



# June



## Physical & Health Education

### Important Dates + Reminders

June 3 – Hat & Jeans Day  
June 7 – Non-Instructional Day  
June 9 – Hot Dog Hot Lunch  
June 17 – Vacation Day (dress like a tourist)  
June 22 – Gr. 7 Grad Mass  
June 24 – Last Day of School!

### Unable to Participate

If your child is unable to fully participate in PE due to an injury, please provide a note or email that I can have for my records. Thank you!

### PE Attire

To be aligned with COVID-19 protocols, students cannot change into gym attire for PE.

### Physical Education

For our last month of PE, in all grades we will be revisiting Basketball and Volleyball skills. The Primary grades will continue to explore pillo polo (Q-tip Hockey), and easier form of floor hockey. We also continue playing throwing games.

### Health Class

We are currently on our last unit for Health Class where we are focusing on Healthy Eating and Nutrition. This unit will be relying on Canada's Food Guide, that was updated in 2019, as we learn about the different facets of eating well.

### BC Curriculum + Parent/Teacher Communication

We will continue to follow the curriculum provided by British Columbia's Ministry of Education. Details can be located here, the official government website: [Physical & Health Education](#)  
Monthly newsletters will be written to provide updates on what we are learning in PHE. If there are any questions/concerns, feel free to call me at the school or email me at [jhauk@cispg.ca](mailto:jhauk@cispg.ca)