

Prairie Sky School (K-9)

Health, Wellness and Physical Education



PARTICIPATION IN HEALTH, WELLNESS AND PHYSICAL EDUCATION

Engaging in regular physical activity and movement is beneficial for students' overall well-being. The Prairie Sky PEW team promotes a safe learning environment, where students are the main focus, through strong relationships, connection to the curriculum, and authentic learning experiences. We aim to support students in becoming lifelong learners and active adults through various games, activities, and experiences.

MEDICAL CONDITIONS

In support of the administration, inclusive education team, and wellbeing learning team we will meet the needs of students through conversation and meetings to ensure the PEW team is aware of any pre-existing medical concerns or needs to support students with their class participation and overall wellbeing.

Medical notes are required to excuse any student from participating in physical activity. We understand there are off days and occurrences where students have injured themselves outside of school, we are here to support every student, if they are ill or not feeling well a note is required. Students will be asked to try their best and take breaks as needed.

HEALTH CONTENT

Sexual Education Content: Under Section 50.1(2) of the School Act, a parent or guardian may request that a child be exempt from sexual education instruction. Parents/guardians will be informed and given the exemption form before the human sexuality content.

The Human Sexuality content of the Alberta Health and Life Skill Program of Studies will be delivered in Health and Physical Education (HPE) in February. Parents may excuse students from this portion of the Health and Life Skills program by returning the appropriate form linked below. Note that these forms are for exemption only; if you want your student to participate in this instruction, you do not need to send or return anything to the school. Please have your student talk to their teacher if you require a printed copy of one of these forms.

The Prairie Sky School HPE team uses resources from the CBE-approved resource Teaching Sexual Health.ca (<https://teachingsexualhealth.ca>) for this content. This site is also a great source of information for parents and guardians with a parent portal.

Please see the links below for the parent forms.

[Grade 4](#)

[Grade 6](#)

[Grade 8](#)

[Grade 5](#)

[Grade 7](#)

[Grade 9](#)

GYMNASIUM EXPECTATIONS

Footwear: Proper footwear is **MANDATORY** for the safety of each student. Runners are the best shoes to be active in as they support the dynamic movement of our games and activities. Students who come to class with UGGs, Crocs, flip flops, boots, or any other footwear that doesn't support their feet, will be asked to work on their fitness using our REST and REFLECT corners. Students will be provided with reminders and opportunities if they forget and then followed up with an email home

CHANGING

Grade 7-9 students are encouraged to change their clothes for PE class, athletic practices, and any extracurricular activities to support their well-being and hygiene. Students are given 5- 10 minutes to change before physical activity.

OUTDOOR PE CLASS

Weather permitting, we will be taking our classes outside to learn from the land, interact with nature, and build relationships with the Skyview Ranch community. Please ensure your child comes to school with the appropriate clothing to keep them safe during the colder months. (Jacket, boots, mittens, toques, etc)

HYGIENE

Through conversations during health and wellness class, we will discuss the importance of hygiene to support students' safety and well-being. As our students develop over the years, they must ensure their clothes are laundered regularly and take the steps necessary to keep themselves clean. Washing hands with soap and water will be encouraged especially during cold and flu season.

JEWELLERY

Religious jewelry needs to be removed during athletic games. Earrings, necklaces, fanny packs, shoulder bags, and glasses may need to be removed to ensure the safety of all students during games and activities.

WATER BOTTLES & FOOD

PSS gym is a FOOD-FREE ZONE. Water bottles are encouraged to support students in staying hydrated and remove the chances of students leaving the gym and missing instruction.

GUM

The PSS Gymnasium is **GUM FREE ZONE**. students will be asked to spit out their gum before entering the gym, reminders will be provided. Repeat offenders will be asked to

complete a different task, and a call home will occur. The goal is to remove any hazards that can promote choking.

**Prairie Sky School
Athletic Teams 2024 -2025:**

The Calgary Middle-Level Amateur Athletics (CMLSAA) offers extracurricular athletic teams for students in **The Calgary Middle-Level Amateur Athletics (CMLSAA) offers extracurricular athletic teams for students in Grades 6-9.** Members of the Prairie Sky School teaching staff coach these teams.

Athletics information can be found on the Praire Sky School

Google Classroom code: **mfehios**

Cross Country
- August 29 - October 18

Basketball
- September 9 - Dec 8

Wrestling
- October 28 - February 2

Soccer
- August 29 - November

Volleyball
- January 6 - March 23

Badminton
- April 1 - May 20

Track and Field
- May 12 - June 15

LUNCHTIME INTRAMURALS

K-9 students are provided with more time to practice these skill sets, movement patterns, and social skills at lunchtime. PSS PEW teachers and grade 9 leaders support students and interact with students through LOG's at lunch. Please see the attached schedule

- Monday:
 - Grades 7, 8 or 9
- Tuesday:
 - Grade 3 (11:30)
 - Grade 6 (11:50)
- Wednesday:
 - Grade 1 (11:30)
 - Grade 4 (11:50)
- Thursday:
 - Grade 2 (11:30)
 - Grade 5 (11:50)

Grade 4-6 Intramurals occur on Tuesdays and Thursdays, with Mr. Wan and grade 9 Leadership students. Sports include soccer, basketball, volleyball, and badminton.

Please see the [PSS Google Classroom](#) for our PE, Wellness, and Health Year plans, curricular outcomes, assessment scale, and updated learning intentions.

Thank you for your support. Should you have any questions please feel free to contact one of the PEW team members.

PEW STAFF

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