



SEPTEMBER NEWS FROM

THE TERRY FOX ATHLETIC DEPT.

Dear Parents/Guardians,

Sept 23rd, 2016

We've had a great start to our Phys. Ed program this year, playing cooperative games, learning about fair play and team work. **Grades K- 3 have begun a soccer skills unit / Grades 4 – 8 have begun a tennis skills unit.** If your son/daughter is in grade 2 – 8 they will remain on the same team colour as last year. If your child is in Kindergarten, gr 1 or new to the school in any grade, they have been assigned to a team colour for the duration of their time at Terry Fox. Each student will earn a point for their team by; wearing a shirt the colour of their team, following expectations and participating each phys.ed class.

As outlined in the OPHEA guidelines for the Ontario curriculum; In phys.ed class, all students are asked to wear appropriate, snug-fitted running shoes (not slip ons/ loafers/ uggs/ sandals/ or sock feet). Dangly Jewelry (rings, necklace, earrings, etc) are not permitted in class. Tie back long or shaggy hair in an elastic or sweatband (if their hair is past their eyes) for their safety and the safety of students around them.

Grade K to 3 students earn 1 point for their team by participating in phys. ed and wearing a shirt of their **team colour.**

Grade 4 earn 1 point for their team by wearing a change of shirt and participating in phys. ed, with a chance to earn double, (2) points -by wearing a shirt of their team colour.

Grade 5 to 8 students earn 1 point for their team by wearing a change of clothes and participating in phys. ed, with a chance to earn double, (2) points -by wearing a shirt of their team colour.

Jr/Int will have approximately 2 minutes to change into a different shirt and shorts (or appropriate pants) and then join their team in the gym. If needed students may put on their shoes during instructional time – to make the most of their phys.ed period.

With the passing of Ryan's Law last spring, any students with asthma are able to carry their asthma inhalers with them (they no longer need to be kept at the office). If parents write a note stating that their child has their permission to carry their inhalers, then students will be able to do so. Please send a note in an envelope addressed to Ms. Hay with your child's agenda if you wish for your child to be able to carry their inhaler at school. Once a note is received your child may carry their inhaler on them in a pocket/pouch etc, or for phys.ed they can place it on the first aid cart in the gym for that period.

If your child becomes injured and is unable to participate in gym please send a separate note, (stating the injury or reason) for your child to give to Ms Hay, then accommodations can be made for phys.ed class. If it is a long standing injury please have your Doctor establish an estimated time or limitations for participation in the phys. ed curriculum.

We will be ordering school spirit wear again this fall and we will have athletic dry fit shirts available in the 4 Phys. Ed team colours; Red, Green, Blue and Grey. (Students will remain on the same team colour throughout their time at Terry Fox). Spirit wear info will be in the foyer on Wednesday September 28th from 5 – 6:30, along with sample sizes to try on. I look forward to seeing you then. Thank You, Ms. Hay.

Remember the Terry Fox Run is Thursday Sept 29, dress to run and don't forget a water bottle.

GO, TITANS!