



December 2012

Let's Go!



President's Message

Zoe Hamilton

Beginning this September I stepped into the role of PESIC President. First, I would like to thank Kellie Baker for her volunteer service as President. Through her leadership and dedication we were able to accomplish many tasks. I also want to thank our very devoted executive. The commitment of these volunteers to represent the teachers of this province at the NLTA table, at national meetings and their role in organizing provincial conferences is greatly appreciated.

Looking forward, PESIC is excited to build on these accomplishments, to take on new challenges and make our membership even stronger. To begin, we have a wonderful opportunity on the horizon which is the PESIC conference in Corner Brook. ***What's Your Summit? Reaching New Heights*** is shaping up to be an exciting adventure in outdoor pursuits. Stay tuned to pesic.weebly.com and to your email for more information as planning continues. Don't forget to pack your toque and mitts!

My hope is to encourage physical educators of NL to become more involved to help PESIC move forward with: #1) *PESIC Mandate to support and promote physical education and to represent the views and best interests of physical educators throughout the province* and #2) *PESIC Mission to initiate and promote the participation in and advancement of physical education and activity for the province's youth*. Therefore, I encourage you all to take a moment to consider your current role in PESIC and what level of future involvement you could picture yourself. The rewards for getting involved include opportunities to learn and reconnect with other valued members of the PE community and maybe a renewed love for our profession. The sense of enjoyment, camaraderie, and feeling of satisfaction that I have from this role in the development and progression of physical education in our province is what keeps me involved. There are many passionate physical educators out there and PESIC needs you to join the professional development, learning, and of course the fun.

We hope this issue of *Let's Go!* peaks your interest to learn more. Introduce yourself to your district representative, ask questions of any member of the executive, and attend the conference and BGM. The best way to learn is to come see what we are all about. I am looking forward to learning with you in Corner Brook.

Zoe Hamilton teaches physical education at Davis Elementary in Carbonear, and is the current PESIC president.

PESIC Conference 2013: ***What's Your Summit? Reaching New Heights***

by Western PESIC Committee

Newfoundland and Labrador PESIC is proud to announce its upcoming biennial Conference to be held for the first time in Western Newfoundland. The conference titled *What's Your Summit? Reaching New Heights*, will focus on winter outdoor education and is scheduled for February 21-23, 2013 at Grenfell College, Memorial University, Corner Brook.

Winter is a unique time of year that presents many challenges. However, it also presents many exciting learning opportunities in physical education. The organizing committee chose to do a winter conference to highlight these great opportunities, and challenge both students and instructors to participate in activities in their local alternative and outdoor environment and facilities, other than a gymnasium. The conference will offer professional development for all levels of physical education, as well as inclusive instruction and sessions for traditional physical education activities.

We are currently accepting applications to present for the upcoming conference. We are encouraging submissions for presenters in areas such as winter survival, snowshoeing, avalanche safety, skiing, curling, winter related games/activities, etc. (for more suggestions please see the Call for Presenters form at pesic.weebly.com). We have received offers for Snow Shelters (Quinzees) and Outdoor Kitchens, Lacrosse Canada, Kin-Ball Canada, and fitness activities from Ted Temertzoglou.

We also have a unique plan for a West Coast "Wine and Cheese". Join Gord Casey on Thursday night after registration as he takes lucky participants for a night snowshoe hike with a traditional boil up as the grand finale. Delicacies such as moose, flipper pie, and tea buns, all washed down with your favorite hot drink. We hope you join your fellow PESIC members for some West Coast hospitality!

If you are planning to attend this year's conference you are reminded to begin the application process immediately. Begin by contacting the appropriate representatives at the district and school level for funding and leave. Also, it is encouraged to include the conference in your Professional Growth Plan to support your intention to attend. The registration process will begin soon. Please stay tuned for notifications as well as early bird registration offers. Hope to see you all at the Conference!



PESIC Biennial General Meeting and Elections

by Trish Boyer

This serves as a two-month notice that the Physical Education Special Interest Council will be conducting a Biennial Meeting on Friday, February 22, 2013 in Corner Brook.

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 Friday, February 22, 2013.

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:

- Eastern • Burin • Vista • Central • Western • 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 the 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, Mike Pittman, and submissions will be taken from the floor.
- Constitution amendments. At the last BGM an interim constitution was adopted. Any amendments to the constitution can be made now *following the protocol on page 3*. The constitution can be found under the Home tab at pesic.weebly.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.

Trish Boyer is a School Sports NL Program Director and PESIC

Proposed Amendments to PESIC Constitution

Resolution #1

Current Article IV – Membership

3b. The membership term is for a two-year period coinciding with the biennial conference.

Amendment: *The membership term will coincide with PESIC Conferences and therefore may be anywhere from 18 to 30 months, but not more than 30 months. In the event that a conference is not held during that time frame, members will be contacted to renew their memberships.*

Motion to Amend: Kellie Baker; Seconded: Trisha Boyer

Rationale: The Articles within the constitution were written based upon holding a PESIC conference every two years in the fall. Conferences held outside of St. John's may be held 18 months after a proceeding conference if it is a winter conference, therefore 30 months until the next fall conference.

Resolution #2

3c. The membership term shall run from September 20th of one year to September 19th two years later.

Resolution: *Whereas Article IV 3c is now covered in an amended Article IV 3b, I move to eliminate Article IV 3c from the Constitution.*

Motion to Amend: Trisha Boyer; Seconded: Kellie Baker

Resolution #3

Current Article V – Meetings

1. The Biennial General Meeting – The Biennial General Meeting

shall be held between May 15th and June 15th, or September 10th and October 10th. Other general meetings may be called at the discretion of the Executive. Initial notification of the Biennial General Meeting should be two (2) months prior to the meeting date.

Amendment: *The Biennial General Meeting shall be held during a PESIC Conference. Other general meetings may be called at the discretion of the Executive. Initial notification of the Biennial General Meeting should be two (2) months prior to the meeting date.*

Motion to Amend: Trisha Boyer; Seconded: Kellie Baker

Rationale: This article was written when we only had conferences occurring every two years in the fall. A PESIC Conference may occur in the winter or the fall, therefore this article needs to be re-written.

Resolution #4

Current Article VI – Officers

4. Subject to all provisions of Section 2(a), the officers mentioned in Section 1(a) shall make up the Executive and shall serve a two-year term except for the Past-President who will serve a one-year term.

Amendment: *Subject to all provisions of Section 2(a), the officers mentioned in Section 1(a) shall make up the Executive and shall serve a term until the next Biennial General Meeting. The term may be 18 months or up to 30 months. In the event that a conference is not held during the time frame, a General Meeting will be scheduled for the purpose of electing an executive with at least two months notice given to all members. The exception is the Past-President who will serve a 12-month term.*

Motion to Amend: Kellie Baker; Seconded: Trisha Boyer

Rationale: The Articles within the constitution were written based upon holding a PESIC conference every two years in the fall. Conferences held outside of St. John's may be held 18 months after a proceeding conference if it is a winter conference, therefore 30 months until the next fall conference.

Resolution #5

2. Nomination of Officers

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

Resolution: *Whereas our current constitution allows a Nomination from the floor for all officers. I move that all section c. be added.*

c. Nominations for the office of President are to be forwarded at least 30 days prior to the BGM to the PESIC Secretary. The nomination in order to be considered valid, must have a seconder and must be accepted by the person being nominated. At any time prior to the BGM a nominee may rescind their nomination. If only one person is nominated 30 days prior to the BGM, the person is acclaimed officially at the BGM.

Motion to Amend: Trisha Boyer; Seconded: Kellie Baker

Rationale: The President of PESIC can be a very demanding volunteer job at times. In order to ensure that the person being nominated has had every opportunity to think about and reflect on the role of President, what they would like to accomplish during their term and thus prepare for their election speech. Thirty days would also give PESIC time to notify the membership of the candidates for the office of President.

If Resolution 5 is passed, then we table Resolution Number 6.

Current Article VI, Section 2(b).

- b. Nominations of officers may be accepted from the floor at the Biennial General Meeting.

Amendment: *Nominations of officers may be accepted from the floor at the Biennial General Meeting with the exception of nominations for the Office of President, who must give written notice of nomination 30 days prior to the BGM, as per Article IV Section 2(c).*

Motion to Amend: Trisha Boyer; Seconded: Zoe Hamilton

Rationale: Same as Number 5.

Protocol for Amendments to Constitution: Article XII – Amendments

All proposed amendments to the Constitution shall be in the hands of the Secretary of the Executive Committee at least sixty (60) days before the Biennial General Meeting.

All proposed amendments to the Constitution shall be in the hands of the membership thirty (30) days before the Biennial General Meeting.

These proposed amendments will be voted on at the Biennial General Meeting.

Professional discussion and input from members are the only way for an organization such as PESIC to grow and move forward. We encourage all members to attend the BGM to voice their vote. The newly elected executive will require your guidance to *Reach New Heights!*

Physical Educator Awards 2011-12

by Zoe Hamilton

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 **January 4, 2013**. Application forms can be requested from the awards chairperson at zoehamilton@esdnl.ca or found on PESIC's website, pesic.weebly.com.

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 biennially to one teacher per district. This award recognizes teachers who offer a balanced, quality, physical education program and participates 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 the complete nomination process at www.phecanada.ca.

PESIC Student Award

The 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,

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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.

PHE Canada Physical Education Teaching Excellence Award – Newfoundland & Labrador

This award honours exceptional teachers who provide outstanding teaching performance at the elementary, middle and secondary levels for their excellence in teaching physical education and their ability to motivate children and youth to participate in physical activity. This teacher: conducts a quality physical education program as reflected in PHE Canada's definition; serves as a positive role model epitomizing personal health and fitness, enjoyment of activity, sportsmanship, and sensitivity to the needs of students; and participates in professional development opportunities related to the teaching of physical education. It is intended that the nominee not only attend professional development opportunities but that they share their expertise with fellow teachers locally, regionally, or provincially.

Eligibility: teach a minimum 60% in one or more grades from K-12; Hold a Bachelor of Physical Education or a Bachelor of Education or Kinesiology with a concentration in Physical Education, be fully certified by the province, and follow provincial curriculum using sound pedagogical principles; minimum of five years teaching experience in physical education; full-time teaching contract, current at the time of nomination and selection; the individual must not be a previous PETE Award recipient. Refer to the complete nomination process at www.phecanada.ca for application.



What Happened to the VTC?

by Mervin Parsons

Over the past few years, physical education teachers across the province have been working quite hard to build the VTC into a very useful resource that we all could be proud of. However, due to financial constraints this website has been disabled and is no longer accessible. As a result, PESIC is planning to work with the NLTA to try and find a viable solution to continuing the PE component of this very valuable service for professional development, information sharing, and a teaching resource. We thank you for your patience in this matter and we look forward to giving you an update to this situation in the near future!

Mervin Parsons is a physical education teacher at Peacock Primary School in Happy Valley-Goose Bay and PESIC's Webmaster/Newsletter Editor.

Why Become a PESIC Member?

by Luke Neville

PESIC membership provides those individuals with a 'special interest' in physical education with an opportunity to voice their ideas and ultimately effect change. This Special Interest Council is constantly listening, searching, and evolving in order to better provide our physical educators with effective and practical professional learning. It is very important that we all take an active role in molding and guiding the direction of physical education. Becoming a PESIC member is an excellent way to collaborate with other professionals who also share this 'special interest'. Other benefits include:

- Free PHE Canada membership.
- PESIC represents all PE teachers at the NLTA; voice your concerns to your PESIC Rep.
- Funding is available to attend a PHE National conference or Provincial conference (Labrador members). We offer one grant per district. This is above and beyond the NLTA Out-of-Province Grant.
- 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.

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



PESIC Executive 2012

President	Zoe Hamilton	zoehamilton@esdnl.ca
Vice-President	Luke Neville	lukeneville@esdnl.ca
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Communications Officer	Andrew Martin	andrewmartin@esdnl.ca
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Provincial/Regional Representatives 2012

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Burin	Vacant	
Vista	Vacant	
Central	Dana Pittman	danapittman@ncsd.ca
Western	Roland Peddle	roland.peddle@nf.sympatico.ca
Labrador	Mervin Parsons	mparsons@lsb.ca
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