



Westheights Public School

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PHYSICAL AND HEALTH EDUCATION TRACK AND FIELD – GRADES 7 AND 8

May 1, 2016

Dear Family:

Track and field season has arrived. There are two special days coming up. Our school track meet will be held at University Stadium on Tuesday, May 17 from 9:00 a.m. to 2:15 p.m. The buses will depart from Westheights at 8:45 a.m. Students must be in homeroom by 8:20 a.m. for attendance.

The Waterloo County Division 'A' Track Meet will be held at Jacob Hespeler Secondary School on Thursday May 26th, 2016. All of our competitors will be bused to Jacob Hespeler Secondary School at 8:40 a.m. and bused back to Westheights after the meet at approximately 2:40 p.m. The rain date for this meet will be Wednesday, June 1.

As part of the Westheights Physical Education Program, students are required to participate in a minimum of 3 events at the school meet on Tuesday, May 17th. This is part of their Term 2 Phys. Ed. mark. A Track and Field Team will be selected to compete on behalf of Westheights at the Divisional meet on Thursday May 26th. Competitors will leave the school at approximately 8:30a.m. and will return to Westheights at regular dismissal time.

Students can bring their own lunch or use the Concession Stands provided at University Stadium. We are encouraging students to make their lunch garbage free.

Students are also encouraged to dress appropriately for the weather (including a hat and sunscreen). To offset our busing costs, students are asked to bring \$5 to their homeroom teacher along with Form IS-04-F-3.

The County Track Finals will be held on Thursday, June 2nd from 4:00 p.m. - 8:30 p.m. at Jacob Hespeler Secondary School. We hope that you will have the opportunity to come and observe our students participate on any of the above dates at. Your support is appreciated. All students must return Form IS-04-F-3 by Monday, May 15, 2016 in order to participate in these activities.

Sincerely

Ms. D. Murray / Mr. B. Johnston
Physical Education Teachers



Waterloo Region
District School Board

FIELD TRIP/EXCURSION INFORMATION FOR PARENT/GUARDIAN/ ADULT STUDENT

To be completed by the teacher in charge and kept by the parent/guardian/adult student.

School: Westheights Public School

Principal: Mr. B. Alexander School Phone: (519) 744-3549

Grade/Class/Course: Gr. 7/8 Teacher(s): Ms. D. Murray /Mr. B. Johnston
Waterloo Region District School Board schools

Learning Expectations for the Trip: Enhance track and field skills and personal fitness.

Departure Date: May, June, 2016 (see cover letter) Time: 9:00 a.m.

Return Date: May, June, 2016 (see cover letter) Time: 2:40 p.m.

Type of Transportation: School Bus Cost of Excursion: \$5

Name, Address, and Telephone Number of Travel Agency or other Outside Organization: (if applicable)
N/A

Specific Activities of the Excursion: Track and Field

This is Identified as a Higher Risk Activity: Yes No

High Risk Activities are:

- | | | | |
|--------------|---------------|---------------|---------------|
| Canoeing | Camping | Sailing | Cycling |
| Swimming | Rock Climbing | Nordic Skiing | Alpine Skiing |
| Snowboarding | Other _____ | | |

Special Information (e.g., clothing, materials, lunch): _____

Teacher in Charge: Ms. D. Murray/ Mr. B. Johnston

Volunteers Needed Yes No

If Yes _____ For Supervision on the Excursion.

_____ For Driving.

PARENT/GUARDIAN/ADULT STUDENT INFORMATION AND CONSENT FOR ONGOING OFF-CAMPUS ACTIVITIES

Ongoing curricular field trips are defined as off-campus activities, which are part of the curriculum and occur frequently as part of the program. Examples are physical education recreation courses including activities such as skating or golf, or music courses involving a schedule of off-campus concerts.

Ongoing co-instructional field trips are defined as scheduled off-campus sporting events, performances or competitions. Examples are sports team league games, tournaments, and playoffs, choir performances and drama competitions.

For all ongoing curricular and co-instructional field trips, teachers will attach to this form a complete itinerary/schedule showing the times, locations, dates and other arrangements. Please note that dates may change due to unforeseen circumstances.

Activity: Track and Field _____

Teacher(s) in Charge: D. Murray / B. Johnston _____

Dates: May, June 2016 _____

Medical or Special Concerns/Information: _____

Health Card Number: _____

Element of Risk: The risk of injury exists in every field trip activity. However, due to the very nature of some activities, the risk of injury may increase. Injuries may range from minor sprains and strains to more serious injuries. The safety and well-being of students is a prime concern and attempts are made to manage as effectively as possible, the foreseeable risks inherent in field trip activities.

Medication: If it will be necessary for your child to take prescription medication during the trip, the parent/guardian must complete the form *Administration of Medication* (IS-98-00). It must be forwarded to the Principal prior to the administration of medication. (*If your child currently receives medication during the school day and a copy of this form is on file at the school, it is not necessary to complete another form.)

NOTE: If volunteer drivers are used, I give permission for my son/daughter to travel with a responsible volunteer driver. _____ (please check)

I am available to drive to the games on the following dates:

_____ NA _____

and can transport _____ students.

_____ has my permission to participate in the ongoing curricular or co-instructional field trips as described in the attached itinerary/schedule for the current school year.
(Student's Name)

I have read and understood the information on the *Field Trip/Excursion Information for Parent Form (IS-04-F-1)*.

Date

Signature of Parent/Guardian/Adult Student

Home Phone Number

Work Phone Number(s)

Other name and telephone number of person who can be contacted in the event of an emergency:

Health News

In the near future we will begin our final Health Unit of the year. The Human Growth and Development unit was revised in 2015 and covers a wide variety of topics throughout the course of Grade 7 and Grade 8.

Gr. 7

- * Delaying Sexual Activity - Abstinence, Reasons for Delaying, Consent
- * Sexual Health and Decision-Making
- * Role of Male/Female Reproductive System as it Relates to Fertilization
- * Relationship Changes at Puberty
- * Sexually Transmitted Infections

Gr. 8

- Abstinence
- * Review of the Role of Male/Female Reproductive System as it Relates to Fertilization
- * Decisions About Sexual Activity
- * Gender Identity, Sexual Orientation, Self- Concept
- * Decision Making and Contraception
- * Relationships and Intimacy

We encourage you to explore the following curriculum resources:

www.edu.gov.on.ca/eng/curriculum/elementary/HPEgrades7to12.pdf

www.edu.gov.on.ca/eng/curriculum/elementary/health.html