



Gym Shorts

Winnipeg School Division Physical Education Newsletter

Wow, it's hard to believe it's almost that magic day...3 paycheques and 9 weeks of holiday! Maybe it's because summer weather just started!

Special thanks go to all of those conveners and chairs whose events were all messed up by the snow and rain. It's a lot of work to get things together for the originally set time, but tons more to have to keep making changes. Apologies go out to all of the first day participants in the Fit Run. Close to a thousand kids missed their day because of the soggy field, and that is one event that just can't be rescheduled. Hopefully most of those runners were able to take part in some kind of local event.

I would be remiss not to thank Dorothy Ryan at this time. She does so much for not only me, but for all of the teachers and conveners. Thanks "Boss".

Happy summer to everyone. Let's hope it's nice enough to be active, rest up, and come back in September raring to face another year!

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Thanks

As this year winds up, I would like to thank all of the volunteers who make our physical education and athletic programs so successful. With over 700 volunteer coaches in our division, there sure are a lot of folks deserving of this thank you!

There are a number of people who go beyond the coaching at their own schools and organize the leagues, schedules and meets for everyone's benefit, and they of course deserve a special mention.

At senior high, the conveners were **Susan Bodie, Dave Bard, Lisa Fraser, Gordon Duff, Ron Gustafson, Rob Skabar, Tim Shynkaruk, Jennifer Campbell,**

Nancy Galas and Glenn Bruce.

At junior high, the thanks go to **Jeff Bridle, Ryan Isfeld, Sheri Denny, Brian Loeppky, Cindy Mitterdorfer, Ken Hunter, Chantal Emond, Patrick Armstrong, Bonnie McEachern,** and of course to **Larry Marquardson** who does all of the scheduling for basketball and volleyball.

Elementary Council members are: **Richard Ryland, Chris Scalena, Michael Glaveen, Chantelle Deslauriers-Gray, Fred Shipley, Joanne Bruce, Jim Brown, Rodger Lourenzo, Jodian Self, Wade Gregg and Doug Zajac.** There are two main elementary chairs. The Fit Run is organized by **Blake Smith and Don Baxter.** **Fred Shipley** has been the Speedskating

Chair for the past 11 years and finally decided to let a younger pup take over. (...and no, he is not retiring!)

In addition, the elementary p. d. committee has been very active organizing the workshops for the year. They were led by **Rodger Lourenzo** once again, and included **Dolores Pelland, Dani Thomson** and **Diane Yakimoski.**

Finally, thanks to the CAP team of, **Laura Kelsch, Linda Clark** and **Karen Pellaers** and the guy already listed twice in this column, **Rodger Lourenzo.** They have helped to develop the program and to share all of their expertise in the in-services resulting from it.

Teacher Movement

It is still very early, but one of the most common questions for this time of year is "What about jobs for next year?" So, while I don't know all the changes at this time, I will tell you what I do know.

We have a few folks returning from leaves this year. **Jan Watters** has spent the year on a deferred leave and will be coming back full blast, certainly ready for action after 14 months of rest! **Lisa Norris,** on the other hand, is returning from a mat leave and will need lots of rest (those of you with children likely know what that means) but I don't think she'll get much as she will be replacing **Beth Josephson** at General

Wolfe. **Doreen Botterill** will be back at Brock Corydon after a year of travel and excitement.

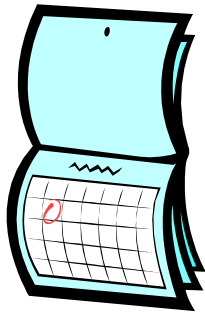
As usual, we're losing some to mat leave again. **Donna Alexander** will be off most of the year from Grant Park and her place will be filled by **Lisa Schwann.** **Lisa Fraser** from R. B. Russell is expecting twins (count 'em - two sets now) and she has been replaced by **Laura Cirillo** for the rest of this year. **Robin Mead** from River Heights will be off on the male version, paternity leave, and will return to a music position when he is done. **Ken Hunter** from Cecil Rhodes has decided to move there so Ken's spot will be up for grabs. In addition, **Lori Gruhn** from Glenelm

will be on mat leave as she is expecting her third child.

Sandy DeJong from King Edward and **Jodian Self** from Clifton will be continuing their leaves into the next school year.

Diane Yakimoski from Faraday has decided to try something different and she will be moving to a grade three classroom there, opening up a physical education position at Faraday.

There will be more switch-a-roos before we start up next September (what a thought when I've only gotten in 3-18 holes so far) but that is what I know at this time.



On Deck for June

Tue. June 1	9:00-11:30	Mon. June 7	9:00-3:30	Wed. June 16	2:00
Elementary Fit Run at Assiniboine Park.		2nd day of Junior High Interhigh Track meet at the U of M		Junior High Physical Education teachers meeting, Prince Charles, Room A	
Wed. June 2	9:00-11:30	Mon. June 7	12:30	Wed. June 16	3:00
Elementary Fit Run at Assiniboine Park		Senior High Department Heads, Prince Charles, Room A		Junior High Athletic Council, Prince Charles, Room A	
Wed. June 2	9:00-3:30	Mon. June 7	1:30	Wed. June 30	3:30
1st day of Junior High Interhigh Track meet at the U of M		Senior High Athletic Council, Prince Charles, Room A		Bye bye for You!!!!	

Annotated Bibliography to Support the Curriculum

I think I mentioned once that all of the resources to support the new curriculum are listed on line. Go to the MECY website, physical education/health education, and follow the prompts. The website is:
<http://www.edu.gov.mb.ca/ks4/cur/physlth/index.html>

The tremendous thing about this is that every resource is available on loan. If you speak to your library person, they can order any of the resources that you want. I tried this and had three books sitting on my desk two days later.

My efforts, were of course, of mixed success. One book was sitting here on my bookshelf (I guess I was fished in twice thinking it was better than it was), one wasn't great and one would be a super one to look through if you teach secondary physical education.

The one I liked is called "It's Not Just Gym Anymore" by *Bane McCracken* which tries to make a link for kids between the sport and activity for life. There are units in volleyball, basketball and tennis, but from a bit of a different slant. There is also a neat unit idea for an outdoor

course where the kids go on line and plan a "virtual" hiking (or other type) of trip. Also, there is a lot of info on fitness that you may or may not know, but many of the worksheets are very user friendly.

I plan to go through the bibliography a few at a time, looking for ones that might help in schools. I would strongly urge you to look at this source as well. If it is a really good resource, maybe you can have it ordered for your school, but at least you get to "kick the tires" before you buy.

*Time to
Dust off the
Old Library
Card!*

Out of the Mouths of Babes

Glenn Bruce had a good idea - yes, stop the presses, he did!

It kind of started with something his six year old said. She returned from a bowling outing and he asked how she liked it. Her reply was "I hate bowling." When pressed, she said she didn't like it because you have to miss a turn. "Why did you have to miss a turn?" was his obvious question,

thinking of course she must have misbehaved or something. "When you knock all the pins down, they make you miss a turn" was her reply!

Makes you think, doesn't it. We think we are rewarding kids when they get a strike but in their minds, they are being penalized because they lost that chance to participate!

Anyway, back to Glenn's idea. Do you have any cute kids' stories/quips about sports? Sometimes we can learn a lot from the things they say, and if we don't learn, at least we may get a laugh.

If you have anything, let me know and I'll be glad to put them into the Gym Shorts.

What did I say now?



Trophies, trophies and more trophies

Sisler is doing some house cleaning before they move into their new digs, and they want to get rid of a bunch of trophies. These were ones won at tourna-

ments etc, and would be great to hand out in an elementary or junior high school. All you would need to do is put a new plaque on them.

Call **Chris Penner at Sisler** if you are interested. As is the phys. ed. custom, it'll be First come—First served, so get on the horn quickly.



Reimbursements

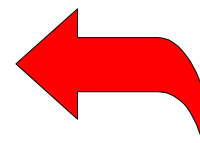
Please make sure that all reimbursements are applied for by June 15. This includes the reimbursement for officials' fees as well as those for coaches



attending clinics.

Just as in schools, the accounts that I have access to end on June 30 and the new ones begin for the next year.

Special Note about field markings: The WSD has one set of equipment that can be used to mark fields. As a result, a priority is set to determine in what order requests are handled. The first is WSD sponsored Inter School use, Senior high, Junior high and Elementary. Following that, other Inter School use will be done. Finally, local school needs will be looked at.



Great News about Skis

The WSD has put aside some money to update our loaner skis. Laurie Logan and I spent the good part of a week going through all of the existing sets and making room for the new ones. We will still have four available for elementary and two for secondary, but each of

the sets will once again be complete and will easily accommodate a class.

Booking sheets will be sent out at the beginning of the school year. Schools can borrow the sets for a predetermined two cycle period. If your past experi-

ence wasn't great because of the condition of the equipment you should maybe try again.

These skis are a great way to introduce the Alternative Pursuits that are referred to in the curriculum.



PD opps for next year

Here's a quick glimpse of some of the opportunities for next year:

There will be a **CAP Basic Movement Skills** workshop in the afternoon of September 21. This is a training session for all teachers new to this part of CAP. Included are all new phys. ed. and classroom teachers who are teaching their own phys. ed. and will be doing the BMS part for the first time. As this is a CAP workshop, subs are provided.

Is your school wondering what to do for students who score in the needing support category? Well, send someone to the **Step by Step** workshop on Thursday, December 2 in the afternoon. The target audience is Resource Teachers but anyone can attend. This program is an oldie but goodie and suggestions will be given to help implement it in your school.

The **Implementation Document for S1 and S2** should be in schools in the fall, and a date of Wed. Oct. 13 in the morning has been set for a workshop on this document. Grades 7 & 8 teachers who haven't attended an implementation workshop should also plan to attend.

The **Curriculum in Motion Project** will continue next year. It is made up of an elementary classroom teacher and the phys. ed. teacher from project schools. They get together to create lessons and develop skills for the classroom teacher to teach their math, science, English language arts, social studies and health in an active way. We have now completed grades 4 through 6 and next year we'll be working on grade 3. Sheets will be out in June, so watch for them and plan to sign up with a grade 3 classroom teacher.

This year there will be a session at the Learning Together Conference for Classroom teachers on **recess games**. While most pe types will likely attend the pe option, they would be welcome at the LTC instead.

Once again, the **Elementary P. D. Council** will be putting together a series of in-services, so watch for them in September.

As always, Nori and I are available to do a **curriculum workshop** in your elementary school. We have also done a couple of **Healthy Active Schools** sessions for schools, so give one of us a call for info or to book your day.

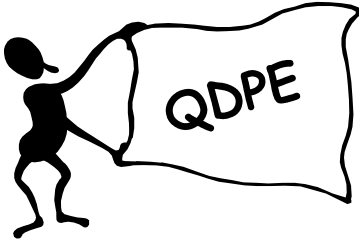
I would also be pleased to come out and do a session on **Active Academics** which is a great way to build in more activity in your kid's day.

Finally, don't forget **SAG** on October 22. The format is back to normal - St. James is hosting.



QDPE Awards

Congratulations to our award winning schools!



The Diamond Award is currently the highest School Recognition Award offered by CAHPERD. This award is presented to schools that provide all students with Quality **D**aily Physical Education offering a minimum of 150 minutes of class time per week. Three of our schools achieved this level for 2003-2004. Congrats to **Fort Rouge, Grosvenor** and **Sister MacNa-**

mara.

The Platinum School Recognition Award is presented to schools that provide all students with a minimum of 150 minutes of Quality Physical Education (QPE) class time per week (a minimum of 3 classes per week must be offered). It is one small step away from the Diamond Award and **Kent Road** achieved that level this year.

There may be other schools

that would qualify but have not applied. The application process has been simplified and all of the information is on the CAHPERD website. I encourage you to apply for next year.

In addition, if your school would like to offer more physical education but don't know how it can be achieved, contact one of these schools for ideas. Each one has solved the issue of more time in a different way, and one might work for you.

Meet Rob Bell

I had a great time chatting with Rob Bell from Elmwood just before the break. My apologies if this offends anyone, but he is the first person I've interviewed that was young enough to have played high school hockey!

In addition to playing hockey, Rob was on the golf team at John Taylor. Both sports "took turns" as being what he wanted as a future. He started coaching hockey early and after a PE degree began a masters in coaching. Also, after working for years in the pro shop at Glendale it was kind of a natural to go on and get his pro card - and yes, he got it on the same day as Tiger. Just think, Rob has gone on to become the department head at Elmwood, and Tiger is still just golfing!

After deciding that the coaching route wasn't for him, Rob came back to take Education at U of M. So here's a guy, he's still an as-

sistant pro at Glendale, coaching Bison hockey and curling, running, working out, golfing and playing squash while also teaching full time. You'd think he didn't have time to coach at Elmwood, but not so. He co-coached varsity boys' basketball, picked up the girls' varsity team part way through the season, and coaches soccer and golf. All of this, and he still has time left over for his girlfriend, Sarah, who is also a teacher in St. James.

Why does this guy, who has other skills, chose to teach? The answer is similar to what all of the other folks I've interviewed have said. "At the end of a day, on my way home, I always have a smile about something that happened with the kids that day!" He loves being with the kids, getting in there and playing with them (another example of how young he still is) and loves teaching golf because most of them

have not yet been exposed to it.

I decided to check out how his teaching partners felt... Jeff said "he is great to work with, we have a lot of fun and he is really easy going." I'm not sure if Jeff was sincere or just wanted to bum some lunch since he made such short work of a couple of plate fulls and seemed to be searching for more. Chantal said she couldn't say anything bad about him, but "after all, I haven't been here long and we're still in the honeymoon phase!"

Obviously their phys. ed. staff get along well and look at their program as a continuation from grade 7 to 12. The rest of the staff at Elmwood are super involved in the extra curricular program and, in Rob's words, "it is a great place to work and go to school!" Even Roz, Rob's vice-principal wouldn't give me any dirt, so it must be true.

"...and I got my pro card the same day as Tiger Woods."

Happy Summer!