



Gym Shorts

Winnipeg School Division Physical Education Newsletter

Welcome to our new staff.

Tim Strachan has replaced **Deb Slevin** for what will likely be the remainder of the school year at, count them, Gladstone, Sargent Park and Tyndall Park!

Bruce Sirrell will be back in the gym at Kelvin. He has been in the classroom since leaving physical education at Earl Grey and will take over half of Hymie's program. The other half will be filled by **Nancy Karpinsky**. She is also currently at Kelvin and has been waiting for her opportunity to get into the gym!

On another note, check out page 3. For another article by Susan Fogg, the Nurse Educator for the Division. This time she has focused on latex allergies. If you use balloons, the Kin Ball or have students in your school with a known latex allergy or spina bifida, this will be really important for you!

Hymie Fox retires

Hymie has decided to call it quits, like there was ever any other plan than to retire as soon as he could! I don't know many people who on the one hand really enjoy teaching but on the other, look forward so much to the end of it. What a guy!

While best known outside the confines of his gym as a basketball player (well, a very long time ago when he was young) and as a coach, those of us who taught with Hymie saw a different side. He really loved teaching kids who weren't the best athletes but who enjoyed phys.



ed. and played their hearts out. His caring and humorous style encouraged many boys and girls to leave the class sweaty, hopefully a bit more skilled, and always smiling!

What's next? Well, for starters he'll be off on one of his "summer tours" except that now everyday can be summer! He can get that jump on his golf game so maybe he'll win a few skins this summer at Rossmere to supplement his pension.

Good luck, good health and good golfing, Hymie. You have earned this time to enjoy yourself!

Websites

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<http://bodybreak.com/>

Check out this site by the folks who do the blurbs on TV. There is information on all kinds of stuff in the curriculum around nutrition and fitness. A consumer part features articles such as what to look for in a treadmill and there are lots of little facts that would be great for a newsletter. Did you know, for example, that a 130 pound woman burns about 192 calories while raking leaves for an hour? (There is no figure for men - I guess they don't rake!) There are also lots of healthy recipes to try, so it would be good for both your school life and home life.

<http://www.eteamz.com/basketball/instruction/tips/>

I was looking for a site for basketball skills and drills and when I punched that in, guess whose picture was front and centre? Vic Pruden's! This site is organized by the parts of the game and is a valuable one for coaches, certainly, but for phys. ed. teachers looking for class stuff as well.

In addition to basketball, this site offers several other sport options. You have to click to register with the eteamz site, so I didn't take it any further. If you think the basketball is good, however, check out the rest as I imagine it will be of a similar quality.

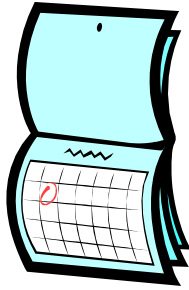
<http://www.hc-sc.gc.ca/pphb-dgsp/vc-ss/index.html>

This is a recently launched website by Health Canada to link the gap between theory and practice in healthy schools. It is designed for secondary schools.

There are 3 main tools on the site:

1. An online Guide to Implementation
2. A Student Needs Assessment Questionnaire
3. A school health profile

Look at the information and then decide, as a school, if you really want to go ahead with a formal program.



On Deck for January to March

Fri. Jan. 23	1:00-3:30	Mon. Mar. 1	12:15	Wed. Mar. 10	3:00
Curriculum in Motion @ Prince Charles		Senior High Department Head @ Prince Charles Rm. A		Junior High Athletic Council @ Prince Charles Rm. A	
Fri. Jan. 30	9:00-3:30	Mon. Mar. 1	1:30	Thurs. Mar. 11	1:00-3:30
Elementary PD @ The Rady Centre		Senior High Athletic Council @ Prince Charles Rm. A		Elementary PD @ Machray School	

Physical Education or Physical Activity?

There's lots of info in the media these days about the importance of physical activity. In fact it's hard to see a paper without something about the health of kids and the fact they are inactive. Research seems to indicate that there is a very strong correlation between activity levels and health outcomes. (I even recognize "PA" as an abbreviation for Physical Activity now, and it took me years to figure out what "Sev" stood for!)

With all of the hype, there is also growing confusion regarding physical education and physical activity. The terms are often used interchangeably, but they aren't really the same thing.

Dr. Graham Fishburne is quoted in the latest discussion note to the CAHPERD Executive Council as follows: "*While it is very unlikely that you could have*

meaningful physical education without participation in physical activity, it is quite possible to receive physical activity without any meaningful education."

Dr. Fishburne and Dr. Clive Hickson from the University of Alberta have agreed to prepare an informational piece to help educators, parents, media and the public on this issue. They will attempt to use language that everyone can understand to define, identify the relationship and differences and the importance of both. This is supposed to be completed sometime around the new year.

It is important that we all learn the difference so we can educate others.

I enjoy reminding people of the research behind the new curriculum. "Elementary school children who have not developed fundamental motor pat-

terns enough to be successful at them often do not choose to be active." (Fox 1988) Hello? What did they think? Research goes on to say "...sufficient time must be allocated for practicing of motor skills in order for them to be learned. When the focus is specifically on learning a skill and sufficient practice time is available, then motor skills significantly improve." (Ratcliffe and Ratcliffe, 1990) Further, research suggests "in daily physical education classes 95% of students had acquired mature motor patterns as compared to 50% in every other day classes. (Carlisle, Cole and Steffen, 1991).

Let's summarize: kids who get daily phys. ed. improve their motor skills, kids' skills improve when they practice and if they have better skills, they will choose to be more active. Do we really need to say more?

Equipment Swap Shop

Do you need baseball bags? If so, please help out Craig Britton at William Whyte. He needs to sell a brand new set (\$38) which includes 3 bases and the spikes. Please give him a call instead of ordering them from a company.

Grosvenor has some stuff to give away. They have some wooden squash racquets, 25-30 rhythmic gymnastic balls

and 30-35 rhythmic gymnastic batons. Call Karen Pellaers if you are interested.

Fred Burdon at Luxton needs some basketball rims for his outdoor hoops. They don't need to be perfect, but if you are replacing what you have with break-a-ways or whatever, please give him a call and he'll be around to pick them up.

Sister Mac has about 8 full size tennis racquets. They aren't perfect but they're usable. Call Wayne McMahan if you are interested.

If you have the skis or snowshoes coming to you this winter, you can call Dorothy to get the combinations. They are completely booked this winter so there is no point in sending in further requests.



Is it enough to just play?

"One person's junk is another person's treasure"

Tender

Happy New Year...the new tender is here! Maybe I should have explored more of my English Language Arts side!

Anyway, the new tender took effect as of January 1st. Ask your secretary to run a copy of the new edition as the old one is no longer valid.

Sports Equipment of Toronto was the big winner and was awarded the bulk of the items. **Sports Inter Plus** won the Assorted Balls and Protective Equipment sections and

Sport Factor got the Athletic Therapy section.

I requested enough catalogues for all schools from **Sports Equipment of Toronto Ltd.** and Dorothy has sent them to you. If you want more, please contact them directly.

The other two have their catalogues on line. The address for Sportfactor is **Sportfactor.net/** and the address for Sports-Inter Plus is **http://www.sports-inter.com/english/site_pages/**

mission.asp. You can follow the prompts on the above websites and request that a catalogue be forwarded to you if you want the hard copy.

Remember that you should be using the on-line ordering system (your secretary will know about it) for any items on the tender. Generally speaking, tender prices are around 40% less than catalogue and they include shipping costs. You are welcome to order any other items from anywhere you wish.



Latex Allergies

Latex is a natural product derived from the milky sap of the rubber tree *Hevea brasiliensis*. Natural latex is found in a myriad of common products such as many gym balls (including the Kin Ball), playground cones, rubber bands, balloons, pink erasers, markers, glue, crayons, chalk, Band-Aids, chewing gum, disposable gloves, tires, earphones, mouse pads, elastic waistbands on clothing, floor coverings, helmets, pens with rubber tips, rainwear, swimsuits and goggles, tape, t-shirt appliques, toys, wheelchair cushions and tires, intravenous tubing, catheters, medication stoppers, resuscitation and oxygen delivery equipment, to name just a few.

Serious allergy to natural latex products is a growing problem, especially for those who undergo repeated medical and/or surgical treatments. People with urinary tract and spinal cord conditions are at particular risk. It is estimated that up to 70% of individuals

with spina bifida will develop a life-threatening allergy to natural latex in their lifetime. An Epi-pen is usually prescribed and must be administered and 911 called in case of a serious allergic reaction. Symptoms of an allergic reaction can range from hives, swelling and difficulty breathing to anaphylaxis – a systemic and sometimes fatal allergic reaction. Because the development of a life-threatening allergy to latex is thought to be associated with repeated exposure, individuals at high risk of developing the allergy are usually advised to avoid exposure to natural latex.

Allergic reactions can occur from direct contact and from inhalation. Powdered gloves and latex balloons are particularly hazardous because latex particles become aerosolized when balloons break and when gloves are removed. Once airborne, these particles eventually settle but are stirred up by air currents,

movement of people and sweeping the floor.

What should we do in schools where students or staff are allergic to latex?

1. Eliminate latex balloons entirely from the school. Substitute mylar balloons or other materials when balloons are required for activities or decorating.
2. Deflate balls with latex bladders out of doors to avoid aerosolizing latex particles in the gym.
3. Eliminate all latex gloves and substitute with vinyl gloves.
4. The student should take as much responsibility as is developmentally appropriate to avoid contact with eraser residue, elastic bands and other products that may contain latex.
5. A Health Care Plan should be in place for students with Epi-pens to avoid exposure, and for staff to recognize and respond if an allergic reaction occurs.



*Another article by
Susan Fogg
Nurse Educator
WSD*

Free Curling Game

Out turn, In turn, hard, put up a guard...

If you want your students to learn about the game of curling, this is a great computer game that you can download for 21 days on a free trial.

You have all kinds of options for ice and curling ability, and then get to play either against the computer or another person.



You put the broom down with the ice you've decided you'll need, pick the turn and the speed of the rock. You even have the Sweep and the Hard option! Kids will quickly get the idea of the turn, sweeping if they think it might rack on the guard and the idea that the harder you throw, the less turn there will be. There is a ton of strategy that the kids can

easily pick up.

To get this game, type in the website <http://www.fifty1.com/> and click on **free demo**. It'll take a few minutes to download, but it is well worth the wait if you are looking for a good game to teach kids about curling.

Meet Diane Wellwood

This interview did not start off well. She began by mentioning that she "graduated with the dinosaurs" and since I was in that group, I thought she should have called us "experienced" or "veterans" or even the way-overused "mentors" ... but "dinosaurs?"

Oh well. She quickly proved that she is one dinosaur who still enjoys what she does. It's always fun to ask the question "why do you still do this" and be told it's because you love teaching children and watching them enjoy themselves. As long as kids run to her gym and leave with a smile after class, she knows that she is doing something right! In fact, she enjoys teaching so much that she and some lifeguard buddies taught a kid at the pool to play the piano while they were off duty!

Diane continues to be very involved with swimming and teaches and guards on a regular basis. This fits in really well for St. John's where Diane currently

teaches physical education. She goes on all of the outdoor trips, so they don't have to worry about having people along with the proper certification. Diane really enjoys the outdoors, with kids (and of course without them too), and does a lot of canoeing, hiking and camping on her own. She also has a little known artistic side. Check out the Tiger on the scoreclock table the next time you are in St. John's Gym!

Diane went to St. James Collegiate where she played on all of the teams and was the Athlete of the Year. In addition to all of that, she was very involved with the Y, and it played a major role in her life. She was a leader and got big-time into swimming and went on to be a member of the Bison swim team in University.

Why did Diane decide on PE? Interestingly, she really thought that sport and recreation should be available at no or low cost to all, and as a young woman told that to people in the profession.

She was told "if you want to do something about it, go into pe and then maybe you can make a difference." It was then that she knew what her future held.

Diane has two adult children. Greg is the oldest and does computer animations and has worked on movies like X Men and The Core as well as on computer games. Heather finished a kinesiology degree at Simon Fraser and is now working in Vancouver. Apparently, the weather is better there!

Diane started off in St. James School Division, then after taking time with her kids she started subbing but wasn't able to land a contract. When the opportunity arose to go to St. John's she jumped at it and we have been lucky to have her there ever since. Now that retirement is on the horizon, she looks forward to teaching a bit of swimming and enjoying life. I'd have to say that she is one dinosaur who really deserves to!

"I just love teaching kids anything, ... I just love seeing kids having fun."

Care to join me?

