



Maples Collegiate

Maples Collegiate Physical Education Staff

Physical Education

Dear Parent/Guardian and Physical Education Student:

We would like to welcome you to the Maples Collegiate Physical Education program. It is our hope that you will find our program to be a rewarding and enjoyable learning experience. The health of our students is a responsibility that our school and Physical Education/Health Education Department take very seriously. Taking part in physical education/health education and being physically active can have a positive impact on students' health and well-being. To this end, our department's goal is to empower your son/daughter to adopt an active healthy lifestyle by providing the tools he/she needs to succeed.

Grade 11/12 Active Healthy Lifestyles Course

The goal of this physical education/health education course is to have parents, students, and schools work together to help youth:

- Take greater ownership of their physical fitness
- Promote the discovery of activities suited to their own individual interests
- Encourage active healthy lifestyles that persist into their futures.

In addition to the 55 hours of scheduled physical educational time, your son/daughter is required to plan, participate and record a minimum of 55 hours of OUT-of-class physical activity.

Note: These courses are compulsory for graduation!

Your parent/guardian involvement is important! Your child's success in the Active Healthy Lifestyles course will require coordinated and supportive communication between you and your child as well as the teacher of this course. We ask that you sign the attached Parent Declaration and Consent Form. Your child also needs to sign the Student Declaration Form. Once these forms have been signed, please return them to your child's Physical Education teacher.

Throughout the duration of the course we will be meeting at predetermined times with your child. The nature of these individual meetings will be to check on the progress of the student's OUT-of-class physical activity practicum as well as review understanding of related topics discussed in class. I encourage you to engage your child in conversation about his/her progress and to encourage the pursuit of personal physical activity goals and interests. If at any time you have questions/concerns, please feel free to contact the Maples Collegiate Physical Education Department by telephone at 204-632-6325.

If you need more information about the grade 11 and 12 curriculum go to:
<http://www.edu.gov.mb.ca/k12/cur/physhlth/9to12.html>

Actively Yours,

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