



# Let's Go!



## President's Message

Zoë Hamilton

By this time everyone is in full swing and actually starting to think about Christmas (where does the time go). Your PESIC volunteers have also been very busy this year representing physical education teachers in various capacities. I want to take this time to list many of the meetings/events that PESIC executive members have organized or taken part in since September and thank all those involved for giving their time.

### SEPTEMBER

#### • NLTA SIC Leadership Seminar

This seminar is hosted by the NLTA each year for Special Interest Councils. Two representatives from each Special Interest Council participate in information sessions provided by the NLTA and have an opportunity to share ideas and strategies with other SICs.

#### • PESIC Provincial Planning Meetings

The elected members of PESIC, provincial executive and regional representatives, met in St. John's to review PESIC's structure and role and to plan for the present term.

#### • PHE Canada and PESIC National Conference Committee Meeting

As the co-organizers of PHE Canada's National conference in 2017, PESIC brought together the committee directors to continue planning for this major event.

### OCTOBER

#### • Panel on the Status of Public Education in Newfoundland and Labrador

Your PESIC President made a presentation focusing on three areas of concern: curriculum development, specialist teachers and class sizes as they relate to physical education. Other members of the executive attended various sessions throughout the province.

#### • Focus Groups on High School Graduation Requirements

The Provincial Government held focus groups throughout the province to determine stakeholders' views on current graduation requirements and whether or not there needs to be any changes. PESIC president participated in the session planned for representatives of the NLTA.

#### • Regional Professional Development

The Western PESIC Affiliate committee planned a PD day for all PE teachers in their region on October 29 at Corner Brook

Regional High. The agenda for the day was designed to include all K-12 physical education teachers with a focus on Orienteering/ Scavenger Hunt/Adventure Race/Hide & Seek-type activities that encourage physical activity in alternate settings.

### NOVEMBER

#### • Provincial Executive Meeting

The PESIC executive met on November 10 through LYNC. If any teacher has any topics they would like discussed in this setting please contact any member of the executive or your regional rep.

#### • Collective Bargaining Submissions

NLTA is currently soliciting input from individual members, Branches, Special Interest Councils, etc. re their priorities for the next round of Collective Bargaining. PESIC will be making a submission and individual teachers are encouraged to take part in this process.

#### • NLTA's Education Forum

PESIC was represented at the NLTA Education Forum with members of the executive and PE teachers.

#### • Council of Provinces and Territories

The Council of Provinces and Territories exists to identify, share and collaborate on health and physical education issues that affect the entire country. PESIC is represented by the president at these meetings.



*Zoë Hamilton is President of PESIC and teaches physical education at Carbonear Academy.*



Twitter has become a very useful and popular social media platform for Physical Educators. **Did you know that PESIC has a twitter account?**

**Follow PESIC at (@PESICNL).** PESIC will tweet from time to time with information relating to PESIC, PHE Canada and other relevant Physical Education information. If you are currently on Twitter I encourage you and all Physical Educators to give us a follow. Please feel free to tweet so that we can continue to communicate, collaborate and share ideas and resources.

# Physical Education Teacher Profiles

**Name:** John-Ray Baird  
**School:** St. Peter's Junior High  
St. John's  
**Grades Taught:** 7-9



**John-Ray Baird**

**Q.** Why did you want to become a physical education teacher? Did anyone inspire you?

**A.** My passion for Physical Education began at home with my father, Ray, who was also a Physical Education teacher himself. Throughout my life, he has always shown me the importance of physical activity, healthy living, and appreciation for nature from a very young age. This passion has also made an impact on my younger brother, who will finish his Physical Education degree this year.

**Q.** What is your favorite activity to teach and why?

**A.** My favorite activity to teach is orienteering in an outside setting. There are so many things that students can learn through orienteering including problem solving, teamwork, and even an appreciation for nature, all while completing physical activities and having fun!

**Q.** What is the highlight of your career/job?

**A.** The highlight of my career thus far would have to be attending the PHE Canada conference in Banff, Alberta last April. It was so inspiring to get to meet so many teachers that shared the same passion of Physical Education as I did. The atmosphere and scenery of Banff just made the experience even that much more unbelievable.

**Q.** What has been the greatest challenge in your career?

**A.** The greatest challenge throughout my career has been to promote the difference of Physical Education and "Gym". In order for Physical Education to be considered as a reputable subject, I feel that there has to be a culture change where others see it as just that.

**Q.** What was your most embarrassing moment in class?

**A.** As a substitute teacher a while ago, I sat in the teacher's chair while doing attendance. When I stood up I realized that there was a previously chewed piece of gum stretched from my pants to the seat that I was just sat in. The students all looked at me with shock and said that it was not meant for me, as someone planted it at the end of the previous day for the teacher that I was replacing.

**Q.** Do you have any advice for someone who aspires to become a physical education teacher?

**A.** Teaching Physical Education requires commitment and passion. If someone thinks they are getting into an 8-4 job, they could not be further from the truth. However, if it is something that you are really passionate about, it is the most rewarding career there is to offer.

**Name:** Sherry Drover  
**School:** William Mercer Academy  
Dover  
**Grades Taught:** K-12



**Sherry Drover**

**Q.** Why did you want to become a physical education teacher? Did anyone inspire you?

**A.** To be honest, I originally wanted to be a nurse! Fortunately, I had a lot of great coaches (Bill Drover, Mervin Clarke and Langdon/Kevin Critch) along the way who inspired me to not only excel but to develop a life long love for sport! As a result, I pursued a career as a Physical Education teacher so I too, could pass along a knowledge and love for physical activity!

**Q.** What is your favorite activity to teach and why?

**A.** I love to teach a variety of sports but I would have to say that 3 of my favorites are Volleyball, Badminton and Softball. This stems from my involvement in these sports throughout my life. I still currently play softball and my team has played in two National tournaments in the last few years. This works out well for me as William Mercer is a feeder school for Jane Collins Academy and these 3 sports have strong representation in our Region at the Provincial level.

**Q.** What is the highlight of your career/job?

**A.** There have been many highlights throughout my career, hard to pick just one! From taking a group of girls from Amos Comenius in Hopedale out to the Island for a Provincial Volleyball tournament, to starting a mini Sportsmeet between Cartwright and Black Tickle, to coaching a Jr. Girls Volleyball team at William Mercer Academy and watching them grow and achieve many successes. At the classroom level, I would have to say that it is always a joy to watch students interact and experience individual successes that give them the confidence to grow and evolve into life long learners!

**Q.** What has been the greatest challenge in your career?

**A.** The greatest challenge for me has been to crack the surface of those students who do not experience the same love for sports

that I have experienced. Trying to make that connection and help that student experience some success is ultimately a big challenge for any PE teacher!

**Q.** What was your most embarrassing moment in class?

**A.** My most embarrassing moment would have to be while teaching at Jane Collins Academy. What are the chances that while tying back the Archery net against the wall that I would flick the rope inside the fire alarm and set it off causing an unscheduled evacuation of the school and a trip to the office for me! Principal was not impressed, but the students and staff loved it!

**Q.** Do you have any advice for someone who aspires to become a physical education teacher?

**A.** For those wanting to become a Physical Education teacher, the best advice I can give is to make class fun, go outdoors often if resources are available, offer activities that provide all students with opportunities for success, be able to adapt your lessons to meet all individual needs and avail of older students in your school to provide QDPA Leadership and “PE Buddies”!



## Let's Connect!

### Physical Education Special Interest Council Newfoundland and Labrador

Physical Education Special Interest Council Newfoundland and Labrador is a special subject council affiliated with the Newfoundland and Labrador Teachers' Association. Its purpose is to improve physical education in the province of Newfoundland and Labrador. The council produces the Let's Go! newsletter three times per year. It is sent out to PE teachers electronically and can be found at [www.pesicnl.com](http://www.pesicnl.com) and [www.nlta.nl.ca](http://www.nlta.nl.ca).

#### Membership benefits include:

- Network with a PE Community that supports quality physical education.
- Being a registered member of PESIC will allow us to forward your information on your behalf for your free Physical and Health Education (PHE) Canada membership.
- PESIC represents all PE teachers at the NLTA; voice your concerns to your area PESIC Rep.
- PESIC members are entitled to apply to receive funds to attend a PHE National Conference or Provincial Conference (Labrador Members). We award one grant per region of NL.
- PESIC members are entitled to apply to receive the Mentor Fund which provides funding for one individual to attend the PHE Canada Leadership Camp as a Mentor.
- PESIC recognizes years of service for our current members in 10, 20, and 30 year increments. These awards are presented at our conference.
- If nominated, PESIC members qualify to receive Provincial awards and PHE National awards.
- Eligible to receive the discounted Members Rate to all PESIC Biennial Conferences.
- Membership is \$20.

### Interested in Becoming a Member of PESIC?



Payments can be made online or by cheque.

Please make cheques payable to PESIC and mail to:

**PESIC % Mike Butler**  
**7 Carrigan Place**  
**Manuels, NL, A1W 4E3**  
**[michaelbutler@nlesd.ca](mailto:michaelbutler@nlesd.ca)**

# Ultimate NL

Ultimate Newfoundland and Labrador is a provincial sports organization which fosters the sport of Ultimate Frisbee by providing opportunities to learn, play, and teach spirited Ultimate in the province of Newfoundland and Labrador.

## In-Class Clinic

We offer clinics that fit into the time-constraint of a regular PE class schedule. These clinics are hosted by National Coaching Certification Program (NCCP) certified coaches that come into a class with their own equipment and are able to introduce the sport of Ultimate to a class of varying size.

Cost is \$20 to aid in our volunteers' travel costs.

## After-School Program Clinic

Do you have an after-school Ultimate Program?

Are you looking to start an Ultimate Program in your school?

Do you presently have an Ultimate program but would like to host a clinic for your players?

Ultimate NL has a strong roster of experienced coaches for any level be it Elementary, Junior High and Senior High. These coaches have the ability to assist in Ultimate rules, strategy, skills and drills development in an already developed program or one that is starting up and looking for direction.

Cost is \$20 to aid in our volunteers' travel costs.

## Elementary, Junior (Provincial) and Senior (Provincial) Tournaments are being held in late April - Early May.

Location for these events are in St. John's this year with dates coming soon.

Check out our website for more details!

[www.ultimatenl.ca](http://www.ultimatenl.ca)



## Western PESIC hosts Professional Development Day for all K-12 physical education teachers in Western Newfoundland

The focus for the day was on Orienteering for K-12 students. Twenty-five teachers were in attendance representing many communities and schools in the area. Activities were planned to demonstrate how orienteering, scavenger hunts, and adventure races could be modified to encourage physical activity in alternate settings for all ages. Activities involved teamwork and communication, obstacle course design, the use of symbols on maps to assist young children, inclusion of students with visual impairments through the use of paperclips taped to the walls, larger scale outdoor orienteering events, and group adventure races. Teachers gained insight into how the age of their students and the nature of their local area would determine how to proceed with these activities.

Getting together with other PE teachers is a great way to share ideas and learn from each other! The feedback received from teachers was very positive and there are plans to expand the delivery of professional development for physical education teachers in Western Newfoundland.

We are encouraging even more participation in the future to help us help ourselves in providing quality physical education programming for our students.

For further information on Western PESIC please contact Sean Dwyer at [seandwyer@nlesd.ca](mailto:seandwyer@nlesd.ca).



## Wanted!

SSNL Participation Nation program is expanding to include a junior high outdoor education component. The goal would be to attract more students to engage in sport and recreation that are not currently engaged. We are seeking PE specialists that have experience implementing an extra curricular (after school – weekend) component of Outdoor Education to help write the PN Outdoor Adventures program October - April. Our goal is to supply a weekly program to schools involved with PN plus provide regions of the province the necessary equipment that schools could access regionally. If you are interested please send an e-mail to Trisha Boyer [tboyer@sportnl.ca](mailto:tboyer@sportnl.ca) briefly outlining your experience. The writing team will benefit from an honorarium.

# SCHOOL SPORTS

NEWFOUNDLAND & LABRADOR

"School Sports Newfoundland & Labrador volunteer teachers are the most significant reason that all students in this province are able to participate in positive sport & physical activity experiences that create life-long memories. SSNL would like to extend a heartfelt appreciation to all volunteers, schools, and students for your commitment, dedication, and hard work."

## This Was Your 2014-15 Impact

### High School Varsity Program



French Shore Academy

208 Tournaments  
8180 Athletes  
200+ Sportsmanship Awards  
243 Scholar Athletes



Making Nutrition Matter!

### Participation Nation Junior High Pin Winners & Elementary Achievement



280 Events  
20,555 Event Participants  
1422 Active Hours  
46 Different Sports & Activities Played



SCHOOL MILK FOUNDATION  
FOR NEWFOUNDLAND & LABRADOR



ACADEMY



Jumpstart

### Participation Nation Play 4 Fun



St. Gerard's Elementary

14 Sites  
194 Student Participants  
165 Parent/Guardian Participants

### Participation Nation Active Blast Events



Luk. Straits Academy

68 Events  
16,623 Participants

### PN Unplugged & High School Spirit Programs



St. Matthew's School

50 Sites  
65 Events  
6151 Participants



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[www.schoolsportsnl.ca](http://www.schoolsportsnl.ca)



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**Save the Date • May 4-6, 2017**

**PHE Canada & PESIC  
Physical & Health Education National Conference  
St. John's, Newfoundland and Labrador**

## **CONFERENCE COMMITTEE**

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**WWW.PESICNL.COM**



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