

May 2011

Let's Go!



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President's Message

Kellie Baker

This is my first message as President and it's been one of the toughest aspects of this position to date. I've reflected on past president's messages, what they contained and what information they delivered. It's difficult to keep to one topic when there is so much exciting news to be delivered. It was easy to list all of the things that had to go into the newsletter, but how to bring it all together was a challenge.

I'm proud to say that I've met that challenge. I am proud to be PESIC's President and I am prouder still because of the individuals I am privileged to work with. I am proud that we meet challenges together and that all the responsibility does not rest on the shoulders of one individual. I am proud that we get to work on behalf of the almost 500 physical educators in Newfoundland and Labrador.

I am proud that PESIC has embraced the 2009 conference theme "Moving Forward" and have done just that – moved forward. In the last nine months PESIC has worked on behalf of its membership by:

- Re-establishing seven district/regional committees throughout Newfoundland and Labrador increasing the communication province wide between the PESIC Executive and its membership;
- Enlisting the help of more than 20 volunteers to plan the next PESIC conference, September 15-17, 2011 in St. John's;
- Continuously working to bring teacher concerns forward as reflected in PESIC's 2011 NLTA BGM resolution submissions;
- Working on approximately 30 actions which are in various stages of implementation.

This is only a snippet in time. As you read the rest of this newsletter you will see Zoe's list of PESIC's endeavours over the past two years, a message from the Director of HKR including information on a 50th year celebration at HKR which coincides with the PESIC conference dates, information on a 30 year reunion for Virginia Park Vaulters, School Sport's Participation Nation Jamborees, recent PHE Canada and PESIC award winners and grant recipients, a PESIC award nomination form and a new membership form, as well as information on the 2011 conference.

As you read this bulletin, take time to reflect on your accomplishments as an educator, lobbyist, mentor, coach, family member, person... and be proud of what you have accomplished. As we enter spring, let your accomplishments fill you with a sense of pride and renewal to tackle the challenges ahead. And always know that you don't have to shoulder all the responsibility yourself. You have nearly 500 colleagues who are only a keyboard away.

Sit back, relax and enjoy reading this edition of *Let's Go!*



Visit our website at:

www.myvtc.ca/groups/physical_education/default.aspx

or email us at:

letsGOPESIC@yahoo.ca



PESIC “Moving Forward” 2009-11

by Zoe Hamilton, PE Specialist, Davis Elementary



The PESIC BGM is fast approaching. It will be held on the last day of the 2011 PESIC Conference – Saturday, September 17 – and we hope to see you there. The executive and district representatives want to update you on the actions we have undertaken on your behalf and also thank you for your feedback and contributions over the past two years.

Before we do that, we must acknowledge what our members have done on our behalf. Many of you have attended and contributed to professional development opportunities from the school level up to the national level, Thank You! Some of you have contacted your district representatives with concerns and ideas for PESIC to attend to, Thank You! PESIC members have volunteered to organize and host the 2011 Conference “Learning from the Past, Building for the Future”, Thank You! Physical educators from various districts have come together to form or revitalize their district or regional PESIC affiliate, Thank You!

Here you will find an overview of items that have been completed this term or are still on the agenda for action. As always, any questions, comments or concerns can be directed to your affiliate/district representative or any member of the PESIC executive. PESIC welcomes and encourages all involvement from its membership.

Curricula

- Kindergarten PE curriculum developed, distributed and a full day professional development session implemented by the Department of Education. Thanks to PESIC members who served on this curriculum development committee and who provided their expertise in providing professional development.
- Considering recommending to Department of Education Physical Education Consultant, Robert Leaman, that a Fundamental Motor Skills resource series be included on the recommended list in all new curriculum documents. The specific resource will be determined upon further investigation.
- Planning to request that the Department of Education establish a working group on physical education assessment.
- Requested information from Department of Education regarding the distribution of intermediate and senior high school curriculum guides and resources.

Resolutions for NLTA BGM 2009 and 2011

NLTA BGM 2011 was held in April. The President put forward four more resolutions from the membership. Three of these issues – equipment repair, hiring of PE specialists, and PE graduates receiving a secondary degree upon graduation from the Education Faculty at MUN – were used as questions for the NLTA presidential candidates. Their responses were posted on the NLTA website in early February 2011. A fourth resolution will speak

to the necessity of having PE Program Specialists, or at the very least, Itinerants at every District throughout NL. It is also being recommended that such positions be filled with PE Specialists.

NLTA Meetings for Special Interest Councils, Spring 2010

Three members of the executive attended this two-day meeting hosted by the NLTA. The purpose was to bring members of all the SICs together to discuss their role and responsibilities as representatives of their membership and the NLTA. It was a time to meet the employees of the NLTA and understand their roles and services they can provide SICs and for the NLTA to gain an understanding of the concerns and issues facing SICs. It was also a great opportunity for SIC representatives to meet and understand their similarities and differences. Networking contacts generated will be invaluable when lobbying for resolutions.

PESIC at PD

PESIC President travelled with ESDNL PE, Health and Active Living Program Specialist, John Elkins to provide PD sessions in Marystown, CBS and St. John's. PESIC work was highlighted and promoted.

Virtual Teacher Centre (VTC)

Physical education has a site on the NLTA's VTC. Every teacher has been signed up and encouraged to participate in the forum. Games, discussions, professional journal articles, special event planning and networking opportunities are being shared. As of the winter 2011 there are over 450 registered users. While this is not a PESIC site, one of our Executive members, and long time PESIC member, John Elkins did develop the site. A big thank you to John Elkins for developing this resource for teachers.

Council of Provinces and Territories and Provincial PESIC meetings

- Hosted, planned and organized PHE Canada's CoPT meetings for PE representatives across Canada (June 2010) to rave reviews from coast to coast.
- In conjunction, a provincial PESIC meeting was also held with the primary objective being to re-establish district/regional affiliates. As well, issues from across Newfoundland and Labrador were discussed resulting in an action plan for the 2010-11 school year. The Department of Education and School Districts were contacted to support teacher attendance.
- PESIC President attended PHE Canada Council of Province and Territories (October 2010, Toronto) meetings on behalf of Newfoundland and Labrador. She presented a motion for the creation of a new fund to help offset the cost of provinces who host the National PHE Board meetings.

Constitution

A working PESIC Constitution was drafted with input from other provincial constitution and by-law documents. It was presented at the Provincial PESIC meeting (June 2010) and approved for use for the interim. Any updates and changes will be presented for adoption at the PESIC BGM 2011.

PESIC Affiliate Committees

District representatives were voted in at the BGM 2009. These representatives are working to establish or re-establish affiliate committees in their regions. To date, Labrador has a working group together and has had some meetings. We are in the beginning stages of helping compensate the geographical barriers by establishing Elluminate Live sessions for executive, committee, district and affiliate work.

PHE Canada

- Physical Health Education Canada Conference Toronto, October 23-25, 2010. Sponsored four teachers from various districts/regions to attend.
- Next PHE Canada conference is May 9-12, 2012 in Halifax. It's close to home so PESIC is hoping for a large representation of NL teachers. We are planning to be in a position to once again offer grants to help offset the cost of our members to attend.
- Sent out reminders that PHE Canada membership is free and encouraged all teachers to sign up.
- Provided "enhanced" PHE Canada membership to executive, district and regional representatives.
- Sent information about the PHE Canada Teaching Excellence Award to district reps for dispersal to teachers and administrators.

Let's Go! Bulletin

Re-established this provincial Physical Education newsletter (fall 2010) which is published and distributed through the NLTA.

SSNL Symposium (February 2, 2011)

PESIC president attended symposium. Many district/regional reps and executive members were also in attendance.

Barnes Award

Nominated a Past-President for the NLTA Barnes Award.

PESIC Provincial Conference (September 2011)

- Conference planning is ongoing, committees and volunteers in place.
- Encouraging Central or Western district to host the conference in 2013.
- Memo out to teachers to request PD day(s) for conference and funding from their schools and districts. Also to include it in their PGP.
- Letter to districts from PESIC requesting support in the way of sub days for conference is in progress.
- Work on teacher's behalf, where possible, to provide support for conference attendance.
- Enlisting the expertise of presenters from across the province by putting out an all-call for presenters. Confirmed sessions will be provided by those who were given PESIC grants to attend the National conference.

Elluminate Live

- Provided executive and district representatives with headsets for e-live technology. E-live sessions will be used to connect the province for meetings and to allow districts and affiliates that find travel difficult to be able to meet more often.
- Central representative requested e-live support for enhanced communication in her district which is trying to be facilitated.

PESIC Membership

- A PESIC membership form and membership benefits list has been developed and is included in this newsletter.
- Asked NLTA about approaching various companies for discounts on athletic merchandise. Response: "The companies suggested have been contacted and did not reply that they wish to participate."
- Promoted NLTA's "Out of Province Grant" application to aide teachers wishing to attend conferences outside the province. Also, to provide further financial support to our members, PESIC provided grants for the first time in recent years.
- PHE Canada Leadership Conference Mentor Fund developed. Financial support will be provided to one person who wants to be a Mentor at a National leadership conference. This year's recipient is John Elkins.
- Offer PESIC membership to PE MUN students beginning with next conference.

Communications

- Re-established seven district/regional affiliates throughout Newfoundland and Labrador. This process has greatly increased communication province-wide between the PESIC Executive and its membership.
- E-mail lists created for all districts for ease of communication with membership.
- Letter of congratulations sent to MUN's School of Human Kinetics and Recreation on receiving the Innovative and Creative Programming Award for the online Master of Physical Education degree program. The award was presented at the University Continuing Education Association international conference in San Francisco, California.
- At the request of PESIC, PHE Canada sent a letter of congratulations to Zoe Hamilton for receiving ESDNL Teaching Excellence Award. We encourage all districts to get in touch with PESIC so that we can make the same request on behalf of teachers from your district.
- Posed questions of concern from membership to NLTA presidential candidates.
- Contacted teachers across the province about professional development topics they would like to see at the conference. All topics were then presented at a conference planning meeting.
- Letter sent to NLTA apprising them of our conference dates.

Participation Nation Jamboree



Three schools in the Avalon West region got together on March 10 for a Participation Nation Jamboree to celebrate Education Week. The event was held at Persalvic Elementary in Victoria with Davis Elementary of Carbonear and Harbour Grace Primary. Grade five students participated in Omnikin games, Dodgeball games and Speed Cup stacking activities. Activities were organized in a non-competitive format to promote a fun and active environment for everyone. The event concluded with a free lunch sponsored by School Sports NL, Subway and the School Milk Foundation. All participants received a certificate and stickers for their activities as well as prizes from random draws throughout the event. To host your event or to become a member, contact Trish Boyer at 709 729-3684 or e-mail tboyer@sportnl.ca.

(Submitted by Paul Hamilton)



Four schools in St. John's held a Festival of Sport in partnership with School Sport NL's Participation Nation this past March. Holy Heart 3101 students as well as "High Five" trained students hosted this event. Grade five and six students from Macpherson Elementary, Bishop Abraham and Bishop Field participated in chasing and fleeing games, gymnastics offered by Cygnus, Omnikin, and modified team sports such as scooter basketball and/or scooter soccer. Thanks to sponsors such as the School Milk Foundation, Subway and School Sports NL, all participants, student leaders, teachers and student assistants were treated to Subway, milk, a t-shirt and lots of opportunity to play for the fun of playing in a community school. A very special thank you to Ms. Jacinta Bruce and the students of P.E. 3101 at Holy Heart.



Other areas of the province who hosted jamborees for area schools in the month of March were Matthew Elementary in Bonavista, St. Paul's Intermediate in Gander, Exploits Valley Intermediate in Grand Falls-Windsor, Indian River High in Springdale, Bay St. George region, Labrador East in Happy Valley-Goose Bay, and Mary's Harbour All Grade in Mary's Harbour, Labrador. School Sports NL recognizes the tremendous amount of work that teachers in the province dedicate to delivering extra-curricular activities. Thank you!

(Submitted by Kellie Baker)

PHE Canada Platinum RAP Award Presented to Cowan Heights Elementary



Cowan Heights Elementary in St. John's was awarded the Platinum Award from Physical Education Health Canada for its outstanding daily physical education program. Cowan Heights Elementary fosters participation and involves all students in healthy living as part of its inclusive physical education program. A popular feature of the program is that the students and staff get together once a week for a school-wide healthy living activity. Physical activities begin before school each morning, intramural activities happen each lunch hour, and after school programs four evenings a week. There is even a rope jumping club for elementary students on Saturday mornings.

There are opportunities for student leadership in these many events. Older students work with younger students to increase their skill levels and double the fun. Participation and cooperation are everyday occurrences in Loyola Fitzpatrick's gymnasium as students collaborate and immerse themselves in daily healthy living. Special events involving students and staff occur regularly throughout the school year. It's a school where students and staff are engaged in leading an enthusiastic healthy, active lifestyle.

Dave Constantine Receives NLTA Barnes Award

Congratulations to Dave Constantine, a physical educator at Laval High School in Placentia, on being awarded the Barnes Award. The Barnes Award was established in 1987 to recognize outstanding service to the Newfoundland and Labrador Teachers' Association in the field of Professional Development by teachers involved in Special Interest Councils and Curriculum Development Committees.

Dave recently stepped down as President of PESIC after devoting eight years at the helm. His lists of accomplishments in that time, as well as years prior to being president, are a testament

School of Human Kinetics and Recreation

by Antony Card, Director, School of HKR

The School of Human Kinetics and Recreation, Memorial University, is delighted to host the 2011 PESIC Conference. This year is the 50th anniversary of the School of HKR. We opened our doors in October 1961 and our first Physical Education degrees were awarded in 1964. It has been 50 great years of Physical Education, Varsity Athletics and, in contemporary times, Recreation, Kinesiology and Allied Health Services. On the evening of Thursday, September 15, you are invited to join us for our 50th anniversary banquet at the Holiday Inn. The banquet will be a 'come home' celebration open to all PESIC delegates and anyone with an affinity for the School of HKR. Details of the 50th Anniversary Banquet will be provided with the PESIC Conference registration forms.

I hope that you will take the opportunity to attend the conference and join our 50th celebrations. The School of Human Kinetics and Recreation has advanced considerably in recent years and you will be encouraged to view our new facilities, our refurbished laboratory and classroom spaces. We are also in the process of building a 150-seat lecture theatre in the PE building and it is scheduled to be opened in time for the conference. The School of HKR has invested in new outdoor and athletic equipment and in September we will be launching a new undergraduate degree in Physical Education. The new degree increases the number and range of our physical activity courses delivered through a Teaching Games for Understanding (TGfU) approach. There will be an emphasis on Movement Education and a curriculum that equips students to teach the provincial PE curriculum. The students will also have the opportunity to take Co-operative work placements in alternating semesters. This year we also celebrated receiving two international awards for our Master of Physical Education (online) program.

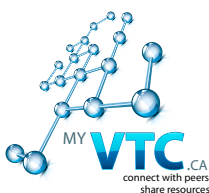
I look forward to welcoming you to the PESIC Conference and our 50th Anniversary celebrations at the School of Human Kinetics and Recreation.

to his dedication and devotion to physical education and PESIC members. We thank Dave for his years of PESIC service.



Virtual Teacher Centre (VTC)

by John Elkins



The VTC has just undergone a number of changes to improve its overall look and navigational features. Once you enter the Physical Education forum on the VTC, the search bar in the upper right hand corner of the page quickly allows users to narrow in on files they are looking for. Simply enter a few key words relating to a particular topic and a drop down menu will appear below the search bar to direct you to possible matches.

I would encourage members to login at <http://myvtc.ca/login.aspx?ReturnUrl=%2fdefault.aspx> to view the resources that have been posted. I would also ask that you please take a few minutes of your time to upload a file for others to use. If each of the 468 registered members takes the initiative to add just one file per month, our collective knowledge base in PE will grow exponentially and everyone will be the beneficiary.



Once again, a big thank you to Jim Murphy and Brian Pittman at the NLTA for their technical expertise and support in providing this resource to PE teachers. If you are not a member of the VTC and you would like assistance in getting started, you can contact johnelkins@esdnl.ca.

The Virginia Vaulters Gymnastic Display Team 30 Year Reunion

by Tim Facey, P.E. Teacher and Coach

The Virginia Vaulters Gymnastic display team from Virginia Park Elementary will be celebrating their 30 year reunion this spring. The Vaulters are comprised of students from grades 3 to 6 as well as some graduated students from St. Paul's Junior High who continue to come back and perform with the group. Over the years the Vaulters have performed about 150 shows at over 80 schools. They have also done shows at MUN, CONA, the All NFLD Cheerleading Championships, PESIC, and two Gymnastras. We have some upcoming shows at Roncalli Elementary and Mary Queen of the World. The reunion is planned for May 12 and 13 at Virginia Park. Thursday, May 12 will be a "Meet and Greet" night for all former vaulters to get together and reminisce. We hope to have many former teachers there as well. Then Friday night will be a show with the current group as well as some special guests performing. There is a Facebook site up and running so we are hoping as many "old vaulters as possible visit the site to register and find out more information. We are hoping it will be a fantastic reunion.

PESIC Conference 2011

Start making plans now to attend the 2011 PESIC Conference, September 15-17, 2011 at the School of Human Kinetics and Recreation (HKR), Memorial University, St. John's. Apply now at your district and school level for funding and sub days to attend. Although it's only Spring, you can receive approval to attend before September. This year we will be offering an early-bird registration option. Remember to include this conference in your PGP!

Many presenters have already answered the "Call for Presenters". Presently there will be rhythmic sessions such as dance, sports such as curling, differentiating instruction, Participation Nation and a long time PESIC friend, presenter and delegate favourite, Ted Temertzoglou has signed on to present as well.

As an extra bonus, HKR will be holding their 50th year reunion on the same dates. They will be hosting a banquet at the Holiday Inn in St. John's on Thursday, September 15.

More information regarding the conference and the 50th year reunion will be coming through your district or regional PESIC reps as it becomes available.

How You Can Contribute

VTC – send in your favourite game, a favourite website, an interesting article or participate in a discussion. Login at <http://myvtc.ca/login.aspx?ReturnUrl=%2fdefault.aspx>. If you have any difficulties contact johnelkins@esdnl.ca

NLTA *The Bulletin* – Physical Educators are out there writing. Just look back at the April and June 2010 issues. You can put in an article highlighting the physical education, physical activity, and health initiatives going on in your school or community by e-mailing labrowne@nlta.nl.ca.

Let's Go! – PESIC would love to hear from you and your students. Develop a game, write an article that profiles your school, or comment on a PHE Journal article. Just send it to kelliebaker@hotmail.com or johnelkins@esdnl.ca.

PHE Journal – Anything you write for NL can go nationally! Send your articles along to jjmaker@gmail.com.

PHE Canada (www.phecanada.ca)

Membership to PHE Canada is FREE and offers an extensive array of information for Physical and Health Educators and those in related disciplines. One click on the page will take you to information gateways on Physical Literacy, Intramurals, Dance, articles from the Journal, careers, free health education materials, and information on conferences.



Membership Registration Form

First Name: _____ Last Name: _____

Email Address: _____

Street Address: _____ Municipality: _____

Postal Code: _____ NLTA Branch: _____

Assignment in the School System: _____

Teaching Certificate held: _____

How many years have you been teaching Physical Education: _____

Membership Type: **Please check the appropriate box**

Please note: Membership to PESIC has been included in your past conference registration.

New: If you do attend the 2011 this fee will be discounted off the cost of the conference registration.
Cost: \$25.00

Renewal: Did attend the 2009 PESIC Conference but do not plan to attend 2011 Conference
Cost: \$25.00

Student: Currently enrolled in MUN School of Human Kinetics and Recreation
Cost: Free

Membership Rewards – Why Pay?

- Network with the PE Community that supports quality Physical Education.
- Being a registered Member of PESIC entitles you to a PHE Canada free membership.
- PESIC represents all PE teachers at the NLTA; voice your concerns to your area PESIC Rep.
- PESIC members are entitled to apply to receive funds to attend a PHE National conference or provincial (Labrador members). We offer one grant per District. This is above and beyond the NLTA Out-of-Province Grant.
- PESIC members are entitled to apply to receive the Mentor Fund which provides funding for one individual to attend the PHE Canada Leadership Camp as a Mentor.

Please make cheques payable to PESIC and mail to:
PESIC c/o Trisha Boyer, 11 Badcock Place, Mount Pearl, NL, A1N 2S4

*Office Use Only

Date	Amount	Cheque No.	Receipt sent	Letter sent

ATTENTION: Physical Educators Awards 2010-2011

Call for Nominations: The Physical Education Special Interest Council presents several awards for which we are now seeking nominations. We are requesting that regional affiliate councils or interested persons consider any likely candidates from their areas and submit their names and a résumé of their professional involvement by June 24, 2011.

All applications MUST include: Award Title; Teacher's Name; School; District; Name and Contact information of nominator (in case of questions); Rationale/ Résumé (1 page max).

Awards

Award Of Honour: For outstanding contribution, professional competence, and long time devotion and dedication to the development of physical education, and its ideals and standards in Newfoundland and Labrador.

District Teacher of the Year: Awarded bi-annually to one teacher per district for contributions to physical education. This award recognizes teachers who offer a balanced, quality, physical education program reflecting a variety of teaching methodologies, innovative learning experiences and provides a nurturing environment in which all learners develop the knowledge, skills and attitudes that enhance active living.

PHE Canada Dr. Andy Anderson Young Professional Award: This award recognizes an outstanding physical education teacher in the early stages of their career (35 years or younger). To qualify, the candidate must be a member of PHE Canada or a Liaison Group, and be 35 years of age or less, although some exceptions can be made for individuals who started late-entry careers. Candidates will be evaluated on their contribution to the profession. Refer to nomination process at www.phecanada.ca.

PESIC Student Award: Recognizes outstanding undergraduate student leadership in the field of physical and health education. Nominations from a NL physical educator or MUN professional are to be forwarded to PESIC.

SUBMISSIONS FOR THE ABOVE AWARDS should be submitted prior to **JUNE 24, 2011** to:

Zoe Hamilton, Awards Committee Chair

zoehamilton@esdnl.ca

Fax: (709) 596-5013



PESIC Executive 2010

President	Kellie Baker	kellie_m_baker@hotmail.com
Vice-President	Zoe Hamilton	zoehamilton@esdnl.ca
Secretary	Mike Pittman	mikepittman@esdnl.ca
Treasurer	Trish Boyer	jhs@sportnl.ca
Communications Officer	John Elkins	johnelkins@esdnl.ca

Provincial/Regional Reps

Eastern	Zoe Hamilton	zoehamilton@esdnl.ca
Burin	Jeff Burke	jeffreyburke@esdnl.ca
Bonavista/Clareville	Michael Penney	michaelpenney@esdnl.ca
Central	Anne Inder	ainder79@hotmail.com
Western	Rosie Ryan	rosieryan230@hotmail.com
Labrador	Merv Parsons	mparsons@lsb.ca

If you are interested in being involved with PESIC, contact one of us via e-mail.