



# Gym Shorts

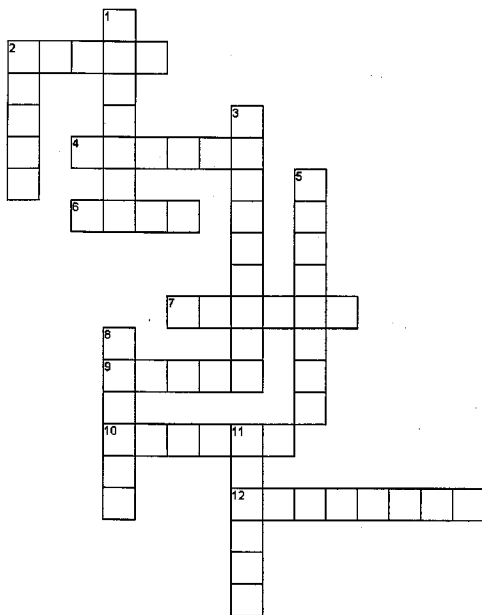
Winnipeg School Division Physical Education Newsletter

## How Well Do You Know Your Colleagues?

Wow! It's almost spring break! After we come back, time flies by so quickly that it'll be summer before we know it. The trouble is, the reason it goes by so fast is everyone is incredibly busy.

Spring is a time of field days, track meets, athletic banquets and all of the other major events where physical educators "put it all on the line" for the whole school to see. This creates pressure to make sure it's great, but just think, the reward is a full two months off when it's over!

On another note, I was able to attend a wonderful evening in honour of Jeff Collins and to kick off fundraising for a scholarship in his name. This was organized by his ex-students and was a great tribute to Jeff and all teachers. If you were unable to attend but would like to contribute, contact Jamie at Grant Park.



### WSD PE Teachers (Last Names)

#### Across

- 2. Has taught all 3 levels in WSD and is a big time sprint coach
- 4. On the wall at the Rady Center
- 6. She teaches elem. / he teaches jr. high
- 7. World champion handball player
- 9. Left G. W. for Elmwood
- 10. She teaches at 3 different elem. Schools
- 12. Refs college basketball

#### Down

- 1. You've read about her curling exploits for years
- 2. He's at Tec Voc / she's at GB
- 3. North end teacher who has the same name as a north end street
- 5. Accomplished artist who has won awards for his paintings
- 8. She was the first teacher highlighted in Gym Shorts
- 11. First year teacher who happens to live on the street from 3. down

## Websites

### Inside this issue:

Calendar of Events	2
Option Course in PE	2
Equipment Swap	2
Request for Trestles	3
Lost a tooth?	3
Reimbursements etc.	3
Clarification re: St. John Ambulance Training	4
Meet Blake Smith	4

<http://members.tripod.com/~pazz/lesson.html>

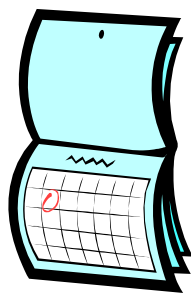
This is a site where elementary teachers have submitted games. As you may expect, some are good and others are a little shaky! I clicked on several of them. The one just called Games yielded a few, but my favourite was Survivor, a simple enough game based on the popular television show. The duck/duck/goose one takes the old standard (which is in the pe hall of shame for inactivity) and makes it into a much more active game which I actually used at Sargent and the kids loved it. Anyhow, click through them and see if any appeal to you.

<http://www.thecanadianteacher.com/lessonsearch.htm>

This site presents an interesting option in finding lesson plans for all kinds of things, physical education and health included. It might take a while to figure out the best way to go, but if you are a better searcher than me, you might catch on more quickly. For example, by clicking on teacher source, I went to a site where I typed in fitness circuits for 9-12 and found a neat lesson on eating habits, complete with internet sites for kids to study. This wasn't exactly what I thought I'd find, but it was good. It may take some time, but I think if you are patient you will find some good stuff.

[http://www.sport.mb.ca/Parent\\_Guide.pdf](http://www.sport.mb.ca/Parent_Guide.pdf)

This is the parent guide that is put out by Sport Manitoba. It is geared for parents of younger athletes, but it serves as a pretty good reminder for all of us about things like: why kids play, what they go through in try-outs, making the team but sitting on the bench etc. The resource was written by Cal Botterill and Tom Patrick (yes, the University of Winnipeg types who just released the book titled *Perspectives*). The message is a pretty predictable one for any physical educator, but after looking at it, you may want to recommend it to some of your parents or advertise it in your school newsletter.



## On Deck

<b>Monday March 1</b>	<b>12:30</b>	<b>Thursday March 11</b>	<b>1-3:30</b>	<b>Monday June 7</b>	<b>12:30</b>
Senior High Department Heads at Prince Charles Rm. A		Elementary PD Workshop at Machray School		Senior High Department Heads at Prince Charles Rm. A	
<b>Monday March 1</b>	<b>1:30</b>	<b>Wednesday April 7</b>	<b>1-3:30</b>	<b>Monday June 7</b>	<b>1:30</b>
Senior High Athletic Council at Prince Charles Rm. A		Grade 6 Curriculum in Motion Project meeting at Prince Charles		Senior High Athletic Council at Prince Charles Rm. A	
<b>Wednesday March 10</b>	<b>2:00</b>	<b>Monday May 17</b>	<b>2:30</b>	<b>Wednesday June 16</b>	<b>2:00</b>
Junior High Phys. Ed Teachers meeting at Prince Charles Rm. A		Elementary Athletic Council at Prince Charles Rm. B		Junior High Physed Teachers meeting at Prince Charles Rm. A	
<b>Wednesday March 10</b>	<b>3:00</b>	<b>Friday May 21</b>	<b>12:00-3:30</b>	<b>Wednesday June 16</b>	<b>3:00</b>
Junior High Athletic Council at Prince Charles Rm. A		Elementary PD Barbeque and Workshop "in the park"		Junior High Athletic Council at Prince Charles Rm. A	

## Physical Education Option Course For Women Only

The latest CAHPERD Journal highlighted a *females only* credit option course offered in a Victoria High School.

This course was designed to reverse the low enrollment and interest in physical education by females at the high school level and to meet the interests and needs of these students. The course really sounded interesting as a high school option.

What makes this course unique? Of course, it is different because it is for females only. Emphasis is on lifetime physical activities and many of these take place in the community. There is also emphasis on health-related knowledge and on personal physical activity goals and participation. These goals are taken into considera-

tion in the evaluation of the course. There are also social support strategies in place to encourage individual class members.

One of the main reasons for the success of the program is that the participants have a lot of say in what they wish to study and participate in. This is determined by ongoing surveys and class discussions.

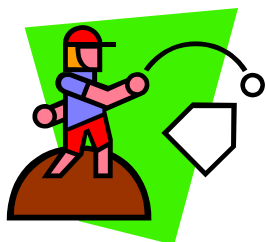
The class was designed based on results of a study done by Gibbons et al. (1999) which concluded that females wanted more choice and control in the determination of physical activities, they wanted emphasis on participation rather than on skill, they needed a positive social environment and they wanted inclusion of more

health-related content. This course has proven so popular that it seems the study was on the right track.

I know in my experiences, many high school females are interested in fitness even if they "don't like phys. ed".

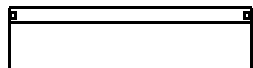
If you have difficulty with the "just girls" idea, consider that girls are much less active than their male counterparts, drop off in physical activity sooner, participate more in less strenuous activities, are under represented in open gym formats and on teams and do not tend to sign up for extra phys ed. classes.

If you would like a copy of the entire article, call me and I'll send one out. I think it's something that might work!



## Equipment Swap Shop

Harrow School is looking for 2 benches that have the little squares cut out on each end to hold a post. They will trade regular benches or benches with hooks for them. Please call Kathy Fischer at Harrow if you can help them out.



Grant Park has a Global Gym and a leg machine to sell. They are apparently in really good shape. Call Glenn Bruce at 478-8515 (yes, it's not the school number because they are special over there and the pe department has their own

number)!

Remember, if you are cleaning out your storage room this spring and come across something that you don't need but another school may be able to use, let me know and I'll put it in the next edition.

## Can you help?

Grosvenor School needs your help!

They need to borrow some climbing apparatus for a short period of time for students in a special needs program. They are looking for things like trestles (the triangular type ladders

where kids go up one side and down the other) and/or the various ladders etc. that connect them. The plans for long term are to try to purchase something for these kids, but in the short term they really need apparatus now.

If you can lend something to them for a couple of weeks, it would be very much appreciated.

Please contact Karen Pellaers if you have anything that she could use. Thanks.



## Yikes! Someone's tooth got knocked out !!!

According to advice from the Faculty of Dentistry, University of Manitoba and The Hospital For Sick Children in Toronto, an avulsed tooth, that is to say, an adult tooth (the permanent set of teeth that have roots) that gets knocked out should be immediately placed in cold milk. The avulsed tooth must be kept moist at all times and the tooth and person who lost the tooth, be transported to the nearest dentist.

When handling the tooth, it

should be picked up only by the crown (the hard part that is visible in the mouth), so not to damage the delicate periodontal ligament cells that are the attachment apparatus of the tooth.

Replantation will be most successful if done **within an hour**, but will depend on other factors such as damage to the tooth. Dr. Lekic at the Faculty of Dentistry at the University of Manitoba says that it is of utmost importance that the avulsed

tooth be put back into the socket as soon as possible. In fact, he called it a "deadly race with time". The Children's Hospital has a pediatric dentist on call to treat such injuries.

As with all injuries involving students, the student's parent(s)/guardian should be contacted immediately and their advice followed. School staff may need to stress the importance of immediate action to improve the chances of successful replantation to the tooth.



*Another article by  
Susan Fogg  
Nurse Educator  
WSD*

## Money Matters

### Reimbursements

Just like in schools, the accounts that I have access to finish at the end of the year. All money not spent by the end of June is lost to us.

Please make sure that all requests for reimbursement are sent in by the first week of June. That gives Dorothy and I enough time to have the requests processed and the money will come out of this year's budget.

This would include things like league refs for elementary and junior high leagues and coaches' clinics.

### Mileage

Make sure all folks in your school who are entitled to this send in a request. Call me if you need information about it.

### Heart Rate Monitor Program



This program is working well. Any High School who has not

taken advantage of the training or equipment subsidy should call me immediately.

### Professional Development

Occasionally I get requests to help out with PD funding for teachers. Unfortunately, I do not have a budget for this. You must apply to your local pd account for funding. In addition, however, if you are a MPETA member, you can apply for assistance from them.



	<b>Track Dates for the Spring</b>	
<b>Senior High Track and Field</b> University of Manitoba, Thursday May 20 Grant Park, Tuesday May 25, 3:00		
<b>Junior High Track and Field</b> University of Manitoba, Wednesday June 2 and Monday June 7		
<b>Elementary Fit Run</b> Assiniboine Park, Tuesday June 1 and Wednesday June 2		



## Should you administer an EpiPen to a student?

Have you taken a CPR or First Aid Course with St. John Ambulance recently? If so, you may have been told that you shouldn't administer **EpiPens**. While this may be appropriate advice when dealing with a stranger on the street, this is not your role

in WSD.

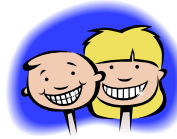
If you have a student who has an **EpiPen** as part of their Health Care Plan, it is your responsibility to administer it if the student experiences a severe allergic reaction.

If your staff has not been trained on giving an **EpiPen**, your administrator should contact the public health nurse or Susan Fogg to arrange a training session.

## Some New Folks

There are two new faces that you should know about.

Cheryl Cattani from Kent Road will be off for the remainder of the year and has been replaced



by Keith Landry.

Jodian Self is on another maternity leave and Rob Trachtenberg is taking over for her at Clifton.

## Meet Blake Smith

Currently in his seventh year at Lord Roberts, Blake still loves going to work every day. Like many have claimed before, he thinks he has the best job in the world. "95% of the kids love phys ed, they arrive excited and can't wait to be active" is what he told me.

Looking back, Blake credits Brian Zimmer for his eventual decision to be a pe teacher. Brian motivated, encouraged and got Blake involved. Even though he didn't go directly to university, when he was ready, it was pe all the way.

After graduating from River East, Blake worked at two jobs, officially a shipper. While this enabled him to have two hot cars (a "rocket" of a '57 Corvette and a '56 Nomad at the same time) he looked around the guys at work and decided that wasn't the future he saw for himself. In phys. ed. at Manitoba, his classmates (including our very own Greg Coss and Brent Stacey) took great relish in informing him "he was the only guy in Winnipeg with a Corvette who never had a date!"

This changed when he started at Prince Charles and met

Karen. He took up stained glass with her and the rest is history, and yes, they still do the stained glass together. She is the "artist" and he is the "grunt". They have two athletic guys, a 14 year old, Alex, and an 11 year old, Dana. Both love hockey and soccer and Alex has recently become involved in drama at Churchill.

After 7 years at Prince Charles, Blake spent 3 years at William Whyte and then he and Karen took a deferred leave. He had a great canoe trip in the North West Territories and then a great trip with Karen touring the east coast. (He did have the class to say he felt sorry for her climbing over the tailgate to sleep in the truck, considering she was about 8 months pregnant at the time!)

When he returned to the world of work, he kind of lucked into Wellington where he had the opportunity to work with Darcy Ready and Don Baxter. He was there for 7 years before moving to Lord Roberts but now says the 7 year itch does not apply and he'd like to stay there "forever". He has a very supportive administration and staff and gets to work with the likes

of Lindsay Blamey who has taken the Curriculum in Motion ideas to the next level.

While once being "Trailer Trash", Karen and Blake recently purchased a cottage at N o p i m i n g P a r k . They have always wanted a cottage and are thrilled to be there. Handyman Blake has almost finished the winterizing. This must be a small project after basically gutting and redoing their home in Riverview. As Red Green would say "if the women don't find you handsome, they should at least find you handy!"

Blake has always taken on leadership roles in divisional events. In fact he has organized the divisional Fit Run for the last 17 years and is a yearly volunteer "in the pits" at the skating races.

You only have to walk into the gym and watch Blake at work to see why he is so good at what he does. The kids are organized, respectful, trying their best and most of all, having fun. He has innovative ways to include students with disabilities and is very creative in the things he tries. Really, though, the smiles on the faces say it all!

---

*"...the only  
guy in Winnipeg  
with a Corvette  
who never had  
a date..."*