

PHYS ED NEWS

Well, October has come and gone. We have had a very busy and successful month. The Grade 5/6 boys and girls soccer tournament was a lot of fun. It was great to see all the smiling faces as well as the improvement of skills throughout the day. A huge thank you to the staff that helped volunteer their time in coaching and driving. I would also like to say thank you to the volunteer drivers who gave up their time to help support the teams.

The grade 5/6 Student Leadership Program and the grade 3-6 Intra Murals Program has been introduced to the students. Both of these programs will hopefully be started by the beginning of November. An information letter has gone out to the students explaining the function of both programs. Please feel free to contact me at the school if you have any questions.

I am starting a new fitness self assessment program with the students in grades 3-6. Over the course of the year the students will have the opportunity to understand the importance of their own fitness and why they need to maintain it as a healthy lifestyle. They will have some assigned work to take home and do as a family. This work is minimal and will help in their understanding of the basics of what they need to do to stay fit.