

# PHE TERM 1 NEWSLETTER

Mr. Josh Haukenfrers

## Important Dates and Reminders

### September

- Sept. 3 - First Day of School
- Sept. 19 - Terry Fox Walk/Run
- Sept. 26 - Orange Shirt Day to recognize Truth & Reconciliation
- Sept. 29 - Non-Instructional Day (No School)
- Sept. 30 - STAT (National Day for Truth & Reconciliation)

### October

- Oct. 1 - K-4 Picture Day
- Oct. 2 - 5-7 Picture Day
- Oct. 7 - One Million Children Praying - Living Rosary
- Oct. 9 - Hat & Jeans Day
- Oct. 13 - STAT (Thanksgiving Day)
- Oct. 16 - Spirit Day TBA
- Oct. 21 - Picture Retakes
- Oct. 31 - Character Day

### November

- Nov. 6 - Hat & Jeans Day
- Nov. 11 - STAT (Remembrance Day)
- Nov. 20 - Spirit Day TBA
- Nov. 20 - 21 - Student-led Conferences
- Nov. 28 - Non-Instructional Day (No School)

### December

- Dec. 4 - Hat & Jeans Day
- Dec. 18 - Spirit Day (TBA)
- Dec. 18 - Christmas Concert
- Dec. 20 - Jan. 4 - Christmas Break

### January

- Jan. 5 Return to School

## WELCOME TO PHE!

I am so grateful to be teaching PHE for the fourth year. I hope to provide my students with the necessary skill development and physical literacy to aid in their everyday life and future.

If you need to get a hold of me my email is [jhauk@cispg.ca](mailto:jhauk@cispg.ca), call me at Notre Dame.

## SpacesEDU

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:

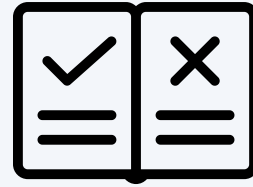
<https://spacesedu.com/en/>



## 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

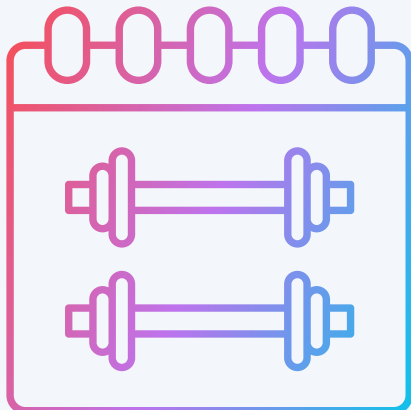
Step 2. Private Conversation with Student

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.

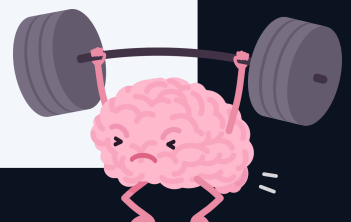


## Sports (Volleyball, Basketball, Soccer, Floor Hockey, etc.)

- 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



- Mental Health Literacy
  - I can recognize and talk about my feelings and emotions in a healthy way.
  - I can understand that it's okay to ask for help when I'm feeling sad, worried, or stressed.
  - I can practice mindfulness and calming strategies to help manage my emotions and stay focused.
  - I can show kindness and empathy to others by listening and supporting them when they need it.
  - I can take care of my mental health by making time for activities that help me relax and feel happy.
- Personal Safety and Injury Prevention
  - I can follow safety rules and use equipment properly to protect myself and others during activities.
  - I can wear protective gear, like helmets or pads, when playing sports or riding my bike to stay safe.
  - I can recognize unsafe situations and ask an adult for help when I feel uncomfortable or unsure.
  - I can be aware of my surroundings and make safe choices, like looking both ways before crossing the street.
  - I can take care of my body by warming up before physical activities and listening to my body if I feel pain or discomfort.
  - I can learn about bullying and how it affects others and out feelings.
  - I can learn how to be an upstander.



## 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.