



NEWS RELEASE

NEWFOUNDLAND AND LABRADOR TEACHERS' ASSOCIATION

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NL TEACHER RECEIVES 2013-14 NATIONAL AWARD FOR TEACHING EXCELLENCE IN PHYSICAL EDUCATION

St. John's, NL....Zoe Hamilton, a teacher at Carbonear Academy, is the recipient of the 2013-14 National Award for Teaching Excellence in Physical Education. She will be presented this award at the Physical & Health Education (PHE) Canada's National conference in Banff, Alberta in spring 2015. The PHE Canada National Award for Teaching Excellence in Physical Education presented by Wintergreen Phys-Ed, honours Canadian teachers who provide outstanding teaching performance at the elementary, middle or secondary levels, who have an exceptional ability to motivate students to participate in a lifetime of physical activity, and who further Physical Education in Canada.

Zoe has always done a great job of uncovering and utilizing the strengths of all those she leads. She is a strong advocate for a quality physical education program and works tirelessly to meet the needs of her diverse students with a multitude of interests and ability levels. She embraces inclusionary practices varying content and delivery methods in lessons and adapting games and sport equipment so all students can experience the wide diversity of activities her physical education program offers. Zoe sees active participation as a top priority, nobody is left out and those who tend to shy away from being involved are reached out to and encouraged.

Zoe is also very passionate about instilling in young girls a sense of equality, empowerment, self-esteem and positive body image. Her physical education programs and extra-curricular activities encourage girls to get involved in sports and focus on health and fitness. Zoe's classes provide students with an environment that helps them accept and celebrate their bodies and their true selves and those of others. Her classroom/gym becomes a community in which all students are respected, accepted and treated equally and where health and wellness are exemplified.

Contributing to the physical education profession, Zoe has served in varying capacities to both the provincial and national organizations for the past 12 years. She is the current president of the provincial NLTA Physical Education Special Interest Council (PESIC), and sits on the Council of Provinces and Territories for PHE Canada. Zoe holds a Bachelor of Physical Education from Acadia University, Master of Physical Education from Memorial University and also a Master of Education in Administration from Memorial.

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Zoe is the ninth national winner in the last 10 years from Newfoundland and Labrador. Only three awards are presented annually across the country.

Past winners:

- 2012-13: Charlene Shears, Gros Morne Academy (National Recipient)
- 2011-12: Debbie Shortall, Vanier Elementary (National Recipient)
- 2010-11: Jason Desai, Holy Spirit High (National Recipient)
- 2009-10: Mike Butler, Frank Roberts Jr. High (National Recipient)
- 2008-09: Ellis Coles, Paradise Elementary (National Recipient)
- 2007-08: Loyola Fitzpatrick, Cowan Heights Elementary (Provincial Recipient)
- 2006-07: Kellie Baker, Macpherson Elementary (National Recipient)
- 2004-05: Benjamin Osmond, Clarenville High (National Recipient)

For additional information on Zoe Hamilton and her award please go to:
www.nlta.nl.ca/files/documents/bulletins/bulletinjanfeb15/index.html

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