



PESIC News Update

It is certainly hard to believe that this time last year we were involved in one of PESIC's most memorable conferences, a national one at that. We are still getting emails and texts that reminisce those few days and how influential they have been for other teachers and provinces. It was a massive team effort. For some it was their final farewell to PESIC leadership, and for others it was an opportunity to join in on the fun. PESIC has increased in its supporting cast, which is great news in terms of our ability to provide support to PE teachers in our province.

I will admit, compared to last year, PESIC has been relatively quiet this year. How could we possibly compete with such a success in 2017! With that said, we have been doing a lot of work behind the scenes in order to provide professional learning to our teachers in an affordable, accessible, and sustainable manner. We have been meeting with our support base at the district and are happy that we were welcomed to be involved in providing teacher-driven PE professional learning during closeouts.

This is great news! But, as they say, with increased power comes increased responsibility! We have to lean on and learn from each other. In this newsletter you will find a link to a google form that gives PESIC the ability to populate the following:

1. Areas where our teachers would like professional learning (PL)
2. Locate local champions (teachers) in all areas
3. Resource personnel and/or PL delivery personnel.

By populating information from this form, it will enable us to provide information to our district that will advocate for sessions that are needed and wanted. PESIC will also be able to support the district in ensuring our local champions are utilized, or worst-case scenario, sent to lead these sessions. It

is of the utmost importance that you complete this form and line up your PGP with what is chosen.

We have an enormous amount of knowledge and experience in our province. Transparency will be key to our combined success. Share with your neighbour. Post to the discussion boards on our provincial google groups. Connect with provincial and national groups (PESIC, PHE Canada). You can even follow other provincial PE groups like OPHEA, SPEA, etc.)

All physical education teachers, like students, are unique and come from a variety of backgrounds and have different techniques. I strongly hope all teachers, new and veteran, are continuously looking to evolve, adapt, seek, and share best practices. Together we are stronger! We, as in PESIC, will continue to find ways to make connecting easier. Please support us in our efforts and connect with us to build a strong voice for physical education in our province.

Ensure you become a member on an annual basis. PESIC invests in our teachers. The more members we acquire, the more opportunities we can provide in every corner of Newfoundland and Labrador.

I hope you have had a successful year both inside and outside the classroom. It is important for us to strive to be effective outside the realm of school as well. Take care of yourself. Be mindful, be healthy, and ensure you take lots of time to re-energize!

Thank you for all that you have done and will continue to do for your school communities!

Yours in Physical Education,

Luke Neville
PESIC President

PESIC Professional Learning Planner

<https://goo.gl/forms/Zm9sa1s6gNmfMQW72>





Whew! That's ticked off the list. I cannot believe that it's been a year since PESIC and PHE Canada hosted delegates from around the world in little ole Newfoundland and Labrador. **Rock Solid Foundations: Energizing Futures; Un avenir énergétique... fondé sur le roc** was the first time in over 20 years that PESIC organized and presented a conference of such magnitude. It was an honour to learn from the top Physical and Health professionals and an even bigger honour to showcase our own homegrown PE and Health champions.

Conference 2017 offered something for everyone. A diverse professional learning program spoke to the care and pride our planning committee had to our profession. A fun-filled social program spoke to our pride as Newfoundlanders and Labradorians. Place these elements in the beautiful facilities and backdrops in St. John's and surrounding areas, and we had the perfect recipe for the experience of a lifetime for many. The feedback we received

after the conference was overwhelmingly positive and of course to the hospitality of our volunteers, which as we know are vital to any conference of any size.

There were many successes and challenges on the road leading up to the conference. Our organizing committee was comprised of the best people in the business here in Newfoundland and Labrador and the expertise of the staff at PHE Canada. But no matter how prepared an organizing committee is, when you are faced on registration day with over 500 registrants when you were only planning for about 350, there were some adjustments that needed to be made and quick! The planning process wasn't without some bumps in the road (remember the government cuts right before the conference?), but that's what PESIC is all about – fighting for our teachers, providing quality professional learning and building positive relationships with all stakeholders in physical education. I could not be

prouder of all that we accomplished and am forever thankful for everyone involved.

For me, the conference was the pinnacle of my time with PESIC. It was certainly the largest project I have ever been involved in, much less led. My time with PESIC prepared me for that role and gave me the confidence to take it on. Since beginning my volunteer time with PESIC back in 2001, not only did I build professional relationships with the NLTA and physical education teachers from across the province and across Canada, I also found lifetime friends. I strongly encourage young teachers, any teacher, to become involved with PESIC. We need to maintain the importance of physical education in school curriculum and its delivery by a qualified, trained physical education teacher. Many voices are needed. Lend yours to the PESIC executive in any capacity you can!

Zoë Hamilton
PESIC Past President



PE Teacher "Snap Shot"

Teacher Name: **Joanne van Geest**
School: St. Francis School Harbour Grace
Physical Education Class: K-8
Years Teaching: 3

Give a brief description of what is happening in the picture?

Students are taking part in the PE version of the NHL skills competition. The students did not actually compete with one another. They were arranged into four groups and rotated among the four stations: Fastest Skater, The breakaway challenge (complete with a goaltender), Accuracy Shooting and Puck Relay.

Why is this picture significant to you?

Many of the students at St. Francis are big hockey fans so I decided to surprise them with this activity. They were so excited and had so much fun with their own version of the NHL skills competition.

Mary Queen of the World Active Schools

submitted by Meaghan Careen

As part of our Active Schools commitment to health and wellness, Mary Queen of the World strives to get students out during the day as much as possible. During the school day it is important to get outside for some fresh air and exercise whenever possible. We have a wonderful area for playing and the students love outdoor play. During the winter months, we often go sliding in our school's backyard or go snowshoeing on Mount Pearl's Grand Concourse – Waterford River T' Railway. As a school we are lucky to be able to quickly access these trails which gives our students the opportunity to loop around the school while taking in the beautiful scenic views featuring natural landscapes, cascades and wildlife.



Mary Queen of the World Winter Olympic Celebrations

submitted by Meaghan Careen

At Mary Queen of the World it was a busy two weeks celebrating the 2018 PyeongChang Winter Olympics. During the month of February, students in grades K-6 had the opportunity to celebrate and participate in a variety of activities related to the Olympics that promoted school, education and Olympic spirit! We kicked off our Olympics with opening ceremonies hosted by Mme. Hudson's class, which showcased a number of countries represented by each class, sportsmanship and a Korean Folk Dance which everyone participated in. During Phys. Ed. classes with Ms. Careen, students participated in a number of different "Olympic events". Highlights included Curling, homemade Bobsled races, a Biathlon, which had students "ski" down the gym floor using buddy boards and throw a frisbee into a hoop, and speed skating. Each morning students answered a daily trivia question and tracked medals for the top five countries. Other favourites included a door decorating contest, Canadian Spirit Day, Olympic Zumba, led by our very own Ms. Fifield, QR code scavenger hunt, and a teacher vs. student sledge hockey game to end our celebrations. Olympic spirits were lively at MQW and a blast was had by both students and teachers!



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INTERESTED IN BECOMING A MEMBER OF PESIC?

Physical Education Special Interest Council Newfoundland and Labrador is a special subject council affiliated with the Newfoundland and Labrador Teachers' Association. Its purpose is to improve physical education in the province of Newfoundland and Labrador. The council produces the "Let's Go!" newsletter, which is posted in the NLTA Bulletin online June and December annually.

Membership benefits include:

- Network with a PE Community that supports quality physical education.
- Being a registered member of PESIC will allow us to forward your information on your behalf for your free Physical and Health Education (PHE) Canada 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 Conference (Labrador Members). We award one grant per region of NL.
- 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.
- PESIC recognizes years of Service for our current members in 10, 20, 30 year increments. These awards are presented at our conference.
- If nominated, PESIC members qualify to receive Provincial awards and PHE National awards.
- Eligible to receive the discounted Members Rate to all PESIC Biennial conferences.



www.pesicnl.com/membership

