



- **Rod (middle and high school) and I (K-5) are available to help you and your staff implement your quality physical education program.** We welcome the opportunity to work with you.  
Suggested themes: **track & field** Resources: “Run, Jump, Throw”, “Teaching the Basics”  
**climbing apparatus** (especially at early years but also applicable to middle level)  
**softball** (striking etc.) Some schools are piloting Softball Canada’s program.  
**field day events** (another “enrichment” day)
- Don't miss **the Paralympic World Cup on CBC Sports Saturday, June 4th, at 4:30 pm (1 hour show)** Here is our chance to show CBC that Paralympic Sport does have an audience ! Tell your family and friends about it!
- Ordering **ribbons for field days?** Here’s info on a local supplier: Larry & Beverley Atkinson, 383-8374 or [beverley.atkinson@nb.aibn.com](mailto:beverley.atkinson@nb.aibn.com)

### Athletic Seasons

Work action, weather, and venue conditions all combined to force the cancellation of our spring seasons. We look forward to a productive meeting June 28<sup>th</sup>, 1:00 at Lou MacNarin where we will evaluate this year’s events and plan for 05/06.

**Track and Field:** *Opportunities for athletes to be involved in local, regional and provincial meets exist.*

*Please inform interested students and their parents:*

June 7<sup>th</sup>: NB Middle School Championships

8<sup>th</sup>: Legion District Meet: 6:p.m.: Shediac (Westmorland/Albert)

Peter Stuart: 856-3449

9<sup>th</sup>: Hershey Regional: 6: p.m.: Shediac (for Shediac, Cap Pele, Port Elgin, Shediac) Paul Thibodeau: 877-1647

10<sup>th</sup>: Hershey Regional:5: registration.: Shediac (for Dieppe, Moncton)

Ron Arseneault: 386-4493

15<sup>th</sup>: Hershey Regional: 6:p.m. Frank L Bowser School, Riverview (for Riverview)

Peter Stuart: 856-3449

18<sup>th</sup>: Legion Provincials Miramichi (athletes must have qualified)

25<sup>th</sup>: Hershey Provincials: Saint John (athletes must have qualified)

For more details check the Athletics NB web site at [www.anb.ca](http://www.anb.ca)

\*\*\***Note: Athletes would be welcome at the closest site for any of the open events listed above.**

### Facility Safety: Outdoor Teaching Stations & Equipment Rooms:

Linda Tower, Rod and I will be meeting to discuss the survey results and steps to be taken by the district. Please ensure your comments or concerns are known.

District maintenance staff will help you design storage structures for your volleyball and badminton **standards**. It is UNSAFE for them to be standing, unsecured. Please fill in a maintenance requisition.

### Implementation of Physical Education Curricula

**Elementary: minimum 100 minutes of planned physical education**

**Middle: minimum 150 minutes of planned programming (recommended to be taught by specialist)**

All resources can be accessed on-line at our gnb web site. (we have copies)

**N.B. Physical Education Safety Guidelines: K-8, High School** (refer to them for PE and activity planning)

**Curriculum Maps for K-5 PE** are available from Monique. They offer suggestions on programming using resources like Ready to Use PE Activities so outcomes are achieved as laid out in the curriculum document.

### Resources/Opportunities

**Professional Learning Center:** (at Edith Cavell) You can search on-line for PE resources. Christine Kukkonen will put them in district mail to you. Cut and paste this address, <http://204.81.47.20/webopac/main> or call Christine at: 869-6995

a) **Success NB** is offering a spring challenge: register classes before May 13<sup>th</sup> at [www.sNBs.gnb.ca](http://www.sNBs.gnb.ca). This program links physical activity and literacy...a great combination:)

b) **FREE RESOURCE:** from the **National Brain & Spinal Cord Injury Prevention Foundation**. Check out the web site <http://www.thinkfirst.ca> Available at Teacher Learning Center – EC

c) **Physical Education Homework:** Diane Hoyt of Futon has developed monthly homework that addresses many of the “knowing” outcomes of the elementary PE curriculum: K-5. I have copies to share.

d) **Stepping Out Moncton** is the “pedometer” challenge that the city of Moncton is offering to all residents. The group will come to your school (in or near Moncton) if you have 10 or more people interested. Now open to students. Get details at [www.moncton.ca](http://www.moncton.ca) or calling 877-7778

### Web sites:

[www.kidzcount.ca](http://www.kidzcount.ca) - opportunity for students, families and classes to win prizes: motivation to be active

<http://www.lessonplanspage.com/> - PE and other lesson plans

[www.olympicfitnesschallenge.ca](http://www.olympicfitnesschallenge.ca) - check the site late June to register your classes for a fitness challenge

<http://www.culture.ca/canada/english.jsp> - a government of Canada web site with links to PE and sport etc.

<http://www.healthyt toolkit.ca/home> - suggestions for innovative activities that promote healthy lifestyles.

<http://www.yearofsportandpe.ca/> - ideas on celebrating the year of Sport and PE.

<http://www.thinkfirst.ca/brainwaves.asp> - a brain injury prevention resource that includes videos and worksheets

[www.olympicfitnesschallenge.ca](http://www.olympicfitnesschallenge.ca): a fitness challenge (mimics the “Canada Fitness Tests”). I wasn’t able to get details. Is anyone registered?

[www.cahperd.ca](http://www.cahperd.ca) : (Canadian Association of Health, Physical Education, Recreation and Dance) offers lesson plans, complimentary resources, and an e-catalogue for ordering materials, including dance CD’s and videos.

[www.sport.nb.ca/en/Programs/Publications/Directory/default.asp](http://www.sport.nb.ca/en/Programs/Publications/Directory/default.asp) .: Sport NB contacts.

<http://www.personalbest.ca> : you can register to receive a great newsletter

[www.heartandstroke.ca](http://www.heartandstroke.ca) : There are great links and ideas: wellness profiles, simple tests...

[www.ala.ca](http://www.ala.ca): site with focus on “special population” and links re. adapting programming

[www.volleyball.ca](http://www.volleyball.ca): mini-volleyball and other resources

<http://asrts.goforgreen.ca/english/index.aro>: interactive web site encouraging active transportation to/from school

[www.positiveplaygrounds.ab.ca](http://www.positiveplaygrounds.ab.ca): info. re a new co-operative, active playground

[www.excelway.ca](http://www.excelway.ca): offers resources from early childhood on up

<http://www.gnb.ca/0131/>: information from Sport and Culture Secretariat in NB (\$ for elite athletes program opportunities etc)

[www.ophea.net](http://www.ophea.net) : Ontario PE web site. Many free resources. This month: article on “Youth Resistance Training”.

<http://www.region.peel.on.ca/health/commhlth/bodvimg/resteachers.htm> .: information of healthy body image etc.

Especially appropriate for middle and high school.

### Resources to borrow

- **“Premier’s Sport Awards Program”** The set includes booklets of lesson plans in 14 activities/sports that would be especially useful to new teachers in these domains: badminton, basketball, curling, disc sports, field hockey, golf, gymnastics, ice skating, judo, orienteering, soccer, softball, track & field and volleyball. To order check [www.psap.jwspora.ca](http://www.psap.jwspora.ca) or call 1-800-565-7727.
- **Step Lively dance resource** has a third book/CD available: **the Gold edition**. Many schools have the red and green levels of this series. The books include pictures, step-by-step instructions and the CD. web site: [www.marianrose.com](http://www.marianrose.com)
- **Awesome Asphalt Activities**: Great suggestions for outdoor activities and lines that could be painted on your black top.
- **The Ultimate Playground & Recess Game Book**: Offers large group activity ideas, low organized games etc.
- **“Run, Jump, Throw and Away We Go”**: Great introductory program for Track and Field skills. Contact [curric.contact@learning.gov.ab.ca](mailto:curric.contact@learning.gov.ab.ca) phone 780-427-2984 or fax 780-422-3745
- **Positive Playgrounds**: “an easy to use step-by-step guide for putting the “play” back into your playground. For more info see [www.positiveplaygrounds.ab.ca](http://www.positiveplaygrounds.ab.ca)
- **Playground Leadership Resource for Schools K-8**: CAHPERD presents a new *anti-bullying initiative*. For more info see [www.excelway.ca](http://www.excelway.ca)
- **Moving to Inclusion**: a series of binders specific to disability (e.g. child with hearing loss) with suggestions for PE planning

### Wellness Tips: Water’s Role in the Body (from Aubrey Kirkpatrick’s Weekly Wellness Tips)

Water helps nearly every part of the human body function. Considering that our bodies are almost two-thirds water, understanding water’s important role in the body can be a fountain of health. The following are just some of the things water does in the body:

- Brain is 75% water / Moderate dehydration can cause headaches and dizziness
- Water is required for expiration
- Regulates body temperature
- Carries nutrients and oxygen to all cells in the body
- Blood is 92% water
- Moistens oxygen for breathing
- Protects and cushions vital organs
- Helps to convert food into energy
- Helps body absorb nutrients
- Removes waste
- Bones are 22% water
- Muscles are 75% water
- Cushions joints

### **Water and Your Activity Level**

A person’s body weight, and their activity level, determine the amount of water needed to maintain proper hydration. A good rule to follow is to drink at least eight, eight-ounce servings of water a day, adding more for each hour of activity.

**Daily water requirements (8-ounce servings) with one hour of activity:**

Your weight (In lbs)	Activity level		
	light	moderate	intense
115	9 servings	9 1/2 servings	10 servings
125	9	10	11
150	9	10	11 1/2
175	9 1/2	10 1/2	12 1/2
200	9 1/2	11	13 1/4

**As Temperatures Rise, So Does Your Body's Need for Water**

When summer comes, remember to keep your body properly hydrated when the 'heat wave' comes.

**Summer hydration tips....**

- Bring a supply of water with you when traveling.
- Drink extra water in extreme heat to keep body temperature low.
- Drink before you feel thirsty.

**DENIS WAITLEY QUOTE ON CHOICES** (from Barrie Sheppley's newsletter <http://www.personalbest.ca/>)

"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them."

EDITOR'S NOTE: How many people do you know (maybe including yourself) who continually *rob themselves of happiness* by *choosing to be angry at their boss, their family, their friends or their circumstances*? I would suggest that in 90% of the time *we have the tools and abilities to make changes by taking responsibility for our actions and the outcomes we expect*. That might mean changing jobs, improving your communication with your family, or altering your eating and health. ***Choose to make changes that will better your life.***

**Cert 5 course offered:** *Physical / Wellness Education 3823* is being offered at ABU in July. For more information check the web site [www.abu.nb.ca](http://www.abu.nb.ca)

Contact Monique or Rod at: Birchmount Tel: 856-3321  
Fax: 856-3438  
Cell: 872-4344

Email: [mctiemon@nbed.nb.ca](mailto:mctiemon@nbed.nb.ca)  
[mackerof@nbed.nb.ca](mailto:mackerof@nbed.nb.ca)

***Have an active and healthy summer ☺***

Please check out the following: **Policies 347 and 709: also available from the district web site**  
<http://www.district2.nbed.nb.ca/policies.asp>

**MEMORANDUM**

FROM: Nancy Matthews, Director, Finance & Administration  
DATE: May 20, 2005  
SUBJECT: AFTER HOURS USE OF SCHOOL FACILITIES, COMMUNITY USE OF SCHOOLS, POLICY 407

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Please be reminded that proper documentation is needed prior to groups/employees being given permission to use school facilities, gyms, cafeterias, classrooms, shops, etc. For liability purposes, bookings must be done through Linda Tower as it is necessary to maintain records of all those who use our facilities not only during school hours but after school hours as well.

As per Policy 407, Community Use of Schools, all school use, for educational, cultural, recreational, commercial or personal purposes, whether booked by an outside group OR employees within our system, (teachers, secretaries, TA's, PSSC members, volunteers, etc.) MUST make application to the District Office Facilities Coordinator. A contract must be completed and signed as well as security provisions made. Teacher wellness programs and birthday parties ALSO require contracts; fees may be associated with these events. Please see attached rental guidelines for your information. Please also remind Coaches that if games have to be re-scheduled, then the Principal or Vice Principal must contact Linda Tower.

Thank you for your cooperation. Please contact Linda Tower, Facilities Coordinator for further information at 856-3425.

**COMMUNITY USE OF SCHOOLS: RENTAL GUIDELINES FOR SCHOOL DISTRICT 2**

IT IS THE RESPONSIBILITY OF EACH MUNICIPALITY USING SCHOOL DISTRICT 2 FACILITIES UNDER RECIPROCAL AGREEMENTS TO PROVIDE THESE GUIDELINES TO ALL USERS.

\*\*ALL COMMUNITY USE IS CANCELLED ON HOLIDAYS, STORM DAYS AND PARENT TEACHER INTERVIEWS.

- ALL DISTRICT 2 SCHOOLS AND SCHOOL PROPERTY ARE TOBACCO FREE.
- Adequate supervision for **ALL PERSONS** attending and/or participating in the event must be provided by the user.
- Unruly, unsupervised, disrespectful, or inappropriate behavior is absolutely unacceptable. Those involved will be asked to leave.
- Only those who are participating in the activity and family are permitted admittance into the approved area of the school. Some events, however, may have audiences for which these same regulations apply.
- Doors will be unlocked ONLY 15 minutes prior to activity and 15 minutes after start time. **NOTE: Doors must be secured and locked at all other times during the event for security purposes.** Doors identified for exit purposes shall be used only for exit purposes.
- The supervisor of the activity must be the 'first person to arrive' and the 'last person to leave' the school. Youth are not permitted use of the area without a supervisor.
- Movement is restricted to the primary rental area and may include use of the school change rooms, washrooms and fountain in the immediate area. People in other areas will be asked to leave.
- **All outer footwear (goulashes or winter boots) must be left by the main doors in each school. Only appropriate, clean footwear is permitted in the gym by participants. (Participants WILL need to bring an extra pair of sneakers.)**
- **No food or drink is permitted in the gym or auditorium. Enforcement of this rule is the responsibility of the coach/supervisor in charge, monitored by the recreational custodian. Water bottles used by participants during games are the responsibility of the coach.**
- Consultation with the recreational custodian regarding raising/lowering the basketball nets.
- **PLEASE ENSURE PARTICIPANTS DO NOT HANG ON THE BASKETBALL RIMS.**
- Only non-expendable equipment such as nets and standards are available to the group. **Use of school sporting equipment is not permitted.** Please provide your own balls, racquets, etc. **Arrangements for use of school clocks, sound systems, AV equipment, etc. must be made at least one week in advance. Use of school time clocks for tournaments and games with teams from out of town ONLY. This use must have a designated clock operator(s) approved and trained to use the clock. (MKMBA to provide orientation meeting of proper usage of the clock.) 30-second clocks, even if available, will NOT be used. If prior arrangements for use of a clock have not been made, the custodian will have the 'final say'; his/her decision is NOT to be questioned.**
- All external electrical or mechanical equipment or appliances brought in by any user group must have prior approval from the School District in order to conform to existing codes and regulations; i.e. fire marshal codes, etc.
- Absolutely no smoking, illegal drugs or liquor is allowed on school property at any time. The serving of alcohol is permitted with written consent **ONLY** by way of a liquor license. (receptions, etc.)
- The **recreational custodian** is charged with ensuring the **security and safety of the facilities and the user group.** The recreational custodian may terminate use of the facility in consultation with the Facilities Coordinator.
- Any damage or vandalism must be reported to **School District 2, the Manager of Facilities, Jacques Gervais 866-6935 or Candace Scott 866-6910 within 24 hours**, followed by a written report. In case of emergency, please contact **Manager of Facilities, Jacques Gervais 866-6935. All other enquiries must be directed to Linda Tower, Facilities Coordinator, 856-3425 or 856-0179.**
- Any organization or individual granted use of school property failing to abide by the terms of the rental agreement, especially those conditions having to do with supervision, care and responsibility for property and equipment, shall be denied further use of the property and equipment, until the District is satisfied that future use of the facilities will not be abused. The District reserves the right to terminate or cancel the use of its facilities at any time.
- **IN THE EVENT OF A FIRE ALARM, VACATE THE BUILDING IMMEDIATELY!**

Updated April, 2005

Linda Tower, Facilities Coordinator 856-3425 or 856-0179

PLEASE SEE COMMUNITY USE OF SCHOOLS POLICY 407 ON SCHOOL DISTRICT 2 WEBSITE

[www.district2.nbed.nb.ca](http://www.district2.nbed.nb.ca)

**POLICY STATEMENT 347**      **SUBJECT: EXTRA AND CO-CURRICULAR TRIPS/ACTIVITIES**

AUTHORITY: EFFECTIVE: September 1, 2004, RESPONSIBILITY: Principal REVISED:

**Statement:**

The Superintendent recognizes that valuable learning experiences may be gained by students on planned educational trips and /or activities and therefore supports such ventures. It is expected these trips and/or activities will have educational value and are conducted in a safe and secure manner.

**347.1** Trips may be for one day, or because of distance or the itinerary involved, may require that students be away for one or more nights. Trips can be taken at any time of the year.

**347.2** It is recognized that there are several venues in the Moncton and surrounding areas, which are appropriate for educational day-trips. Trips to water and amusement parks are not considered educational in nature. Trips should promote and/or enhance curriculum.

**347.3** If District *transportation* is required, the school must complete an Application for Co/Extra Curricular Trips (attached) and forward it to the Transportation Department. If special needs transportation is required, please indicate on the form. This form must be sent two weeks prior to the trip to allow sufficient time for processing. A copy of the form will be shared with the community supervisor by transportation. The form must indicate the direct relationship between the trip and curriculum outcomes. Specific curriculum outcomes should be cited.

**347.4** *Parent Consent forms* must be completed. It must be signed and dated by the parent for each trip and kept on file at the school. Consent forms must include information on the nature and purpose of the trip, location, transportation arrangements, cost, items needed, and a reminder to let the school know of any relevant medical conditions in case there is a change not reflected in the student record.

**347.5** *Supervision for trips* must use the following adult to student ratio:

- Kindergarten at 1:5
- Grades 1 – 5 at 1:10
- Grades 6 – 12 at 1:15
- (Consideration should be made for gender balance where possible at all levels).

Series: Educational Programs and Related Services

**POLICY STATEMENT 347**

347.6 A *first aid kit* must be in the vehicle, and the teacher must have all necessary medications for students.

**347.7** *A list of all students, medicare numbers and telephone numbers must be with the teacher* at all times, and a *copy left at the school in case of emergency*.

347.7 Participation in an educational trip is at the discretion of the school. If for any reason the school believes a student should not participate, alternate activities should be planned.

**DEPARTMENT OF EDUCATION POLICY 709** Subject: **Student Physical Activity Safety Standards**

Effective: October 1, 2002

**1.0 PURPOSE**

This policy provides safety standards for curricular, co-curricular, and extra-curricular physical activities.

This policy **replaces Policy 302** – Weight Training in the Public Schools and Policy 305 – The Use of Trampolines and Minitramps in the Public Schools.

**2.0 APPLICATION**

This policy applies to all curricular, co-curricular, and extra-curricular physical activities in which students participate.

**3.0 DEFINITIONS**

*Curricular* means falling within the curriculum approved by the Department of Education.

*Co-curricular* means organized by teaching staff to achieve curriculum objectives, using or extending into instructional time and including all students in a class (e.g. field trips to Quebec City, provincial art galleries, science fairs, music festivals, student leadership forums, ski trips).

*Extra-curricular* means endorsed by the school, organized by persons who may or may not be employed by the school, may or may not contribute to curriculum objectives, and are normally conducted outside the instructional day (e.g. inter-scholastic and intra-mural sports, school dances, winter carnivals).

**4.0 LEGAL AUTHORITY**

*Education Act*

6(b.2) The Minister may establish provincial policies and guidelines related to public education within the scope of this Act.

45(4)(b) The Minister shall determine the physical plant standards for a safe and healthy school facility.

**5.0 GOALS / PRINCIPLES**

- 5.1** The Dept of Ed promotes and supports the participation of students in a variety of physical activities. We believe positive introduction to a diversity of physical activities will increase the likelihood of New Brunswickers adopting active lifestyles in youth and for life.
- 5.2** The Dept of Ed must be assured, however, that all reasonable safety measures are in place for the protection of students.

**6.0 REQUIREMENTS / STANDARDS**

- 6.1** Schools shall not permit a student to participate in a physical activity which is foreseeably inappropriate for the student's physical or mental development or particular health condition.
- 6.2** Students shall only be permitted to engage in a physical activity if the standards in the New Brunswick Physical Education Safety Guidelines (Elementary and Middle School Guidelines, High School Guidelines) for that activity are met, or if it can be demonstrated that alternate means of ensuring safety are in place.
- 6.3** Written permission from parents and the appropriate superintendent (or designate) is required for student participation in physical activities: • which are not listed in the New Brunswick Physical Education Safety Guidelines (Elementary and Middle School Guidelines, High School Guidelines) or
- which are listed, but recommended in the guidelines for an older age group; or
  - as directed in the guidelines.
- 6.4** Supervisors are responsible for verifying the safety of facilities and equipment to be used during the course of the activity(ies) they are supervising, prior to the commencement of the activity(ies). Supervisors are also responsible for ensuring damage to any facility or equipment, of which they become aware and which is likely to affect safety, is flagged for subsequent users. This flagging should initiate normal school procedures for removal or repair.
- 6.5** The following physical activities have been identified as **requiring particular limitations** as specified below.

**6.5.1 Weight Training**

If weight training is to be available, it shall only be offered subject to District Education Council policy, the safety requirements specified in the New Brunswick Physical Education Safety Guidelines (High School Guidelines), and only to students in grades 9 through 12. Participation by younger students will require written permission of the Superintendent (or designate) as well as written parental permission.

**6.5.2 Use of Trampolines and Minitramps**

Trampolines and minitramps shall **not be used** for curricular, co-curricular or extra-curricular activities.

**6.5.3 Alpine Skiing (Downhill)**

Conditions which must be met when students participate in curricular, co-curricular and extra-curricular alpine skiing are included in Appendix A.

For **cross-country skiing requirements**, please refer to the New Brunswick Physical Education Safety Guidelines (Elementary and Middle School Guidelines, High School Guidelines).

**7.0 GUIDELINES / RECOMMENDATIONS**

- 7.1** New Brunswick Physical Education Safety Guidelines (Elementary and Middle School Guidelines, High School Guidelines)

**8.0 DISTRICT EDUCATION COUNCIL POLICY-MAKING**

District Education Councils may set safety standards which are more stringent than those defined in the New Brunswick Physical Education Safety Guidelines (Elementary and Middle School Guidelines, High School Guidelines) providing they do not curtail the delivery of required curriculum.

**9.0 REFERENCES**

New Brunswick Physical Education Safety Guidelines: Elementary and Middle School Guidelines

New Brunswick Physical Education Safety Guidelines: High School Guidelines

See **Policy 132** – Contribution of Resources by Parents, for conditions pertaining to the contribution of money by parents in support of curricular, co-curricular, and extra-curricular learning opportunities

**10.0 CONTACTS FOR MORE INFORMATION**

Department of Education – Educational Programs and Services Branch (506) 453-2155

Department of Education – Policy and Planning Branch (506) 453-3090

ORIGINAL SIGNED BY MINISTER

## Secondary School Physical Activity Survey

**Ophea (Ontario Physical and Health Education Association)** is conducting a survey to learn about the secondary school environment and existing physical activity programs. We are looking for your assistance to help us gain a better understanding of what makes secondary school physical education and physical activity programs successful.

We are particularly interested in programs and models from across Canada.

By filling out this survey you will be entered into a draw to win one of five \$20 Tim Horton's gift certificates. Please note that you can enter and exit the survey at any time by clicking on the appropriate link below.

**Teachers or administrators click here** – <http://www.surveymonkey.com/s.asp?u=78124901254>

**Board consultants click here** - <http://www.surveymonkey.com/s.asp?u=94408899883>

*Please pass this survey link on to anyone who might be aware of a successful physical activity program for secondary students. Thank You.*

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Karen Hood

Projects Leader

Ophea

Direct: 416-426-7039

Web: <http://www.ophea.net>