



# Gym Shorts

Winnipeg School Division Physical Education Newsletter

## Retirements

The best edition to write is the one just before the end of the year, not because there is anything wonderful to say but because soon we'll have two months and three paycheques...life is good!

Thanks to everyone who has made my life easier this past year, including the conveners, the chairs of committees, volunteers for the "study groups" that are on-going, the Curriculum in Motion folks, and the coaches and teachers who run great programs for the kids in WSD. Thanks of course to Dorothy who always does so much more for all of us than she is paid to do!

All of the best to Eric and Janet. I am jealous but sincere in those best wishes! Also, have a great year to Jan, Doreen, and Lisa who are gone for a year but do have to return. I hope the summer is great to everyone.

### Eric Bartz

I'm sure the idea popped into his head more than once over the past few years but this time it stuck. Eric Bartz has decided to retire! Before you get too emotional with your farewells though, he will be back. After a little time at the lake, Eric would like to return and do some subbing in WSD so make sure you get his phone number for the system!



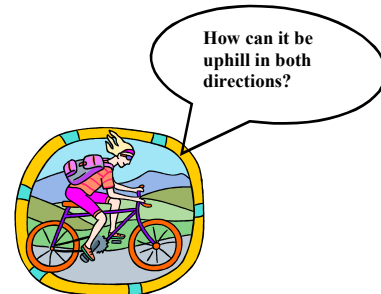
### School's out for... GOOD!



See page 4 for more changes.

### Janet Campbell

Janet Campbell had a sample of "the good life" on a couple of leaves that she has taken over the past few years and has decided she liked the taste! She decided to retire and has huge plans to travel including hiking the longest hike I've ever heard of in Australia (so long that I forget just how long) and to travel and enjoy every day.



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## Thanks to our Volunteers

While this is not an athletic newsletter, I would like to take some space to thank the many volunteers who allow our inter-scholastic programs to take place.

The elementary athletic council is made up of three volunteers for each athletic division and they are:

- Northwest: Darryl Stevenson, Lynne Lasuik, Fred Shipley
- Northeast: Richard Ryland, Chris Scalena, Fred Burdon
- Central: Jim Brown, Jodian Self, Roger Lourenzo

South: Wade Gregg, Janice Gardner, Doug Zajac  
Also at the elementary level, Fred Shipley, Blake Smith and Don Baxter act as committee chairs.

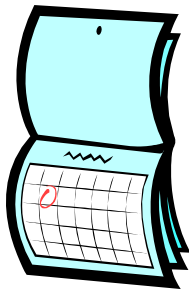
At junior and senior high, the sports are organized division wide by the following conveners:  
Brian Loeppky, Jeff Bridle, Tony Marchione, Patrick Armstrong, Bonnie McEachern, Cindy Mitterdorfer, Jan Watters, Brad Purpur, Elke Wurr, Gord Duff, Ron Gustafson, Rob Skabar, Evan Jones, Jennifer Campbell, Nancy

Galas and Glenn Bruce.

There are also countless people who help out with tournaments and the above volunteers in their sports.

Thank you very much to all of these folks. Without them, the students of our school division would not have any place to participate.

We are currently looking for 2 south and 1 northwest reps. in elementary. Contact me if you are able to help out.



## On Deck

**Mon. June 2 12:15-1:30** Senior High Dept. Head meeting @ Prince Charles

**Mon. June 2 1:30** Senior High Athletic Council @ Prince Charles

**Tue. June 3 9:30-11:30** Day 1 of Elem. Fit Run @ Assiniboine Park

**Wed. June 4 9:30-11:30** Day 2 of Elem. Fit Run @ Assiniboine Park

**Wed. June 4 9-3:30** Day 1 of Junior High Inter High Track meet @ U of Mb. Track

**Mon. June 9 9-3:30** Day 2 of Junior High Inter High Track meet @ U of Mb. Track

**Wed. June 11 3:00** Junior High Athletic Council meeting @ Prince Charles

**Mon./Tue. June 23/24** Polar Heart Rate Monitor Camp

**Mon. Sept. 8 12:15-1:30** Senior High Department Heads

in Rm. 106 at Admin. 2

**Wed. Sept. 10 3:00** Junior High Athletic Council @ Prince Charles

**Mon. Sept. 15 9-3:30** CIM Project for Gr. 6 Project Members at Tec Voc until 10:30 and Prince Charles after

**Wed. Sept. 24 1-3:30** CAP Training for all new phys. ed. teachers and classroom teachers new to teaching their own phys.ed

## PD Opportunities for next year

Next school year is the first year of system wide implementation of the “new” Physical Education/Health Education Curriculum. Nori Korsunsky, the Health Consultant, and myself would love to come to your elementary school and do a workshop for your staff. We have had pretty good “press” from the ones that we have done so far. We will go over some of the statistics and trends which show why this curriculum is essential to our students, how easy it is to integrate the health topics into the other subject areas and how to use the Implementation Document for something other than a door stop (although it does work well for that too!)

I would also love to come to your school to do a session on teaching the elementary aca-

demics in an active way. We all know that students need more activity, that some students are kinesthetic learners, that brain research shows that activity helps in the learning process and of course that **being active is fun!** A half day would be well spent in many schools on this topic, so call to find out more and to book your session.

There will be PD sessions at Prince Charles next fall on the Physical Education/Health Education Curriculum for Administrators and for grade 7 to S2 teachers who have not yet attended a session. 2003-2004 is the second year of voluntary implementation for 7 & 8 and the first year of voluntary implementation for S1 and S2, so make sure that you check for the times if you haven't yet attended a session.

The elementary PD committee will be getting going early this year with a half-day **“Surviving CAP”** session. If you are having trouble incorporating the CAP assessments into your regular classes, this session may be for you. Other offerings from this committee and their times will be forwarded in the fall.

There will be a CAP Workshop on Sept. 24 for Classroom Teachers teaching their own p.e. and for new p.e. teachers.

Finally, don't forget the National CAHPERD Conference, October 23 - 25! Along with 126 sessions by national and local presenters, there are super keynotes and social activities. Make sure you attend and meet your counterparts from all over Canada. Remember, there is no SAG for next year!

Blah, blah, blah!



## More money for coaching clinics

Remember the deal that has been in place “forever” that anyone coaching a school team is eligible for \$50 towards a coaching clinic once per year?

Well, I am pleased to announce

that starting next school year, each coach attending a coaching clinic can apply for \$100.00 per sport that they coach! If a coach attends one clinic for sport “A” and then they wish to attend another clinic for sport

“B”, that will be allowed.

I will still need the **original receipts** in order to make the payment to the individual or the school, so make sure your coaches hang on to them!



## Curriculum in Motion News

What is Curriculum in Motion? It is a concept where academics are taught actively by the elementary classroom teachers.

Why bother? Brain research indicates the important role that activity can play in learning, the multiple intelligences include kinesthetic learners, children today aren't active enough for optimal growth and development and it's just plain fun!

What's been done? We have

now completed two years of a project, first with grade 4 and this year with grade 5. The physical education teacher and a classroom teacher from project schools got together to plan lessons in math, science, ELA, social studies and health based on MEY curriculum. The result was a commitment on the part of these academic teachers to try to teach at least one class per week in an active way as well as a resource binder of

around one hundred lessons at each grade level.

The "good news" for next year is the project will continue next year at the grade 6 level and at the time of writing this article, schools are in the process of applying to be involved.

If you would like a copy of the grade 4 or 5 document, let me know.

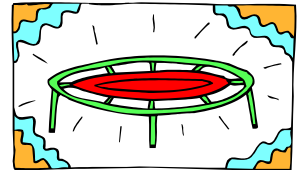
*It's good for learning  
...and it's just plain fun!!*

## Skis, Trampolines and Snowshoes

For the past 10 years, **Anne Underwood** has looked after the booking of this equipment. Back when Laurie Logan retired, Anne volunteered to do this in order to help out and I would

like to thank her for all of her work. It hasn't always been an easy task, trying to make sure everyone got what they needed, but she always tried her best to make that happen.

Next year, I will be taking over the booking system. No bookings will be accepted until the process is in place, so please don't try. Information will be sent to all phys. ed. teachers.



## What Do You Know About Asthma? (Part 2)

### What causes asthma?

Heredity can play a part in who will get asthma. Asthma and other allergic conditions such as eczema and hay fever are more common in some families. In fact, one in three children will have asthma if one or both parents have asthma. Environmental factors also contribute to the development of asthma; especially exposure to environmental tobacco smoke, house dust mites and companion animals such as cats and dogs. Infants who get certain respiratory infections, such as adenovirus or respiratory syncytial virus (RSV) may also go on to develop asthma. These viruses frequently are the cause of the "common cold". They can trigger asthma symptoms in those who already have asthma.

Asthma triggers are unique to each person. Triggers can be categorized as inflammatory triggers and symptom triggers. Inflammatory triggers cause

inflammation and usually include animal secretions, house dust mites, pollens and molds. Common symptom triggers include cigarette smoke, paint fumes, strong odours, air pollution, and cold air. Foods can sometimes trigger symptoms as well.

### How is asthma treated?

The key to controlling asthma is prevention. This involves identifying triggers, avoiding contact with triggers (or at least reducing contact with a trigger when total avoidance is not possible), monitoring symptoms of asthma, and taking medication as prescribed.

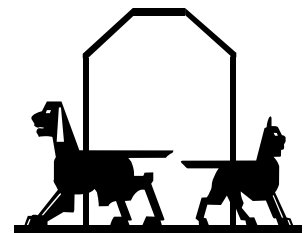
Asthma medications fall into two main categories: prevention drugs and "rescue" or "quick relief" drugs. Preventer drugs are usually orange or brown coloured, and rescue drugs are usually blue or purple coloured. Over relying or over use of rescue drugs can be dangerous.

Using quick relief medication more than three times per week to relieve asthma symptoms usually means that prevention medication needs to be stepped up. Each person with asthma should have an Asthma Action Plan that has been developed by their asthma care physician, that helps them determine when their symptoms are worsening and when they need to increase medication and/or seek medical help.

Programs that educate children and families about asthma management are available through the Children's Hospital, Manitoba Lung Association, Youville Clinic, Seven Oaks and Concoridia Hospitals.

*This is the second article about students with asthma by Susan Fogg, Nurse Educator for WSD.*

Next installment, "Preventing asthma episodes at school".



## Staff Changes for 2003-2004



While I am sure there will be others, the following changes have occurred by the time this edition went to Docutech:

**Jan Watters** has taken a deferred leave for next year at DMCI and has been replaced by **Heather Newsham**, a classroom teacher from Elmwood.

**Doreen Botteril** has taken a leave of absence from Brock Corydon and **Lisa Norris** from Cecil Rhodes will be on Mat. Leave next year.

Over at Sargent Park, **Eric Bartz** has been replaced by a new teacher by the name of **Ryan Isfeld**. He is a graduate of the University of Winnipeg and was a pre-hire this year.

**Nancy Galas** has left Elmwood to accept a new position at Grant Park which will be half phys. ed. and half AP ELA and Psychology. Still at Elmwood, **Max Hegel** is going full time science and **Rick Symonds** will be mostly in the classroom. **Jeff Stead** will take over the

bulk of the Elmwood junior high gym classes.

**Joanne Bouley** has moved permanently into Nursery/Kindergarten at George V. and her job is waiting to be filled.

**Craig Britton** has officially given up his position at General Wolfe and that position is advertised.

There are others left to fill so I will have to bring you up to date in the first Gym Shorts of the next school year.

## Pedometers

The use of heart rate monitors in physical education has really taken off and many of our high schools have incorporated this technology into their classes.

One of the next pieces of equipment that is becoming

popular is the pedometer. The benefit is once again found in measuring activity levels in participants..

An excellent website with information about and suggestions for usage is:

<http://www.centre4activeliving.ca/Education/Resources/Pedometers.html>

From there you will find many links to other sites as well.

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*"...I used to walk  
five miles to school,  
...uphill both  
ways!"*

## Meet Michele Kulas

Picture a chubby kid who was teased when she tried to be active. Picture a competitive swimmer (something about buoyancy apparently) who hated gym classes, although in elementary they only occurred a couple of times per week with an itinerant. Picture someone unlikely to be a physical education teacher, right? No, not right. Picture Michele Kulas, physical education teacher at Wellington School!

In grade 7 Michele made the track team and had a change of attitude. She decided she wanted to lead a healthy lifestyle and began distance running/jogging.

Somewhere in this time period Michele decided that she wanted to be a phys. ed. teacher mainly to ensure that kids enjoyed the subject more

than she did as a kid.

She entered Education with a major in physical education where she remembers Randy Routledge and Brian Loepky. When she graduated, she still wasn't ready for the "real world" and went to Europe and took jobs like selling clothes and teaching aerobics. When she decided it was time to start on her career, she took a job on a reserve up north for a year and then started working in WSD.

Michele's last two schools put her in a unique position as an elementary specialist; she has had the opportunity to work with a teaching partner. Currently she is with Darcy Ready at Wellington School and really enjoys the sharing and exchange of ideas (and yes, Darcy, she even enjoys your jokes)!

When not at work, Michele is still kind of a gym teacher, either driving sons Christian (10) and Andrew (8) to soccer or playing a mean game of road hockey with them.

What keeps Michele in the game? She loves watching kids improve and believes that if she can teach them one thing that they enjoy doing that they will have an activity for life. As a single Mom who works part time she also really enjoys the adult company of the staff, but I'm not quite sure if Darcy is included in that group or not.

The future may include full time work, but in the meantime she is enjoying spending the extra time with her sons and being involved in their school lives.

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*With two active  
sons at home,  
Michele is a gym  
teacher by day and  
night!*