

May 2016

# Let's Go!



## President's Message

Luke Neville

The last few months of the 2015-16 school year have and will witness multiple changes in our provincial representation. The most obvious is, of course, the change in PESIC presidency. Mrs. Zoë Hamilton has served two terms as PESIC's president and has been a very strong, dedicated, advocate for physical education in our province. Under her leadership we have accomplished many firsts (a few including our first winter conference and the K to 12 teaching certification from the Department of Education). While she has stepped down from PESIC as President, it has enabled her to focus more energy on our National Conference as she is co-chair with Ms. Kellie Baker. Both are doing a tremendous job ensuring we are ready come May 2017. I would like to personally thank Zoë for all her work with PESIC and for helping me transition into this position. I am glad she will still be involved with PESIC as Past-President, as we are not ready to let her go just yet!

In addition, Mr. Mike Pittman will assume a seat on the Board of Directors (PHE Canada) replacing Mr. John Elkins who is finishing his term. Mike is and continues to be a valuable member of PESIC's executive and has been a positive influence on my own teaching career. Congratulations Mike!

In addition to finishing his role with PHE Canada, Mr. John Elkins will also be retiring from his position as Program Specialist. I have known Mr. John Elkins since my internship days at Prince of Wales Collegiate back in 2006. You could say this was at the peak of his teaching career, as it was only a few years later he began his work at the school district as Physical Education Itinerant and of course later, Program Specialist. As an intern, I experienced a supervisor who was passionate, dedicated, engaging, and was a leader in every sense of the word. I left PWC with a tremendous amount of confidence and positivity. I believe my wishes that many physical education teachers could experience his leadership came true when he entered into a provincial role that he has maintained for almost a decade. He has worked with all PE teachers in various capacities and has certainly heavily impacted how our teachers deliver their programs, and ultimately how our students experience physical education. From all of the physical education teachers in Newfoundland and Labrador, I want to wish John a very enjoyable retirement. Thank you for all that you have done for us and our students!

This school year has certainly been a significant one. With the budget comes uncertainty to how it will impact physical education and health. In the midst of this uncertainty is a truth that students who

experience a quality physical education program *will* perform better academically and in life! I encourage you to continue supporting this message at your school and to continue your work on ensuring the concepts of physical literacy, fundamental movement patterns, fitness, and curricular outcome assessment are effectively established. A truly successful physical education program creates an environment where the entire school community is committed to supporting these concepts.

PESIC has strived to support our physical educators and to maintain our credibility in the school system. We have made monumental strides over the last few decades, although recent events seem to suggest we have taken a step backwards, especially considering that universities are beginning to cut their PE programs. With that said, it is in the nature of our teaching that we look to turn this negative into a positive. If there is any time that physical educators are a significant part of the school system, it is now. We must continue to advocate for maintaining physical education as an essential component of our students' educational framework; and ultimately, as essential for success!

On May 4-6, 2017, I would like to see **EVERY** physical educator in the province of Newfoundland and Labrador in attendance for **OUR** National Conference in St. John's. This will be a valuable professional learning opportunity that will only be available maybe once or twice in a teaching career. Our National Conference Committee has been working diligently over the last three years and are committed to ensuring nothing less than a fantastic conference. Please read on in this edition for more details. I hope to see you there!

### Feeds for Physical Education

#### Follow it on Twitter:

@PESICNL	@4GreatPE
@PHECanada	@PE4life
@phys_educator	@Mr_PhysEd
@pecentral	@PhyshedGames
@ThePEGeekApps	@PEOffice
@PE Geeks	
@PEPlanning @pefriends	
@PEresources	
@SprockidsNL	



# It's Time... for Physical and Health Education

If there's ever been a time to show your support of physical and health education across the province and nationwide, it's now! NOW is the time to send a strong message that physical and health education matter...in the lives of children, youth, and adults. It is time!...Time to get excited about a unique professional learning opportunity for educators and professionals in physical education, health, wellness, recreation, and related fields.

For the first time in 21 years Newfoundland and Labrador's Physical Education Special Interest Council (PESIC) will host a national physical and health education conference partnering with Physical & Health Education Canada.

It is not an overstatement when we say that this is a professional opportunity of a lifetime for physical and health educators in Newfoundland and Labrador. For many, this will be their first, and perhaps only opportunity, to attend a national physical and health education conference. After all, it has been close to a full generation since this conference last landed on The Rock. By bringing the conference to Newfoundland and Labrador PESIC strives to introduce our already highly successful and award-winning educators, as well as professionals in related fields, to national perspectives of physical and health education. Our membership will be treated to exciting presenters, partners and visitors from our own province, "up along" and from international locations. The professional learning experience will be complimented with social activities and events meant to not only bring our professional communities closer, but to also allow new friendships to form and old ones to flourish. *It's goin' to be a time by's!*

Hosting on the national stage is not the only change you will see this time around. At conference 2017 we will come together in the spring instead of fall and PESIC will grab this opportunity to expand its conference clientele to our colleagues in health, wellness, sport and recreation through our varied and dynamic pre-conference and conference sessions.

Conference participants will be provided professional learning sessions and networking opportunities with Canadian and international

colleagues focusing on trends, research, innovation and evidence-based practices in physical and health education, wellness, healthy living, recreation and leisure. By hosting the different sectors that affect the physical and health literacy of young people under one conference, PESIC and PHE Canada are providing an opportunity to build systems capacity that will benefit physical and health education in our schools and also support provincial programming such as Healthy Students Healthy Schools, the recently launched Start Right Now initiative, the Active Schools revitalization and the Healthy School Planner. Ensuring that all children and youth benefit from health, promoting school communities that include quality physical and health education programs is an important step in ensuring their optimal development. It is therefore essential that all parties join together to make this conference comprehensive, and holistic.

The conference theme, *Rock Solid Foundations: Energizing Futures; Un avenir énergétique...fondé sur le roc* recognizes the importance of providing foundational physical and health knowledge and skills that are required to lead healthy lives. PESIC believes that the healthy futures of the people of Newfoundland and Labrador, Canada and around the world can be shaped and guided through our educational, health, and community sectors working in concert, providing programming that educates and supports wellness in its broadest sense. Rock Solid Foundations are one path toward Energized Futures.

Conference Co-Chairs

Zoë Hamilton and Kellie Baker

*How can you sign up, take steps to secure leave time, and get involved?*

Read on for more information, ask your PESIC rep in your area or any executive or conference committee member.

If there was ever a time to support physical and health education... it is now!

**IF NOT NOW, THEN WHEN?**



PHE Canada & PESIC  
2017 National Conference  
Rock Solid Foundations...Energizing Futures

EPS Canada & PESIC  
Conférence Nationale 2017  
Un avenir énergétique ... fondé sur le roc

**PHE Canada & PESIC 2017 National Conference**  
Rock Solid Foundations... Energizing Futures  
**EPS Canada & PESIC Conférence Nationale 2017**  
Un avenir énergétique... fondé sur le roc  
**May 4-6 mai, 2017**

## National Conference 2017: Getting There!

There are many changes occurring in education that may affect travel, ability to secure professional learning days and most importantly, our speciality subject area – Physical Education. As physical educators we are proactive problem solvers and creative planners and we need to call on these skills once again to ensure our attendance at our national conference.

PESIC and the conference planning committee is working diligently with the NLTA, NLESD, SHKR and our other partners to wade through these murky waters to also be creative and proactive on your behalf. By now you have completed a survey to garner preliminary interest in the conference. You will also receive a phone call from a member of the PESIC executive in the coming weeks to discuss the conference and what PESIC can do to help support your efforts.

In order for PESIC to work on your behalf there are some steps you need to take in order to ensure you will be eligible for grants and other funding opportunities that may become available.

Do not let this opportunity pass you by!

- Make sure your PESIC membership is up-to-date. Grants, registration membership rates, funding and other perks will be

tied to your membership being in good standing. I cannot stress this one enough. Update your membership NOW!

- Put the conference in your PGP as a goal for next year. This is also extremely important.
- Talk with your principal about supporting you and your health education teachers by:
  - providing the necessary PL days to attend
  - planning one of your school's PL days on May 5, 2017 to coincide with the conference, thus further helping you ensure PL time is available. This may be especially helpful for those of us who require travel time to attend.
  - helping with travel and accommodation costs
- Investigate the grants and funding opportunities currently available from PESIC, the NLTA, Wellness Coalition and any other sources you may be aware of.
- Watch for early bird promotions. Conference registration will begin in the fall. There will be early bird deadlines for registration and hotel accommodations.

## Farewell and Best Wishes to a Dear Colleague, Mentor and Friend

by *Jacinta McGrath*

It would be remiss as the Special Interest Council for Physical Education not to mention the retirement of a dear colleague, mentor and friend to us all over the years – **Mr. John Elkins**. This June marks the 30th year of a career filled with highlights, positive change and most of all, good memories for those of us who know John.

John has spent most of his career as a High School Physical Education teacher reaching out to students and challenging them to live active, healthy lifestyles. John's passion for wellness and active living led him into his current position at the Newfoundland and Labrador English School District where he currently serves as the Program Specialist for Physical Education, Health and Active Living. Over the past seven years, John has worked with teachers to improve assessment practices and teaching pedagogy, worked in curriculum development and also in the area of promoting Comprehensive School Health.

Throughout his years of service in the scope of education, John paved the way for a 'No Cut Policy' in elementary sports programs, he served on the PHE Canada Board of Directors, was the Communications Officer for PESIC and is currently on the Planning Committee for hosting the PHE Canada National Conference in 2017.

Accolades and honors aside (as he has quite a few on both ends), I think what most of us will treasure from working with John is



the patience, guidance and support that he offered to many of us throughout the years. On many topics of discussion, John was the voice of reason. When things were getting a little too serious, John often provided the comedic relief that was needed to lighten the mood. When work needed to be done and change was about to happen, John forged ahead with a vision that was inclusionary and forward thinking. When new teachers (and indeed some more experienced) were feeling alone

in their profession and not knowing which direction to turn, John was a support and mentor to help lead the way. John's hands-on approach and fun classroom sessions were appreciated by his students. His hard work and dedication to his profession is appreciated by his colleagues. His humor and light-hearted ways are appreciated by his friends.

John Elkins has had such a positive impact on our profession; he has had such a positive impact on individuals he has worked with over the past thirty years. We have been privileged to work beside such an advocate for what we do and believe in. John, we know you will continue to be part of our lives and will continue to support Physical Education in our province – perhaps just in a different capacity. As you start a new chapter in your life, on behalf of PESIC and all Physical Educators, we wish you well. We wish you good health and happy times as you move forward and continue to write this wonderful book of life that is yours!

# Physical Education Teacher Profiles

**Name:** Neil Baker  
**School:** Random Island Academy  
Hickman's Harbour  
**Grades Taught:** K-12



**Neil Baker**

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

**A.** When I was growing up I always liked playing sports and being active. I felt that I would make a good PE teacher because the traditional method of standardization left behind too many people. I was not one of those people, but when I would see 8-10 people on the stage they could not meet the standards and would fail. I believe that success should be there all the time, but just with a challenge.

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

**A.** My favorite activity to teach is soccer and outdoor activities. Soccer has been an important part of my life because I have been playing since I was 5 or 6. I find it is a great venue to be able to keep fit and have fun while doing it. Also, the outdoor activities area is great because it surrounds us every day and we have so much opportunity to get out and be active with our friends, family, or by ourselves.

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

**A.** The highlight of my career happened last year when I entered a national competition with ParticipAction in winning a \$2500 prize by entering a video of some of my junior and senior high classes geocaching. This allowed my school to purchase four canoes and all the equipment to do a canoeing unit each year at our school. I think through this event I was able to show how small schools can offer a diverse PE program even when facing financial barriers.

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

**A.** The greatest challenge in my career in a small school has been to teach so many subjects while still trying to offer a diverse PE program. Furthermore, I find that trying to do all the coaching along side of my teaching load and while starting a new family poses a very tight schedule.

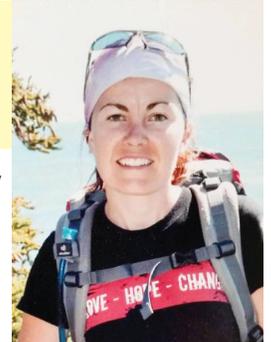
**Q.** *What was your most embarrassing moment in class?*

**A.** In my first year of teaching I showed up one day with my shirt inside out. This was a day I had woken up and my alarm never went off. I just lived a couple of minutes from the school but I only had five minutes to get there. When I arrived at school and took my sweater off while teaching my first class, I heard a couple of students laughing. I asked them what was so funny and they responded, "Sir b'y, I think your t-shirt is on backwards." We all had a good laugh and I went to the washroom to switch my shirt around.

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

**A.** Start as early as possible providing diverse PE programs for your students. Allow them as much success as possible and challenge them to always do their absolute best. Always challenge them to be better and try as many different activities as possible.

**Name:** Jacinta McGrath  
**School:** Baltimore School  
Ferryland  
**Grades Taught:** K-12



**Jacinta McGrath**

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

**A.** I was very lucky as a student to have a great Physical Education teacher that inspired the direction of my own career – Mr. Gord Pike. Mr. Pike always made Physical Education so much fun! He was not afraid to try new things to make our classes enjoyable and inclusive for everyone. He always pushed us to do our best and made every student feel as though they could accomplish anything they set their minds to. These are the qualities that I now wish to instill in my own students. Thanks Mr. Pike!

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

**A.** My favorite activity to teach is Gymnastics. Starting off, I find that students often underestimate what they can do when it comes to this sport. It is so much fun to see the joy in their faces when they realize their own potential and push themselves to do things they feared they couldn't do. Gymnastics is also a great team-building activity – it requires a lot of trust from your partners.

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

**A.** One of the highlights of my career thus far was getting the opportunity to attend the PHE Canada National Conference in Banff in 2015. It was so great to meet some of the top professionals in our career from across the country. I am currently an Executive Member of the committee that will host our very own National Conference in the spring of 2017 – being part of that process is a wonderful experience as well!

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

**A.** At one point I would say that funding to support a quality program was somewhat challenging. Resources and equipment to support the curriculum can be quite costly. Today I would say that I have a lot of support from my school and outside agencies to support the program that I deliver to my students.

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

**A.** Lol...I chuckle every time I think of this. It was my first year teaching, and I was feeling quite tired at the end of the day. It was last period, and I was stood in front of my office trying to open the door with my keys. One of my students looked at me with a strange look and said, “Ms, you do know that you probably won’t get to open your office door with the remote start from your car, right?” When I looked down, I was stood

in front of the door adamantly pressing the ‘unlock’ button on my cars remote lock.

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

**A.** Go for it! I believe I have one of the greatest jobs on earth. The teaching profession has many great rewards – the opportunity to influence our youth to live healthy, happy lives being one of the most important!



## Become a PESIC Member

### 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?

### Sign Up Today!

If you attended the PESIC 2014 Provincial Conference in St. John’s, your membership is current. PESIC members can take advantage of reduced registration costs at the PHE Canada and PESIC National Conference in May of 2017.

**Check out [www.pesicnl.com](http://www.pesicnl.com) to register today or link to:**

[docs.google.com/forms/d/1wH8CUk-\\_Lg04KrXtbe8Tc4fNHjAlOIQwkFIK0sLllvs/viewform](https://docs.google.com/forms/d/1wH8CUk-_Lg04KrXtbe8Tc4fNHjAlOIQwkFIK0sLllvs/viewform)

## Active Schools Being Revitalized Throughout the Province!



Corey Samson is a Memorial University graduate from the Physical Education Program. He has spent the last six years employed as the Active Schools Coordinator for the central region of the Newfoundland and Labrador English School District. “I have a passion for educating students and teachers about the benefits of physical activity and living a healthy lifestyle,” says Corey.

Corey resides in Peterview, NL, located in central with his wife, Stephanie, and four-year-old, Brett. “We are an outgoing family who enjoy mountain biking, hiking, hunting, snowshoeing, skiing and anything else that involves moving. We are a highly-motivated family who enjoy the idea of gardening and the importance of growing our own fruits and vegetables in our backyard vegetable garden and greenhouse to put fresh produce into our kitchen.”

Most recently, Corey’s position has become provincial in scope and he is now the Provincial Active Schools Coordinator. He is working with the NLESD to revitalize the Active Schools program provincially. Active Schools is a program aimed to increase physical activity for children and youth in school. Its objective is to promote and provide an additional 80-100 minutes of physical activity per cycle for K-6 students. The program is not designed to replace physical education, but rather to ensure that students receive daily physical activity either through scheduled physical education or supplemental classroom activities. The program provides activity ideas, curricular resources and equipment to deliver physical activity through the regular scheduled curriculum.

“This is a very exciting project to take on. I am currently working on a new Active Schools model that has several approaches targeting all teachers in our province. One of my primary means to reach teachers will be through the use of a Google Classroom and Google Drive

accessible by all teachers in the province to gain access to links, pictures, and videos relating to all things Active Schools.

I have created a classroom called The Active Schools Homeroom where I foresee all teachers in the province having access to. Once a teacher joins the classroom they will have access to many resources including a Stream section where they can upload their own pictures, videos and links that pertain to their school being active. I see the Stream section as a place to share classroom DPA (Daily Physical Activity) ideas along with other ideas to help and promote an active school. The continuous dialogue that would be found in this stream section would help create a library of fantastic resources that could be used by all and that may aid in the promotion of the Active Schools program. It is like our own little Twitter feed.

Another section within the Active Schools Homeroom is called the “about” section, which features videos of classroom DPA activities that will be placed in folders relating to either primary teachers or elementary teachers. We have plans to also create folders to cover junior high teachers in the future.

There are already plans to host in-service sessions on the new Active Schools model before the current school year is through. In the fall there will be more in-service sessions offered in all areas of the Newfoundland and Labrador English School District.

I look forward to travelling to the other areas of the province to promote the new Active Schools model and to meet the teachers who are the champions of our vast district of active schools!

Make this Day an Active one!”



## NL Connection on the Prairies

by Zoë Hamilton



While in Saskatoon recently for the Council of Provinces and Territories meetings for Physical Education and the Saskatchewan Physical Education Council's (SPEA) provincial conference, I met many new colleagues from across the country and from our host province, Saskatchewan. As it seems wherever you go around the world, I also met fellow Newfoundlanders who are teaching in Saskatchewan. One young teacher's story captivated my attention as he recalled for me a little of his experience teaching in La Loche Community School.

Jonathon Busse's school was at the center of a terrible tragedy on January 22 when four people were killed and several wounded in a shooting in the community ending at his high school. His friend and fellow teacher was one of the victims and of course he knew all the other students and staff involved. Jonathon recounted hearing loud noises, which he realized were gunshots, and got his students to a secure location in the boys' change room. The office was the first to be targeted as the shooter entered the school, so there was no emergency or lockdown announcement and his suspicions were confirmed through texts from co-workers as everyone realized what was happening. As he spoke, the raw emotion of the experience came through as he tried to downplay the role he played in protecting and reassuring the students in his care at the time. Thankfully he was away from the immediate action and he and his students came out of this horrific event safely, but we can only imagine the fear and uncertainty they must have felt as the event unfolded. Jonathon, teachers, students and the community of La Loche are still coming to terms with that day and no doubt, the experience will stay with them forever.

The healing is still continuing and Jonathon is now helping to create new, positive experiences for the schoolchildren through sport. He organized a trip for 24 students and six staff from the La Loche Community School to Saskatoon to take in a Blades hockey game against the Kootenay Ice, as well as participate in a number of other events. For the full story on this event please visit <http://thestarphoenix.com/sports/hockey/saskatoon-blades/la-loche-students-staff-take-in-blades-game>

This is one example of Jonathon's caring and commitment to his school and community and one reason he was nominated and won SPEA's Local Initiative Award recognizing individuals, schools, or school divisions for their contributions to physical education in their region. I want to share Jonathon's award nomination which highlights this young teacher's career thus far and our Newfoundland and Labrador connection on the prairies.

### Jonathon Busse

Physical Education Grades 7-12

La Loche Community School

La Loche, Saskatchewan

Saskatchewan Physical Education Association

Jonathon was born on the west coast of Newfoundland, growing up in Trout River and Pasadena. He is the son of Ruby and Gordon Busse and the youngest of four children. Ruby was a teaching principal and Gordon, a mine superintendent, in the area. Jonathon completed his elementary and high school education at Pasadena Academy.



**Jonathon Busse**

Jonathon showed his love of sports at a very early age, which led to his career as a Physical Education Specialist. He began with skiing and expanded his interests to basketball, soccer, softball and ball hockey. He was the captain of his high school basketball team and won Winter Carnival Ambassador for the town of Pasadena. While in high school he began coaching basketball to junior high students. This continued throughout high school but expanded to other age groups and by graduation he was coaching soccer and basketball to an age range of 4-16 years, while working for the town of Pasadena. Sports and coaching have been Jonathon's favourite pastime and this passion for sport and physical activity has cumulated in a career in physical education.

Jonathon completed his Bachelor of Science in Kinesiology (2012) and his Bachelor of Education (2013) at the University of New Brunswick. He worked at Johnson Elementary School in Watson Lake, Yukon as an itinerant substitute teacher before joining the staff of La Loche Community School in the fall of 2014 as the High School and Middle Years Physical Education teacher. He holds Level 1 certification in Soccer and Basketball and is currently working on his Level 1 in Volleyball. Jonathon is the school's Athletic Co-Director and the community's representative at the Beaver River Athletic Association.

Jonathon's innovative approach to Physical Education has led him to develop a unit in Wheelchair Basketball that he has integrated into his Phys Ed classes. He also developed a Special Project Credit for young people interested in careers in sports that develops leadership skills and coaching certification within the wider school community. He is attempting to build coaching capacity (as well as knowledge in non-conventional types of sport activities) within the youth of La Loche. Jonathon's commitment to Physical Education is also obvious through his coaching history as an Assistant Coach for Yukon Basketball and the Team Manager and Assistant Coach for the University of New Brunswick's Wheelchair Basketball team. In La Loche, Jonathon coaches U16 Club Volleyball, U14 Club

Volleyball, Senior Basketball, Junior Girls Volleyball and Senior Badminton.

Jonathon has been an integral member of the School Improvement Committee, and in the wake of the recent shootings in La Loche Community School, he has stood out as a leader for not only the school staff, but the students and community as well. Beyond his passion for physical education, Jonathon has the ability to see the big picture in community and youth development. He has single-handedly developed a major fundraising initiative for a community

recreation centre project. He has developed partnerships with dozens of corporations and sports franchises to create a massive auction to raise money for the endeavour. He has petitioned Town Council to create a sub-committee (on which he sits as co-chair) to manage the project. Jonathon wanted something positive to come out of this tragedy and sees a youth recreation centre as a tangible goal for the community to rally around.

*Zoë Hamilton is Physical Education teacher at Carbonear Academy and Past-President of PESIC.*

## **“Canoe” learn boating in school?**

Early Friday morning, 14 Grade 12 students from Random Island Academy (RIA) prepared for a not-so-typical physical education and healthy living class by taking to the water and learning how to go canoeing.

Physical Education teacher Neil Baker and RIA received a national prize for ParticipAction, banking \$2,500.

After receiving a \$1,000 grant earlier this year to go geocaching with students, Baker is taking an outdoors approach for local activities. They entered a proposal from their experience geocaching, which led to the second grant from ParticipAction.

Baker says it's important to push outdoor activities.

“We've got so much wilderness, and everybody can go outdoors,” Baker said. “Not everybody's got a basketball net, (a lot) of people *can* get access to a canoe.”

The school used the money to purchase four canoes and eight life jackets, paddles and safety kits, and they teach the boat skills to Grade 12 students every year. They hope to have as many as five canoes total.

Baker says canoeing and other outdoor activities, like geocaching, keep kids active in alternative ways from traditional team sports.

“(Canoeing) is relatively simple, but still effective,” he said.

The school already acquired two of its canoes last week and borrowed two from the community to teach the students the basic paddling skills. Baker can have up to 10 people on the water with him at any given time. They also have a safety boat, but next year they can do any necessary rescues using only available safety equipment.

Before hitting Beaver Pond, only a short walk from the school, Baker and his students went to the pool in Clarendville to have a safety run to determine their swimming strength and familiarize themselves with their personal flotation devices.

He also completed a training course that allows him to instruct his students.

While a temporary downpour made the outing a damp affair, the students loved learning the various techniques and strokes, like sweeping, pivoting and the more advanced J-stroke.



He says he brings each of the students along at their own pace; if he were to introduce too much to the kids, it could frustrate them initially.

“To me, it's more of a practical lifestyle skill,” said Baker. “Not everybody is going to be a pro basketball player, but most people can excel at canoeing.”

For more photos of the RIA students learning how to canoe, go to [www.thepacket.ca/Slideshow/12335/Random-Island-Academy-canoeing-class/1](http://www.thepacket.ca/Slideshow/12335/Random-Island-Academy-canoeing-class/1)

*This article, written by Jonathan Parsons, was published in The Packet on June 17, 2015.*

## **Active Transportation Grant**

Recreation NL would like to congratulate one our community organizations, Random Island Academy for recently receiving a **\$2,500** grant from ParticipACTION for their teen geocaching program.

**Way to go Random Island Academy!!!!**



# NEW NLTA Health Education Special Interest Council

Congratulations to all those involved in the formation of a NEW NLTA Health Education Special Interest Council.

A special thank you to all teachers who supported this initiative – without your interest and support, this initiative would not have been possible.

All those who have already agreed to be part of the membership, be on the lookout for a website and information being sent your way. If you would like to become involved, either at the Executive level or as a supporting member who will receive updates on current health education initiatives, information and research, please contact one of the Executive Members below:

### President:

Deanne Whelan, Carbonear Academy,  
deannewhelan@nlesd.ca

### Vice-President:

Patti Hicks Brown, Twillingate Island Elementary,  
pattihicksbrown@nlesd.ca

### Treasurer:

Suzanne Chafe, Carbonear Academy,  
suzannechafe@nlesd.ca

### Secretary:

Denise Broomfield, St. Francis School  
(Harbour Grace), denisebroomfield@nlesd.ca

### Communications:

Kellie Baker, St. Matthew's Elementary/Cowan Heights  
Elementary (St. John's), kelliebaker@nlesd.ca

### MUN Representative/Health Ed. Researcher:

Dr. Erin Cameron, ecameron@mun.ca

# What's Your Everest?

by Jacinta McGrath

In the month of April, Baltimore School was all abuzz over the recent attempt by Memorial University professor, T.A. Loeffler, to climb the highest mountain on earth – Mount Everest. T.A. has inspired many of our province's youth to live active, healthy lives. To follow her climb, Ms. Bonnie Green created a wonderful display that allows our students to track T.A. on a daily basis.

If you have ever heard T. A. speak, she often challenges her listeners to find their own 'Everest', or personal challenge in their own lives. It is never too early to set goals and challenge yourself to reach them – this is what T.A. instills in our students every day she is on the mountain.

The students at Baltimore have learned so much by following T.A. on her journey – we talked about everything from Nepali culture, to altitude sickness, to proper training and preparation for mountain climbs.

Baltimore students rooted for T.A. every day as she made her summit bid. We also challenged each other and students from right across the province to find their own 'Everest'. The time is now. Your mountain is waiting! (Note: Due to altitude sickness T.A. had to be airlifted off the mountain and was unable to continue.)

Jacinta McGrath is a Physical Education teacher at Baltimore School in Ferryland and PESIC Secretary.





## **FREE Professional Development Opportunity**

School Sports NL is pleased to offer Sprockids training opportunities to our members as we appreciate the efforts you extend in getting our students physically active. This PD is suitable for teachers/community partners/parents who would like to conduct a Bike Club as an extra-curricular activity as a school-based program.

### **Sprockids Leader Training**

What is Sprockids? The Sprockids Program is 26 years old. It is a cycling club that teaches young people 55 skills which enable them to safely and successfully enjoy mountain biking. The program serves as the catalyst in engaging young people, their parents, and others in creating a cycling community where all generations share a common interest and activity – that being cycling and the lifestyle that accompanies it.

**Doug Detwiller, Educator and Founder of the Sprockids Program,  
will be conducting the training.**

SSNL PN will pay for the training and in return you must agree to conduct a lunch time or after school bike club in the following year. There is no cost to implement the Sprockids program. Here is a link to give you an overview of what you can expect from training. <http://sprockids.com/become-a-sprockids-leader/>

<b>Saturday, May 28</b>	(8:30 a.m. - 3:00 p.m.)	North Bank Lodge, Pippy Park, St. John's
<b>Tuesday, May 31</b>	(8:30 a.m. - 3:00 p.m.)	Terra Nova Park
<b>Saturday, June 4</b>	(8:30 a.m. - 3:00 p.m.)	Corner Brook
<b>Saturday, June 11</b>	(8:30 a.m. - 3:00 p.m.)	Happy Valley-Goose Bay

You must register by e-mailing Trisha Boyer at [tboyer@sportnl.ca](mailto:tboyer@sportnl.ca) to be approved for this training by SSNL (if you would like us to pay for it). This training is open to all adults and the approximate cost for training is \$230.

Deadline to register for training is **May 25, 2016**.

**This training tour is funded by the Government of Newfoundland and Labrador, Department of Seniors Wellness and Social Development. Andy Poole, a physical education teacher at Holy Cross School in Eastport and PN Advisory Committee Member, applied for the grant. Thank you Andy!**



## SSNL Participation Nation Play 4 Fun Program

The SSNL Participation Nation Play 4 Fun Program is an Adult/Guardian and child initiative that promotes physical activity and nutrition among students from kindergarten to grade 3 in the early evening once a week.

Play 4 Fun includes activities involving fundamental movement skills and modified games that are run by a facilitator and where a child's guardian and a child participate together. Through collaboration with various provincial sport organizations, a multi-sport approach was also incorporated to develop overall physical abilities and to promote the development of physical literacy.

Thanks to pilot funding from the Public Health Agency of Canada in 2012-2014 and the continued funding from the Department of Seniors, Wellness and Social Development, we are able to offer this program at no cost to participants and parents. Also, in collaboration with Eat Great and Participate, Regional Wellness Coalitions and the School Milk Foundation, we are also able to provide participants with milk, nutritious snacks, and resources on healthy eating.

The schools currently running the program are:

- St. Mary's All-Grade – Mary's Harbour
- St. Lewis Academy – St. Lewis
- Cloud River Academy – Roddickton
- C.C. Loughlin School – Corner Brook
- J.J. Curling Elementary – Corner Brook
- St. Gerard's Elementary – Corner Brook
- E. A. Butler Memorial – McKay's
- St. Joseph's Elementary – Harbour Breton
- Woodland Primary – Grand-Falls-Windsor
- Memorial Academy – Botwood
- Glovertown Academy – Glovertown
- Smallwood Academy – Gambo
- Random Island Academy – Random Island
- Carbonear Academy – Carbonear
- Christ the King School – Rushoon
- St. Peter's Primary – Mount Pearl
- William Gillett Academy – Charlottetown

Please contact Trish Boyer at 729-3684 or by email at [tboyer@sportnl.ca](mailto:tboyer@sportnl.ca) to see how your school can get involved or for any other information about Play 4 Fun.



## Online Competitions: Provincial Archery Mailmatch

by Shannon Sweetland

Newfoundland and Labrador has very unique demographics. This often makes travelling to events difficult due to the inability to secure teacher and student travel time and the high cost of transportation and accommodations. However, there is an event that attempts to help alleviate these issues. The Archery Mailmatch is a competition which allows the competitor to compete in the comfort of their own gymnasium and submit scores via email. This provides an opportunity to participate without having to endure any financial costs. This event has been ongoing at the national level for a number of years through Archery Canada. Now it's available as a province-wide junior high and senior high school competition in Newfoundland and Labrador with individual and team events!

Participants shoot over a sixteen-week period, submitting one score each week requiring each participant to submit a minimum of six scores. These scores are emailed to the convener who posts the results online at the end of each month. There are many ways to win awards based on a seven-tiered classification system. Please note, these events require strict supervision due to the nature of the activity and scores recorded are based on the honor system.

For more information or if your school is interested in participating, please contact Shannon Sweetland at Corner Brook Regional High or go to [www.shannonsweetland.wix.com/cbrhpe](http://www.shannonsweetland.wix.com/cbrhpe) ...and click on the icon.





## American Angleball at Frank Roberts Junior High

by Mike Butler

Angleball was created during World War II by College Hall of Fame football and basketball coach, Rip Engle, as an awesome way to keep American service men and women, students and athletes, fit. Today, American Angleball equipment is used for NFL players conditioning in the NFL and for fun and fitness by schools, camps, and all age and gender groups across the United States, Canada, India, Africa and Asia. American Angleball is an ultra safe, full body aerobic and anaerobic fitness workout. It is perfect for mixed gender, ability and age groups. The game is played indoors or outdoors. To view the equipment used please go to [www.angleball.net](http://www.angleball.net).

### Let's start with the basics:

One point is scored by knocking down the opponent's targetball which is on top of a pole approximately 8-9 feet up in the air. Players are allowed to run anywhere in the playing area; however, once they have been tagged by an opponent they must shoot or pass the ball within 3 seconds. Points are scored by directly hitting, and knocking over, the opponent's targetball with the angleball. If the targetball knocks the angleball off the top of the pole, then the ball is reset on top of the pole and the team who was scored upon gets to start the game with a pass to a teammate. Team size can vary from 2 vs. 2 literally up to 50 vs. 50, depending on the size of your class. In my experience, it usually works best with 7 vs. 7. In a school of over 600 students at Frank Roberts Junior High, I can honestly say that the response to this sport was very positive and participation was extremely high. To see how the game is played, visit [www.youtube.com/watch?v=asS5nEsgasY](http://www.youtube.com/watch?v=asS5nEsgasY) or click the YouTube Image.



If you need any additional information, please contact Mike Butler at Frank Roberts Junior High ([michaelbutler@nlesd.ca](mailto:michaelbutler@nlesd.ca)).

# Ultimate Newfoundland & Labrador

## Upcoming Events & News

### Junior Open and Junior Women's (U18 division)

Tryouts for the Provincial Junior Open Team and Junior Women's Team will be held in late May.

Tournaments attending:

- No Borders, Ottawa, ON – July 22 - 23
- Canadian Ultimate Championships Jr. Series, Edmonton, AB – August 15 - 19

### Stephen Snow of St. John's was named to the Team Canada roster for the World Junior Ultimate Championships in Wroclaw, Poland from July 31 - August 6, 2016

Snow will be a part of the national open squad, coached by Jon Hayduk, which includes both men and women. He is the only player on the team east of Quebec. The team is comprised primarily of players from British Columbia, Manitoba, Ontario and Quebec. All inquiries for the above mentioned and more can be sent to [youth@ultimatenl.ca](mailto:youth@ultimatenl.ca)



### PESIC Executive

President	Luke Neville	lukeneville@nlesd.ca
Past President	Zoë Hamilton	zoehamilton@nlesd.ca
Vice-President	vacant	
Secretary	Jacinta McGrath	jacintamcgrath@nlesd.ca
Treasurer	Michael Butler	michaelbutler@nlesd.ca
Communications Officer	Andrew Martin	andrewmartin@nlesd.ca
Bulletin Editor	Paul Hamilton	paulhamilton@nlesd.ca
Webmaster	Shannon Sweetland	shannonsweetland@nlesd.ca
Member-at-Large	Donna Gibbons	donnagibbons@nlesd.ca
	Mike Pittman	mikepittman@nlesd.ca
Student Reps	Vacant	

### Regional Reps

Eastern Avalon	Debbie Shortall	debbieshortall@nlesd.ca
Western Avalon	Trevor Smith	trevorsmith@nlesd.ca
Burin/Vista	Neil Baker	neilbaker@nlesd.ca
Central	Dana Pittman	danapittman@nlesd.ca
Western	Stacey Alexander	staceyalexander@nlesd.ca
Labrador	Greg Quilty	gquilty@innueducation