



June 2014

# Let's Go!



## President's Message

Zoe Hamilton

This edition of *Let's Go!* is dedicated to the 2014 PESIC Provincial Conference. I can't think of a better way to begin a new school year than reconnecting with PE colleagues and meeting new ones. It is also a chance to revisit the old stomping grounds at MUN's School of Human Kinetics and Recreation, who once again will open their facilities to us, as well as show their appreciation by hosting an Alumni event.

Conference 2014, *Making Connections Through Physical Education*, is co-chaired by Debbie Shortall and Paul Hamilton, regional representatives from Avalon East and West respectively. The PESIC executive appreciates the leadership of these individuals and thanks their committee members for all their work. Many hands make light work, so I encourage everyone to offer assistance to the conference committee, whether it be for one evening packing delegate bags or assisting the sponsorship committee attract sponsors. The conference is for YOU so give Debbie and Paul a call and offer a hand!

There are many NEW aspects to the conference this year from a new registration fee structure to an evening awards banquet. READ all communications carefully so you don't miss out on a boxed lunch on Friday or the pre-conference sessions on Thursday for example. Throughout this issue all these new and exciting items are highlighted. If you have any questions please don't hesitate to contact any of the executive or conference committee or check out our new website at [www.pesicnl.com](http://www.pesicnl.com). Shannon Sweetland has created a new PESIC website and it looks fantastic! It's still under construction and Shannon welcomes any submissions and suggestions to make it relevant for PE teachers in NL. Thanks Shannon.

In closing, I sincerely hope everyone had a successful and enjoyable 2013-14 school year. I know we all have a busy month left to school with exams, sports days and other year end events on the horizon. Enjoy the remainder of this year and have a very safe and fun-filled summer vacation!

*Zoe Hamilton teaches physical education at Davis Elementary in Carbonear and is PESIC's current President.*

## PESIC Biennial General Meeting and Elections

Andrew Martin

This serves as a three-month notice that the Physical Education Special Interest Council will be conducting a Biennial General Meeting on September 20, 2014 in St. John's.

As per the PESIC Constitution, Article VI – Officers, Section 2 – Nomination of Officers states:

- a) *The Executive shall conduct nominations of officers at least one month prior to the Biennial Conference,*
- b) *Nominations of Officers may be accepted from the floor at the Biennial General Meeting.*

PESIC Elections are to be voted on during our Biennial General Meeting on Saturday, September 20, 2014.

### The following Executive Offices are open for nomination:

- President
- Vice-President
- Treasurer
- Secretary
- Student Representative (post-secondary)
- Communications Officer
- Web Master
- Bulletin Editor

### The following Provincial/Regional Representatives Offices are open for nomination:

- Avalon-East
- Avalon-West
- Central
- Western
- Burin-Vista
- Labrador

The concise time and place will be posted in the conference schedule and communicated to members through e-mail once it is confirmed. An informal meal and refreshments will be served during the meeting.

A formal agenda will be sent to the membership prior to this meeting. Some items you can expect are:

- Reports from the executive council.
- Action Plan formation for the next term. Any submissions for discussion can be forwarded to the secretary, Jacinta McGrath, and submissions will be taken from the floor. The constitution can be found under the Home tab at [pesicnl.com](http://pesicnl.com).
- Election of officers for the next term.

Please get involved. If you are interested in any of the positions above, please attend the BGM and have a person to second your nomination.

*Andrew Martin teaches at St. Matthew's School in St. John's and is PESIC's current Communications Officer.*





# PESIC CONFERENCE 2014

September 18-20, 2014

School of Human Kinetics & Recreation  
St. John's Campus, Memorial University



Human Kinetics  
and Recreation

PESIC, in partnership with Memorial University presents:

## Making Connections Through Physical Education

### Keynote Speaker:

**Terry Kelly**

C.M., B.A., D.C.L., D.F.A.

Terry Kelly's passion for life has gained him international recognition as an award-winning singer/songwriter, a renowned motivational speaker, an accomplished athlete, and a consummate entertainer. This Newfoundland native has released 7 full-length recordings, resulting in seven East Coast Music Awards and nominations for Canadian Country Music Awards and a JUNO. He is most recognized for his inspirational song "A Pittance of Time". Appointed to the Order of Canada, Terry is a recipient of the King Clancy Award and has Honorary Doctorates in Civil Laws and Fine Arts from University of Kings College and Saint Mary's University. In the athletic field, Terry has distinguished himself as the third blind person in the world to run the mile in under five minutes. Terry's motivational presentations are based on his own life experiences and the challenges he has overcome, and have inspired students, parents, teachers, government and corporate employees throughout North America.



## Conference Program

### Thursday, September 18

#### Quidi Vidi Village & Brewery

6:00 - 7:00 p.m.	Registration Quidi Vidi Brewery
7:00 p.m. - 12:00 a.m.	Fishing Stage/Geo-caching Quidi Vidi Village

### Friday, September 19

#### School of HKR

8:00 - 8:30 a.m.	Registration/Networking
8:45 - 9:30 a.m.	Keynote Address Terry Kelly
9:30 - 9:55 a.m.	Nutrition Break, Networking & Exhibit Viewing
10:00 - 11:00 a.m.	Session 1
11:10 a.m. - 12:10 p.m.	Session 2
12:10 - 1:30 p.m.	Boxed lunch, Networking & Exhibit Viewing, Sport Demonstration <i>(Pre-order Boxed Lunch)</i>

1:30 - 2:30 p.m.	Session 3
2:30 - 3:00 p.m.	Networking & Exhibit Viewing
3:00 - 4:00 p.m.	Session 4

#### Friday Evening events at the Holiday Inn

6:30 - 7:00 p.m.	Social/Mixer
7:15 - 11:00 p.m.	Banquet & Awards Presentation

### Saturday, September 20

#### School of HKR

9:30 - 10:30 a.m.	Session 5
10:30 - 10:50 a.m.	Nutrition Break & Exhibit Viewing
10:50 - 11:50 a.m.	Session 6
12:00 p.m.	AGM & Conference Summary <i>(Lunch Provided)</i>

# Conference Registration

## Conference MEMBER Rate:

Early Bird (June 19): . . . . .	\$180 <sup>00</sup> <i>(Early Bird Draw Prize!!)</i>
Conference Registration (September 5): . . . . .	\$200 <sup>00</sup>
Late Registration (after September 6): . . . . .	\$250 <sup>00</sup>
Conference NON-MEMBER Rate: . . . . .	\$250 <sup>00</sup>
Student Rate: . . . . .	\$45 <sup>00</sup>

**Please note: Membership fees are no longer included in conference rates.**

**Conference Registration just got easier!** To become a PESIC member and complete conference registration on-line, visit our NEW website: [www.pesicnl.com](http://www.pesicnl.com).

If paying via mail, cheque or PO# must be included to secure your registration.

## Conference Refunds

Partial refunds (conference fee minus \$50<sup>00</sup> administration) will be issued before September 12, 2014.

PESIC reserves the right to issue no refunds after September 13, 2014.

All requests for refunds must be made in writing to the Conference Registrar, [dana\\_pittman@yahoo.ca](mailto:dana_pittman@yahoo.ca). All refunds will be issued by cheque.

## Hotel Accommodations for the Conference



The Holiday Inn has reserved 15 rooms under "PESIC" at a rate of \$149<sup>95</sup> per room. These rooms will be held until **August 18, 2014**. If you plan to attend the conference, please book your room by calling (709) 722-0506.

## Additional Information

To become a member of PESIC:

**Step 1:** Go to [www.pesicnl.com](http://www.pesicnl.com)

**Step 2:** Click on PESIC Membership Form

**Step 3:** Pay with PayPal or send a cheque or money order for your membership to be activated. Membership rates are still the same at \$20<sup>00</sup> per year with the option to pay for 1, 2 or 5 years.



We look forward to meeting you in September 2014!

## See and Do!

- Signal Hill Hiking Trail
- Cabot Tower
- Johnson Geo Centre
- The East Coast Trail
- North Atlantic Zip Lines – Petty Harbour
- Cape Spear
- The Rooms
- Railway Coastal Museum
- Sea Kayaking with Stan Cook





## Call for Presenters

“Making Connections” is a theme that can be found throughout education and our lives in general. Students are taught to connect math skills to life situations and to build relationships by connecting through physical activities. The school community must connect to foster a positive school culture where learning can thrive. Celebrating all the connections created through physical activities and developed through physical education is the goal of PESIC Conference 2014.

The goal of physical education in Newfoundland and Labrador schools is to foster personal and community wellness by empowering students to attain healthy, lifelong attitudes and behaviours through physical activity as part of the total educational experience. Accomplishing this goal takes a community and as such we need to keep making connections with our local colleagues, education and health partners (Department of Education, NLTA, MUN) as well as physical education professionals across Newfoundland and Labrador and Canada. The changing needs of our children and youth have encouraged physical educators to make connections beyond traditional instructional approaches and consider connections to other subject areas, teaching models, and related professionals (e.g. health, recreation, environment). This conference is about collaboration and making connections – sharing strategies, ideas, and concepts with and about students, teachers/teaching, and the community as a whole.

The following is a list of session guidelines to enhance the professional development of the PESIC 2014 Conference:

- 60 minute sessions
- Applicable to the conference theme “Making Connections”

- Present the intended session as described in the presenter application.
- Provide a participant information package (i.e. handout, equipment, online resource, etc)

The following are some examples of topic areas:

- Alternative activities
- Technology in physical education
- Court & field activities
- Physical literacy
- Fitness activities
- Adapted physical education
- Leadership/Cooperative activities
- Cross-curricular connections
- Outdoor activities
- Personal and community wellness
- Rhythmic activities
- Comprehensive school health
- TGFU
- Healthy attitudes and behaviours
- Models-based instruction
- Linking community programming to physical education
- Wellness-oriented approaches
- Teaching personal and social responsibility

If interested, please complete the Call for Presenters form on the PESIC website ([www.pesicnl.com](http://www.pesicnl.com)) by **June 30, 2014** and e-mail to: [debbieshortall@esdnl.ca](mailto:debbieshortall@esdnl.ca) or [paulhamilton@esdnl.ca](mailto:paulhamilton@esdnl.ca).

**Please Note: Presenters are required to register as conference delegates.** Presenters who are also selling products and/or resources must also apply for a conference Display/ Exhibit Booth.

# Physical Education Awards 2013-14

Luke Neville

## Call for Nominations

The Physical Education Special Interest Council presents several awards for which we are now seeking nominations. We are requesting that regional affiliate councils and interested persons consider any likely candidates from their areas and submit their names and a résumé of their professional involvement by **June 27, 2014**.

## Award of Honour

This award recognizes outstanding contributions and long time dedication to the development of physical education and its ideals and standards in Newfoundland and Labrador. The successful candidate demonstrates professional competence, helps others develop professionally and shows leadership in improving the health and well being of young people.

## District Physical Educator of the Year

Awarded to one teacher per district. This award recognizes teachers who offer a balanced, quality, physical education program and participate in professional development opportunities. This teacher's programs reflect a variety of teaching methodologies, innovative learning experiences and provide a nurturing environment in which all learners develop the knowledge, skills and attitudes that enhance active living.

## PHE Canada Dr. Andy Anderson Young Professional Award

This award recognizes an outstanding physical education teacher in the early stages of their career (35 years or younger). To qualify, the candidate must be a member of PHE Canada or a Liaison Group, and be 35 years of age or less, although some exceptions can be made for individuals who started late-entry careers. Candidates will be evaluated on their contribution to the profession. Refer to complete nomination process at [www.phecanada.ca](http://www.phecanada.ca).

## PESIC Student Award

Recognizes an outstanding undergraduate student in the field of physical education. The student should display professional conduct and interact positively with others through communication, fair play, leadership, and teamwork. The student should also show their

understanding and appreciation of the health benefits of physical activity through their involvement in extra-curricular activities associated with physical education.

## Service Awards

Service Awards will be awarded to physical educators in recognition of teaching service: 10 years, 20 years and 30 years of service.

Application forms can be requested by emailing Luke Neville, Awards Chairperson at [lukeneville@esdnl.ca](mailto:lukeneville@esdnl.ca) or can be found on PESIC's website, [www.pesicnl.com](http://www.pesicnl.com). **Deadline: June 27, 2014**

*Luke Neville teaches physical education at St. Peter's Junior High in Mount Pearl and is PESIC's current Vice President.*

## New PESIC Website

Shannon Sweetland

The Physical Education Special Interest Council now has a new website: [www.pesicnl.com](http://www.pesicnl.com). It contains information on upcoming events such as conferences, online registration for PESIC conferences and membership, current and past issues of the PESIC newsletter *Let's Go!*, spotlight on Physical Educators, information on grants and funding, PESIC affiliate groups, teaching resources and more. Some sections are still under construction and being updated. So, check it out! If you have any ideas or information you would like to see on the website please forward them to Shannon Sweetland by email: [shannon.sweetland@wnlsd.ca](mailto:shannon.sweetland@wnlsd.ca).

*Shannon Sweetland teaches at Corner Brook Regional High and is PESIC's current Webmaster.*



## PESIC Executive 2013

President	Zoe Hamilton	<a href="mailto:zoehamilton@esdnl.ca">zoehamilton@esdnl.ca</a>
Vice-President	Luke Neville	<a href="mailto:lukeneville@esdnl.ca">lukeneville@esdnl.ca</a>
Secretary	Jacinta McGrath	<a href="mailto:jacintamcgrath@esdnl.ca">jacintamcgrath@esdnl.ca</a>
Treasurer	Trisha Boyer	<a href="mailto:tboyer@sportnl.ca">tboyer@sportnl.ca</a>
Communications Officer	Andrew Martin	<a href="mailto:andrewmartin@esdnl.ca">andrewmartin@esdnl.ca</a>
Newsletter Editor	Mervin Parsons	<a href="mailto:mparsons@lsb.ca">mparsons@lsb.ca</a>
Webmaster	Shannon Sweetland	<a href="mailto:Shannon.sweetland@wnlsd.ca">Shannon.sweetland@wnlsd.ca</a>

## Provincial/Regional Representatives 2013

Avalon-Eastern	Debbie Shortall	<a href="mailto:debbieshortall@esdnl.ca">debbieshortall@esdnl.ca</a>
Avalon-Western	Paul Hamilton	<a href="mailto:paulhamilton@esdnl.ca">paulhamilton@esdnl.ca</a>
Burin-Vista	Michael Penny	<a href="mailto:michaelpenny@esdnl.ca">michaelpenny@esdnl.ca</a>
Central	Dana Pittman	<a href="mailto:danapittman@ncsd.ca">danapittman@ncsd.ca</a>
Western	Roland Peddle	<a href="mailto:roland.peddle@nf.sympatico.ca">roland.peddle@nf.sympatico.ca</a>
Labrador	Vacant	
Post Secondary Student Reps	Lisa Murphy Justin Noseworthy	<a href="mailto:c25lcm@mun.ca">c25lcm@mun.ca</a> <a href="mailto:jcn375@mun.ca">jcn375@mun.ca</a>