

THE TERM 3 NEWSLETTER

Mr. Josh Haukenfrers

Important Dates and Reminders

April

- April 3 - Hat & Jeans Day
- April 9 - Vimy Ridge Day
- April 17 - Green and Brown Day
- April 18 - Good Friday
- April 21 - Easter Monday

May

- May 5 - NID (No School)
- May 6 - Wishbone Day (Wear Yellow)
- May 8 - Hat & Jeans Day
- May 15 - Spirit Day (TBD)
- May 19 - Victoria Day (STAT)

June

- June 5 - Hat & Jeans Day
- June 6 - NID (No School)
- June 19 - Spirit Day (TBD)
- June 23 - Indigenous People's Day
- June 26 - Last Day of School
- June 27 - NID (Administrative Day)

IMPORTANT

IF YOUR CHILD IS UNABLE TO PARTICIPATE...

in PE due to an illness or injury, please contact me directly stating why they are unable to fully participate. They will be given an individual program for the specified time.

You can contact me through email (jhauk@cispq.ca), write me note, or call me at Notre Dame.

Spaces EDU

Connect to SpacesEDU for updates on your children, get reminders of important events, or contact me through the message feature. You can use the app ([found in the Apple App Store or on the Google Play Store](#)) or through a web browser:

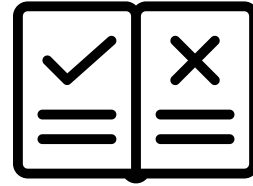
<https://spacesedu.com/en/>



Values, Beliefs, and Discipline

Our Main Rule Headings:

- Respect Yourself
- Respect Others
- Respect Property
- Be Safe



In order to provide all students with a safe and positive learning environment, we will be following the below discipline plan that will always be in effect during class.

Consequences:

Step 1. Verbal Warning

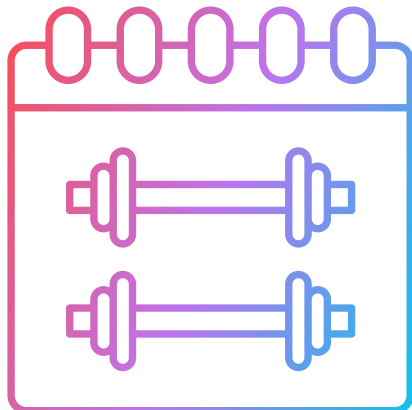
Step 2. Private Conversation with Student

Step 3. Repeated Disruptions - Call home to Guardians

Step 4. Sent to the office - If the above steps have not worked, an office referral will occur

Schedule

Students will receive 150 mins of PHE on the average week, with 120 mins devoted to physical activity in the gym or outside. There will be 30 mins for Health lessons a week.



Attire

Due to time constraints, students will not be changing for PE class. I encourage students to wear comfortable, flexible, and athletic clothing to school, including proper footwear, so that they can fully participate.



Physical Education



Am I Proficient in PE?

- I am an active listener and follow routines most of the time.
- I frequently demonstrate respectful behaviour when participating in activities with others. I need a few reminders.
- I can take turns, work cooperatively, safely, and respectfully with others most of the time.
- I always participate during lessons, showing enthusiasm throughout play and skill development.

Must-Have Muscles

- I can strengthen my must-have muscles (Abdominals, Serratus Anterior, and Glutes).
- I can strengthen my core and legs to better my everyday movement and attention span.
 - Strengthening these muscles can allow for better balance during sports and improved stability for sustained attention during learning tasks. They are used daily and are attached to many of the movements we do throughout the day.



Sports (Volleyball, Basketball, Soccer, Floor Hockey, etc)

- I can develop and grow in specific sport skills:
 - Volleyball - bumping, setting, serving, etc.
 - Basketball - dribbling, passing, shooting, etc.
 - Soccer - dribbling, passing, striking, etc.
 - Floor Hockey - stick-handling, passing, shooting, etc.

Games

- I can improve my coordination, strength, and endurance by practicing different movements and activities in gym class.
- I can develop my balance and flexibility by trying new exercises and movements during gym activities.



Health Class

Substance Use, Addictions, and Related Behaviours

- **Kindergarten to Grade 3**

- I can name healthy choices that help my body and mind stay strong.
- I can talk about safe and unsafe things to put in or on my body.
- I can ask an adult for help if unsure about something offered.

- **Grades 4 to 6**

- I can explain how substances like tobacco, alcohol, and marijuana can affect my health.
- I can recognize situations where I might feel pressure to try harmful things and plan how to respond.
- I can identify trusted adults I can talk to about substance use and mental health.

- **Grade 7**

- I can analyze how substance use and addictive behaviours affect personal and social health.
- I can make informed decisions when faced with risky situations involving drugs or alcohol.
- I can reflect on how media and peers might influence choices around substances.
- I can choose strategies to support my mental health and avoid harmful behaviours.

Healthy Eating

- **Kindergarten to Grade 3**

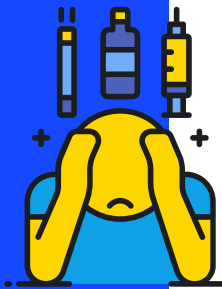
- I can name foods that help me stay strong and healthy.
- I can choose snacks and drinks that are good for my body.

- **Grades 4 to 6**

- I can use Canada's food guide to make healthy food choices.
- I can explain how healthy eating helps my body and mind.

- **Grade 7**

- I can make food choices that support my health and activity level.
- I can explain how media and advertising can influence what I eat.



Allergy-Aware School

Notre Dame School is an Allergy-Aware School, committed to creating a safe environment for children with food allergies. We ask parents to avoid sending foods with allergens, especially in classes where students have allergies, and encourage peanut-free/nut alternatives. For safety, students eat lunch and snacks in the classroom, follow hygiene practices, and do not share food, with additional precautions like cleaning routines and allergy alerts in place.