leading edge PHYSIOTHERAPY

RUNWILD Canada

Kids learning. Kids moving.
Kids for Kids.

Senior Student and Leadership Opportunities

RunWild Canada is a free, school-based wellness program held every spring. It combines physical activity, healthy living, learning and community giving while raising awareness of Canadian Child and Youth Advocacy Centres (CYACs). CYACs are our communities' response to child abuse. In Canada, 1 in 3 youth will experience abuse before the age of 15. CYACs provide a child and youth-friendly place for justice support, wellness and healing. There are over 40 CYACs across Canada.

How Can You Get Involved?

Junior and senior high students can get involved in RunWild Canada. If you are at a K-9 or K-12 school, get involved by helping elementary students experience RunWild. If you are at a high school, get involved by creating your own fun-run for your school or by helping organize RunWild Canada at a local elementary school as a leadership or volunteer project.

Learn about your local Child and Youth Advocacy Centre (CYAC) and find out ways to support their critical work with awareness campaigns, backpack drives or fundraising initiatives.

Leadership & Event Planning

- This spring, help organize a 3 km fun run for your school or an elementary school RunWild event at a school near you.
- Organize activity stations, relays, warm-ups and obstacle courses.
- Coordinate music, announcements, schedules and event-day logistics.
- Recruit volunteers and help lead the event.

Mentorship & Wellness

- Create and lead games and physical activities for elementary students.
- Encourage younger students to set goals and stay active.
- Be a positive role model and mentor.
- Create inclusive activities for students of all abilities on the topics of wellness and online safety. Use the resources at RunWIld Canada as your starting point.

www.runwild.ca/runwild-canada

Heidi Fedoruk: runwildcanada@runwild.ca **Paige Armstrong: director@runwild.ca**

CYAC Awareness & Community Giving

- Create posters, videos and school announcements to promote RunWild.
- Educate students about healthy living, online safety and CYACs.
- Help organize a fundraising or community awareness campaign.
- Connect with a local Child and Youth Advocacy Centre to learn about its work.

School Projects & Personal Development

- Use RunWild for a leadership project.
- Earn volunteer or community service hours where applicable.
- Build skills in leadership, teamwork, communication and event planning.
- Explore careers in education, health, recreation, communications or community service.
- Collaborate with student council, leadership classes or school clubs.
- Document your experience and present what you learned and the impact you made.

Why Get Involved?

- Make a meaningful difference in the lives of younger students.
- Gain real-world leadership and organizational experience.
- Support children's health, safety and well-being.
- Strengthen connections between schools and communities.
- Turn your ideas into action and make a positive impact.

You don't have to be an athlete! RunWild Canada needs leaders, organizers, creative thinkers, communicators and students who want to make a difference.

Ready to Lead?

Talk to a teacher or school administrator about bringing RunWild Canada to your school.

Learn more: runwild.ca/runwildcanada

Your leadership. Their inspiration. A stronger community.