

PHSE TERM 2 NEWSLETTER

MR. JOSH HAUKENFRERS

IMPORTANT DATES AND REMINDERS

January

- Jan. 8 - Hat & Jeans Day
- Jan. 14 - Intermediate Ski Trip
- Jan. 22 - Spirit Day (January Blues - Wear Blue)
- Jan. 26 - Read-A-thon Starts
- Jan. 28 - Bell Let's Talk Day
- Jan. 30 - NID (No school)

February

- Feb. 2 - 6 - Catholic Schools Week
- Feb. 5 - Hat & Jeans Day
- Feb. 13 - 100s Day
- Feb. 16 - Family Day (STAT)
- Feb. 19 - Spirit Day (TBA)
- Feb. 20 - Read-A-thon Ends
- Feb. 25 - Pink Shirt Day
- Feb. 25 - 26 - Student-Led Conferences / Early Dismissal

March

- March 5 - Hat & Jeans Day
- March 12 - Purple Day for Epilepsy Awareness
- March 13 - Last Day Before Spring Break
- March 16 - 27 - Spring Break
- March 30 - First Day Back from Spring Break

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.



If you need to get a hold of me my email is jhauk@cispg.ca, or you can call me at Notre Dame (250-782-4923).

SPACES EDU



Connect to SpacesEDU for updates on your children, get reminders of important events, or contact your teacher 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



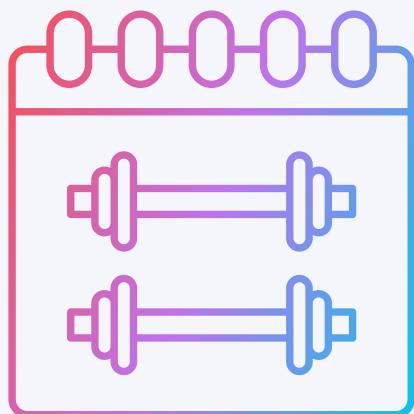
In order to provide all students with a safe and positive learning environment, we will be following the below discipline plan that will always be in effect during class.

Consequences:

1. Verbal Warning
2. Private Conversation with Student
3. Repeated Disruptions - Call home to Parents/Guardians
4. Office Referral

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.

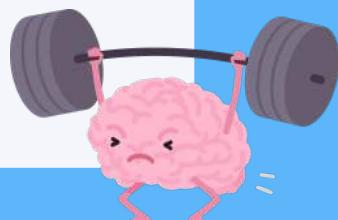


Sports (Volleyball, Basketball, Soccer, Floor Hockey, etc)

- 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.

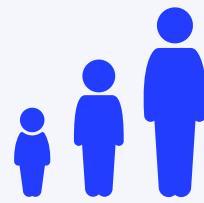
Games

- 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

Human Development



- Kindergarten to Grade 3
 - I can name parts of my body and explain how they help me grow and stay healthy.
 - I can identify ways to show respect for my body and the bodies of others.
 - I can talk about my feelings and explain how they can affect my actions.
 - I can describe what it means to have a safe and trusted person to talk to when I need help.
- Grades 4 to 6
 - I can describe the changes my body goes through as I grow and develop.
 - I can explain how to take care of my physical, emotional, and social health during times of change.
 - I can identify and respect differences.
 - I can recognize how my choices affect my well-being and the well-being of others.
- Grade 7
 - I can explain how to build healthy relationships based on communication, respect, and boundaries.
 - I can make informed decisions to take care of my mental and physical health during puberty and adolescence.



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.