 Summit
- 1 Vault
- 2 Balance Blocks
 - Equipment cost: \$13 572.00
 - Shipping: \$800.00
 - 15% HST: \$2035.80



Retrieved from https://www.blueimp.com/nav_product/freezone-2/?current=1405

Total: \$15 607.80 + Installation + Site Preparation

Website: <https://www.blueimp.com>

Representative: Jamie Cornell

P: 506-634-1433

F: 506-633-0625

Toll Free: 1-800-260-3662

E: Jamie.Cornell@FundyFencing.ca

Kangaroo

- 4 Arch Swings: \$4790.00
- Four Way Monkey Bar: \$8475.00
- Long Climber: \$7090.00
- Long Climber 2: \$5095.00
- Obstacle Course: \$11 225.00
 - Equipment cost: \$36 675.00

Total: \$36 675.00 + HST + Shipping + Installation + Site Preparation

Website: <http://www.kangaroo.com/index.html>

Representative: Louis-Philippe Roussel

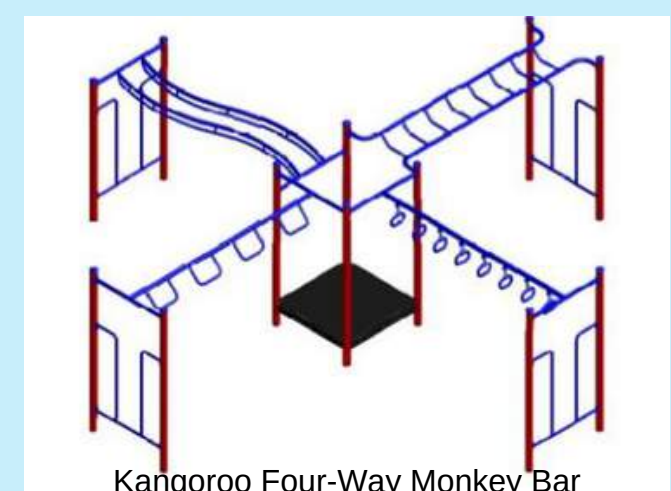
P: 1-506-789-0990

F: 1-888-789-0987

Toll Free: 1-800-212-1411



Kangaroo Long Climber



Kangaroo Four-Way Monkey Bar

POSSIBLE VENDORS

Cobequid (also known as Cobequid Trail Consulting) - a family run business specializing in the creation of uniquely captivating outdoor playscapes for children of all ages.

Joy Elliott Landscape Architectural Design - Joy Elliott practices Landscape Architecture and has designed and overseen construction of residential landscapes, public plazas, a boardwalk, playgrounds, etc.

Turf Masters Landscaping - A family-owned and operated business with a passion for bringing designs to life for clients, in the form of playgrounds, hardscapes and recreational parks.

Bienenstock Natural Playgrounds - Bienenstock celebrates divergent thinking and risk taking. Their team of designers, landscape architects, trainers, educators and construction experts is reflective of their approach—comprehensive, international and multidisciplinary.

Find out more about Outdoor Play Areas

1. 7 Outdoor Play Projects
2. 10 Tips to Enhance Your Outdoor Play Space
3. Outdoor Play
4. A responsible level of risk is good for Halifax kids - so let them play in the woods
5. The Big Deal About Natural Playgrounds

TO LEARN MORE

Visit our website: <https://www.upliftns.ca>

Email: UpLift@dal.ca

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