

# NEWSLETTER



## Children In Nature

Summertime is a glorious season that offers great opportunities for kids to enjoy being outdoors. Spending time in a natural environment has been proven to improve activity levels, boost the immune system and increase happiness. For children in particular, being outdoors helps to manage stress, improves academic performance and promotes a healthy, active lifestyle that can lead to a life-long connection with nature. Connecting children with the natural world has always been one of the cornerstones of what we do at Christie Lake Kids.

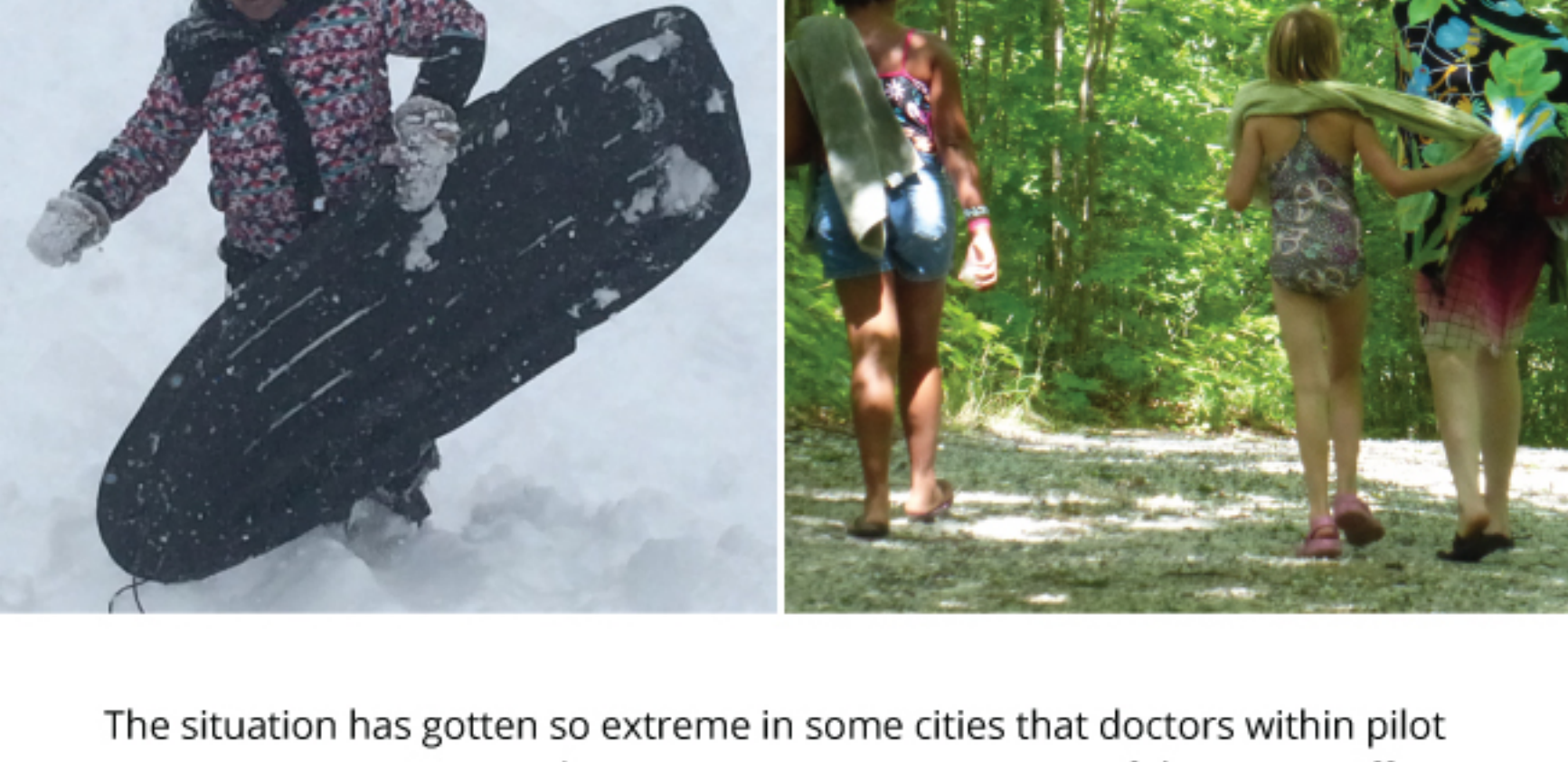
***Being outdoors helps to manage stress, improves academic performance, and promotes a healthy, active lifestyle***

The majority of the children and youth Christie Lake Kids works with come from Ottawa's priority neighbourhoods in urban areas lacking in significant amounts of greenspace. Attending weekend, March Break and summer camp programs at Christie Lake Camp may be the only opportunity these kids have to become immersed in an expansive outdoor environment. Combined with skill-building activities, structured games and a focus on positive social-emotional characteristics, camp provides an essential resource for kids.



Numerous studies have found that time spent in green, outdoor spaces fosters creative play and reduces symptoms of attention deficit disorders. The greener and wilder the environment, the stronger the effect. Despite this knowledge, children spend a fraction of their time outdoors than did previous generations, with 'screen time' quickly replacing 'green time'. In his book *Last Child in the Woods: Saving our Children from Nature-Deficit Disorder*, journalist Richard Louv writes that the increasing lack of exposure to nature has long-lasting impacts on the ability of kids to lead healthy lives. He goes on to say that "Mental health issues, childhood obesity and even online bullying appear to be exacerbated by a lack of access to nature, outdoor play and urban greenspace."

***Spending time in nature makes kids happier and more resilient to mental health issues such as depression and anxiety***



The situation has gotten so extreme in some cities that doctors within pilot programs are writing 'park prescriptions' in recognition of the potent effect nature has on the mental health of children, to regulate exposure to the natural environment as part of a longitudinal study on mental health.

***For ninety-six years, we have watched the positive physical, mental, emotional and cognitive transformations that come from helping kids spend time exploring and enjoying our natural world***

Christie Lake Kids works tirelessly to ensure that children have positive, satisfying experiences in nature when participating in our camp programs. By encouraging them to enjoy being active outdoors, we are hopeful they will forge connections to the natural world which will help them in many ways. Getting kids moving outdoors instead of sitting idly for hours in front of screens improves their health and eyesight, increases self-regulation, and helps them sleep better. Spending time in nature makes kids happier and more resilient to mental health issues such as depression and anxiety. When children and youth are immersed in the sights, smells and sounds of nature, it results in better focus, concentration and creativity, which are essential to success in learning environments.



At Christie Lake Kids, we are passionate about sharing our love of the great outdoors with some of Ottawa's most vulnerable kids. For ninety-six years, we have watched the positive physical, mental, emotional and cognitive transformations that come from helping kids spend time exploring and enjoying our natural world. We are grateful to our staff, volunteers and most of all our cherished donors who make our camp programs possible.



**VISIT WEBSITE**

### UPCOMING EVENT



Join us on August 15<sup>th</sup>, 2018 at Emerald Links! Let's beat last years record amount raised of \$100,000 for our Leaders in Training Program! We are so grateful for the continued support within the Ottawa community; you continue to help us help our kids!

[Learn More...](#)