



Elementary Physical and Health Education

Dear Parent/Guardian,

Hello and welcome back to what should be another wonderful year here at Westmount Charter School. I trust that you had a wonderful summer and are equally excited about returning to the classroom, or in this case the gymnasium! I would like to take this time to introduce myself to all of you who I have not had the privilege of yet meeting. My name is Lori Oke. I started out as a grade four teacher at Westmount and have been teaching Physical Education for three years. I love teaching Physical Education as it gives me the opportunity to share my love for physical health and fitness. As a Physical Education teacher my focus for students is on enhancing self improvement and fostering a love for physical activity and encouraging healthy active lifestyles.

Throughout the school year your child will be participating in a wide variety of activities such as cross country running, soccer, fielding games, gymnastics, racquet sports and cooperative games. We also have two field trips where students will be skating and swimming. Also, new to this year's Elementary Physical Education program will be the institution of *Fitness Fridays* which is a program designed to keep health, wellness and all around whole body fitness at the forefront of Physical Education. All and all, our mission is to provide quality Physical Education in a safe, open, fun and playful environment because as Joseph Chilton Pearce, noted author and expert in the area of child development, stated: *"Play is the only way the highest intelligence of humankind can unfold"* and we could not agree more!

Here are a few commonly asked questions in regards to physical education that will hopefully answer any questions you might be asking yourself.



Schedule

We have both indoor and outdoor lessons all year. The schedule will be located on the homeroom just outside the classroom.



What do I wear?

We do not change for P.E. due to our sometimes hectic timetable. We would rather be active than changing our clothes so please wear clothes that are easy to move in on our P.E. days and dress for the weather.



Shoes

You need indoor athletic shoes, outdoor athletic shoes and snow boots for winter. Please refrain from wearing slip-ons, sandals, crocs etc. on P.E. days for safety reasons.



Watches and Jewelry

Please do not bring precious jewelry or watches to school. You will need to take it off for safety reasons while participating in P.E.



Water Bottles

If you would like to bring a plastic water bottle to our lessons you are free to do so because our drinking fountains are a long way away! Please do not bring soda pop or energy drinks into the gym.



Weather

We have outdoor lessons all year so please come prepared with an extra set of mitts or a toque kept in the classroom to cope with our wacky Calgary weather!



Bulletin Boards

Please read the bulletin boards outside the gym for information on clubs, events, health info and other related information.



Outgrown Your Gear?

We are always in need of cross-country skis, ice skates and helmets for our winter P.E. program. Please contact the school should you have any equipment you would like to donate to the program.



Excuse Notes

If you are well enough to be at school we expect you to participate fully in all P.E. lessons. However, if there is some reason you cannot take part please send a written note (from your parent or guardian) to the P.E. teacher.



Volunteer Opportunities

Bring your family along too! We have many volunteer opportunities throughout the school year, especially during our skating and swimming days, as well as fund raisers, field trips and with specific clubs. If you are interested please see the bottom of this letter for more information.

That should cover the basic questions thus far, however should you have any other questions please feel free to contact me via e-mail at lori.oke@westmountcharter.com. I look forward to working with you and your children in what will no doubt be a fun and exciting year!

Sincerely,

Mrs. Lori Oke



Volunteer Form *and* Information Form

Parent/Guardian Name: _____

Child: _____

E-mail Address: _____

We use this e-mail daily We do not check this e-mail daily We do not have e-mail

I am interested in volunteering at the school when needed.

I am interested in volunteering but it will depend on the time and date. Please contact me as the date approaches.

I respectively am not interested in volunteering.