



Gym Shorts

Winnipeg School Division Physical Education Newsletter

Wow! It can't be September already! The holidays crept up on us last June because we never really had a spring, and well ... you can see where this is going! I hope you made the best of it.

This year we are going to try to communicate as much as possible by email. It just doesn't make sense not to start doing this, so you have been asked to provide an email address to Dorothy. If you aren't in the habit of checking it, I guess you need to get in the habit! I realize that it isn't quite that simple for some of you, so if that isn't going to work, please make arrangements with someone at your school, provide their address and have them run off the emails for you. It isn't practical to have a two-tier system like we tried this year. It's kind of like jumping off that high board in the old U of M phys. ed. diving class ... once you're off, you're off! Anyhow, we'll see how it goes with the email, and if it just doesn't work, we'll have to figure something else out.

Have a great year...less than 200 days to go!

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Important Stuff

Welcome back from the Un-Summer Holidays!

At the start of any year, there is always a bunch of reminders and short snappers that need to come to your attention so what better time and place than right here.

Firstly, Dorothy needs those sheets re: name and info to prepare her databases. I know you will find it hard to believe, but that is the only way we have of knowing who is teaching physical education. If you don't want your address or phone number known, that is fine but the other info is crucial. Also, if your name comes out one time incorrectly, please contact Dorothy right away and she'll fix the data base.

The program to encourage coaches to attend clinics is in place once again. I am able to reimburse up to \$100.00 per sport per coach per year. I need to have **the original receipt**.

Teacher Movement - Part Two

As promised, here is the word about who is where. I won't repeat what was in the June edition so you can check that edition if you've forgotten.

Jan Watters is replacing Chris Penner at Sisler. Chris has moved over to St. John's as the Vice-Principal. Jon Fast will replace her as department head. Deb Slevin is back with her bionic ear and Tim Strachan who replaced her is now over at Principal Sparling. Ken's spot at Cecil Rhodes has been filled by

Some schools front the money and some have the individual pay, so please make sure it is clear who the cheque is to be made payable to.

There are a number of resources that you must have at your school. Following is a list of them and where they are available from.

The Framework of Outcomes for the Physical Education/Health Education Curriculum is available from the Mb. Textbook Bureau.

The Implementation Documents, K-4 and 5-8 are also available from the Mb. Textbook Bureau, although every school in the province was provided with a copy for each teacher and they should still be around somewhere. **The S1 and S2 Implementation Document** should have arrived this September.

Every pe teacher must have the **Safety Guidelines for Physical Activity in Manitoba Schools**. If you do not have one, contact Dorothy

and she will send it out. A new document called **Youth Safe Outdoors** will be arriving soon. It is similar to the Safety Document but will deal with Field Trips and Outdoor Activities. A workshop for all Administrators will be held once the documents are in the schools.

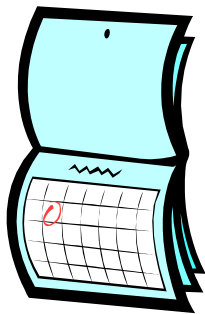
The **Grades 4, 5 and 6 Curriculum in Motion** books are complete. These contain lessons created and compiled by our project teachers so classroom teachers can teach their math, science, ELA, social studies and health in an active way. Contact Dorothy if your school needs a copy.

All pe teachers also need a current **WSD Athletic Handbook**. Changes to the Elementary and Junior High ones will be out shortly, and the new Senior High should be in your possession right now. If you don't have it, contact Dorothy.

Derek Cantlon and Michelle Senkiew and Kelly Mandzuik are going to job share the elementary position there. Diane's position at Faraday has been filled by Ken Pankiewich from Riverview. Ken's spot, part pe and part classroom, was filled by Nopharat Kousonsavath who you might remember was at Brock Corydon while Doreen travelled the world! Dan Sarahs is filling in for Jodian Self at Clifton and Kelsey McKay has taken over as department head at Churchill. Nancy Karpinsky has left Kelvin to take a team handball coaching position in France and Bruce Sirrell has moved full-time into the gym. Melanie Fenton has taken a term at Glenelm while Lori takes her mat leave. Finally, Shauna Cornwell has replaced Roger Chorney at Ralph Brown.

I hope I have everything covered, but if I've missed something there will be a reason to have a Gym Shorts again in a couple of months!

On Deck for September through November



Mon. Sept. 13	12:15	Tue. Sept. 14	3:00	Prince Charles Room C
Senior High Dept. Heads at Prince Charles Room A		Junior High Athletic Council at Admin. 2 Room 106		
Mon. Sept. 13	1:00	Tue. Sept. 21	1:00-3:30	Wed. Oct. 13 9:00-11:30
Senior High Athletic Council at Prince Charles Room A		CAP Basic Movement Skills Workshop for all new elementary phys. ed. teachers and classroom teachers new to teaching their own phys. ed. at Wolseley School		Curriculum Implementation Document Workshop for grade 7/8 (if you haven't attended one yet) and for all S1 and S2 teachers
Tue. Sept. 14	2:00			Fri. Oct. 22 9:00-3:30
Junior High Physical Education Teachers at Admin. 2 Room 106				SAG at Sturgeon Creek
		Tue. Oct. 12	2:00	Mon. Nov. 29 9:00-3:30
		Elementary Athletic Council at		South District PD Sessions

Wasp Stings

Typically in the fall, wasps are plentiful, sluggish and aggressive and a problem around school grounds. Some individuals are highly allergic to the venom of insects such as bees, wasps, hornets and some ants (order Hymenoptera for you science buffs). They may carry an EpiPen® because they have been diagnosed by their physician as being at risk of a life-threatening reaction if stung.

Avoidance is the key

There are steps that students and staff can take to avoid being stung. This is especially important for individuals known to be highly allergic to insect venom and important for all staff and students when heading outdoors.

- Avoid wearing brightly coloured or patterned clothing. Muted tones and neutral colours are less likely to attract insects to you.
- Avoid loose fitting clothing and open toed shoes or sandals where insects can become trapped
- Avoid consuming food or beverages out of doors where insects will be attracted by the aroma. Wasps will enter drink

cans and an individual may be stung in the mouth or throat when taking a sip. Beverages consumed out of doors should be in containers where the contents remain visible and/or where insects cannot enter.

- If you are highly allergic, don't stand near garbage containers or places where there is food.
- Use unscented products such as shampoo, cosmetics and sunscreen. Avoid scents such as perfume.
- Don't provoke wasps and bees. They will usually fly away if left alone, but will become defensive if swatted.
- Inform your principal of nests on school property. He/she will arrange removal.

If stung...

- For individuals known to be allergic, locate their EpiPen® and follow the advice of their physician in their Individual Health Care Plan. If stung, they should be watched closely for several hours for signs of a severe allergic reaction.
- For individuals not

known to be allergic but experiencing signs of a severe allergic reaction, call 911 and have them immediately transported to the nearest hospital.

- It is recommended that persons who are stung on the face, mouth or throat seek immediate medical attention.
- For others, wash the area with soap and water, and apply ice to numb the pain.

Bees can leave behind a barbed stinger containing a venom sac. It should be quickly and carefully removed (within 15 seconds if possible), to stop the flow of venom. Don't use tweezers or your finger pads to remove a venom sac because you will likely inject more venom into the site. A fingernail, credit card or the dull edge of a table knife dragged against the sac will likely lift it away from the skin without injecting more venom.

Students known to be allergic to insect venom should have an up-to-date health care plan. Remember, if they have an EpiPen® prescribed, it is necessary equipment for a field trip in the fall or spring.

I'm gonna get you!



Another article
by Susan Fogg
Nurse Educator
WSD

Note: Please check the June edition for a variety of PD Opportunities this year. I don't want to reprint them, but maybe have a quick look so you can see what Nori and I can do for your school!

Back Editions of the Gym Shorts

These are all on the WSD Physical Education Web-Site. You can access it by going to the WSD website and following the prompts or just copy in this address:

http://www.wsd1.org/PC_PhysEd/

If you are a new teacher (or an old forgetful one) you might wish to check out some of the back articles. Some info is obviously out of date, but some is as good now as it was then. (There will be no voting as to its value then or now!)

Anyway, you will find things such as:

-what are the written materials most often required in a lawsuit against you as a pe teacher

-why do we need pe specialists?

-ideas for a pd day when you don't care to take part in what your school has planned

-why elementary students should not have water bottles at school

-articles highlighting our physical education teachers (I pick a teacher from "the hat" each time, alternating between elementary and secondary)

-several articles on promotion of our profession and why it is important

In addition, **Susan Fogg**, Nurse Educator for WSD, has done a series of articles for us on many health issues in the gym. They include:

-A three part series on Asthma

- **What Do You Know About**

Asthma (April 2003)

- **What Do You Know About Asthma Part 2** (June 2003)

- **Preventing Asthma Episodes at School** (September 2003)

-Latex Allergies (January 2004)

-Yikes! Someone's tooth got knocked out!!! (March 2004)

Hopefully you will find these newsletters informative and entertaining. I am always looking for new ideas or items, so feel free to send them in.

Gym Shorts Free!



"New Curriculum" - It's not so new anymore

It's funny that we call this the new curriculum when it's been out now for longer than some of you have been teaching!

Anyhow, we are now into full implementation from K-8. That means all teachers at those levels in the province are to be using the "new" curriculum now.

The S1 and S2 curriculum is in the second and final year of voluntary implementation. The Implementation Document just arrived in my office yesterday and I am assuming you re-

ceived it the same day.

There are several documents re: the curriculum that have come out in the last couple of years. As physical educators, it is our responsibility to teach the curriculum and the Implementation Documents have ideas about how we might go about doing this.

Another very important support document was sent out in the spring. It is titled "Guidelines for Fitness Assessment in Manitoba Schools" and reaffirms what research has shown over

the last few years about fitness and kids...namely that fitness tests measure maturation and heredity more than they do fitness. This document provides fitness tests that are okay to use but cautions are given in the use of the results. Of real importance is the fact that NO MARKS SHOULD BE GIVEN for fitness levels. Students can be marked on knowledge of fitness, what it is and how it can be tested, improved etc. but no marks can be given for their actual fitness level or improvement of fitness level.



It's okay for a guy this age but not for kids!

Loan Equipment

Each year a list of equipment that is available for loan is circulated. Check last year's sheet (it's on green paper) for reference until this year's is updated. If you are new and don't know what is available, contact Dorothy and she will forward last year's list for you to use until the new one comes out.

We have a new set of skis at both the elementary and the secondary level. This means that all of the sets have been improved and they all contain a class set of equipment. There are plenty of boots and poles to go with the skis.

The other new item will be a class set of helmets (40) that schools can borrow. Remember

that students must wear helmets for all activities on ice except curling. These sets will be housed at River Heights and Sisler. You will be able to book them through Bonnie at River Heights and Jon at Sisler.

Don't be afraid to book some of this equipment. It is a great way to supplement your program!



On Your Mark... Set... Mark Your Calendars



Take out your pens and calendars and mark down the dates now!

Sr. High Indoor Track
Thursday February 17

Elementary Skating Race
Wednesday February 16

Senior High Interhigh Track Meet

Wednesday May 25

Junior High Interhigh Track Meet

Wednesday June 1
Monday June 6

Elementary Fit Run
Tuesday June 7
Wednesday June 8

Senior Athletic Council

Monday December 6
Monday March 7
Monday June 6

Junior High Athletic Council
Wednesday December 15
Wednesday March 9
Wednesday June 15

Elementary Athletic Council
Tuesday October 12
Monday May 16

SAG

This year's SAG looks like there is something for everyone. Check the brochure and register early so you get into all the ses-

sions you most want. Elke Wurr is doing one with Joannie Halas that you might be interested in. Also, Rodger

Lourenzo and Laura Kelsch are presenting at the Early Years on physical education for Kindergarten and Nursery.

Meet John McDonald

What keeps a person plugging away in the gym after 33 years? Variety, apparently.

John started out in a special ed. classroom at Principal Sparling in 1972. He moved into regular classroom, then to elementary physical education and French at Cecil Rhodes and then into phys. ed. (but en francais) at Sacre Coeur in 1989. Today John remains at Sacre Coeur, but even that has changed with the addition of grades 7 and 8 in the last decade. This might seem like a small change to some, but with it of course comes the whole new level of interschool athletics!

The job itself still wouldn't keep a person excited for so many years, though, and as with everyone in our job, "it's really the kids that keep you young. No matter what you do, no two classes are ever the same". Isn't that the truth?

John started school in St. Agathe but left the farm near there to go to high school at St. Paul's. On the farm there was little in the way of organized sports (just a bit of pick-up soft-

ball), but once at St. Paul's he played basketball and football. When I asked "anything else?" his eyes twinkled and he said "there wasn't anything else!" It's amazing how we forget how things used to be.

John went to U of W and then over to U of M for education. He played slowpitch as an adult and made it one year to the B Slowpitch Western Canadian Championships where, well, they had a nice time.

John and his wife Valerie recently celebrated their 40th anniversary at a "little do" put on by their son and daughter. They have two grandchildren who live in Minneapolis. Maybe in retirement they will be free to travel a bit more and see them more often.

John loves to spend time at his cottage north of Riverton. When he was younger, it was "out of the way" at 3:00 on Friday, but now everything slows down a bit and they actually chose to stay in Winnipeg some weekends.

John has always put in a lot of

extra time coaching and mentioned that this was a very rewarding part of the job. He has not worried too much about the number of banners over the years, but believes that the process is the great part. He finds it interesting spending time with the kids, working with them in practice and games, and watching them improve. Once again, it's the contact and connection with kids that makes physical educators special.

When I first got the consulting position, John approached me and started up the newsletter again. As you can imagine, it eventually took up too much time along with a full teaching and coaching load and he had to give it up. I enjoyed his efforts so much that when I came back to full time I wanted to resurrect the idea and the Gym Shorts started.

John isn't sure when the last year will be but knows it will be soon. He is ready to enjoy the second half of his life but is certainly enjoying the teaching one for now.

*"No matter
What you do,
No two
Classes are
Ever the same. "*