



**NOTRE DAME SCHOOL**  
**925-104<sup>th</sup> Ave. Dawson Creek, BC, V1G 2H8**  
**Phone: 250-782-4923 Fax: 250-782-4388**  
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## **PHE Fall & Winter Newsletter**

Dear Families and Guardians,

Welcome back to another fun and exciting school year. This year, I will teach the students Physical Education and Health Education. I will teach Physical Education four days a week and Health Education once weekly in the classroom.

### **Learning Intentions this term for Primary students:**

#### **Physical Education:**

- I can listen, be respectful, safe and be an active participant
- I can jump high, and squat low without falling over (Frog Jumps)
- I can have my hands and feet in the right position to bump a volleyball
- I can be aware of my space and my peer's space to be safe

#### **Health Education:**

- I can show a sense of accomplishment and joy and express some wants, needs, and preferences.
- I can sometimes recognize my emotions
- I am aware of myself as different from others
- I can be aware of others and my surroundings

### **Learning Intentions this term for Intermediate students:**

#### **Physical Education:**

- I can listen, be respectful, safe and be an active participant while following routines
- I can monitoring exertion levels while doing different activities and sports
- I can have my hands and feet in the right position to bump, set, and serve a volleyball
- I can have my hands and feet in the right position to rally back and forth with ease
- I can be aware of my space and my peer's space to be safe

#### **Health Education:**

- I can think "outside the box" to get innovative ideas and persevere to develop them
- I recognize my value and advocate for my rights
- I take responsibility for my choices, my actions, and my achievements
- I have pride in who I am. I understand that I am a part of larger communities
- I can take purposeful action to support others and the environment

**Check out our school website for any new and exciting trips your classroom teacher may have planned. [notredameschool.ca](http://notredameschool.ca)**



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A back-to-school routine can be tricky; try this quick, easy snack recipe.

### Chocolate Peanut Butter Protein Balls



#### Ingredients

- 3/4 cup rolled oats
- 1/2 cup chocolate protein powder
- 1/4 cup peanut butter
- 1/4 cup honey (or agave syrup)
- 1/4 cup chocolate chips

#### Instructions

1. Mix the ingredients together.
2. Roll into small protein balls and place on a baking sheet lined with parchment paper.
3. Place in the refrigerator to set for about 10-15 minutes.
4. Store in an airtight container in the refrigerator and enjoy!

#### Notes

These protein balls can be stored in a container for a week, in the fridge for two weeks, and in the freezer for several months! Make sure to seal them in airtight containers for added freshness and longevity.

<https://www.jaroflemons.com/chocolate-peanut-butter-protein-balls/#recipe>

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