

# September

## Physical & Health Education

### Important Dates + Reminders

September 10 - First Day of School  
September 21 - First Day of PE  
September 28 - Non-Instructional Day (No School)  
September 30 - Orange Shirt Day to promote awareness of residential schools in Canada

### Attire

Due to time constraints and COVID-19, students WILL NOT be changing for PE class. I would encourage students to wear comfortable and flexible clothing to school to be able to fully participate.

### Schedule

Students will receive 120 mins of PHE a week, with 90 mins devoted to physical activity in the gym or outside. There will be 30 mins for Health lessons a week.

### Welcome from Mr. H

Welcome back to school! This is my second year as the PHE teacher at Notre Dame School and I am looking forward to seeing everyone again! PE in the gymnasium will look different this year due to COVID-19, but we will be focusing on skill development and physical literacy to aid students in everyday life.

### Rules & Discipline

In order to provide all students with a safe and positive learning environment, we will be following the below discipline plan that will always be in effect during class.

#### Consequences:

1. Verbal Warning
2. Private Conversation with Student
3. Repeated Disruptions - Call home to Parents/Guardians
4. Office Referral

### BC Curriculum + Parent/Teacher Communication

We will continue to follow the Ministry of Education's curriculum. Details located here, the official government website: [Physical & Health Education](#)  
Monthly newsletters will be written to provide updates on what we are learning in PHE. If there are any questions/concerns, feel free to call me at the school or email me at [jhauk@cispg.ca](mailto:jhauk@cispg.ca)