

November 19, 2021

Dear Roberts Annex Families,

Did you know that every school in our province is required to have a school plan? In Vancouver, we have two foci to that plan at each site. ([take a look at last year's plan here](#)) While the first is a site-specific focus, the second is a district wide. The district wide focus has had an Indigenous theme for several years and in the past three years the planning and implementation has been supported in schools through an Indigenous Focus Day. This year our Indigenous Focus Day will be **November 26**. On this day, staff will work together at the school to learn, unlearn and relearn knowledge and understanding *to increase knowledge, acceptance, empathy, awareness and appreciation of Indigenous histories, traditions, cultures and contributions among all learners*. **Please note, there is no school for students on November 26**

PHE – Physical and Health Education

As part of communicating student learning, we wanted to share some of the Physical Education component of PHE curriculum with families so you might have a better sense of what kinds of activities and learning goals students work on during their gym times. During the fall, we spend a lot of time, learning the routines and the safe practices needed for being in the gym space together. We introduce/review several mass games (activities that involve everyone at once). In addition, we have been working with students to increase their skills controlling a ball or object with their feet. Below is a list of some of the activities that students have been engaged in



- Routines/Safety – identifying the hazards in the gym, practicing movement with the whole group at a variety of speeds for a variety of purposes, routine activities such as how to run laps, participate in station activities, lining up, listening, and following instructions.
- Mass/Movement Games – students regularly play tag games (e.g., Octopus, Great Wall of China, Everybody's it Tag, Fire and Ice, Fruit Tag), Ball games (Dodgeball, Monster Ball) and engage in movement activities (Free and Freeze Dance)



- Foot skills/Soccer Skills – controlling a ball or object with various part of their feet including stopping, passing, and dribbling around obstacles. Some of the older classes have even moved on to having modified games of soccer.

All our students engage in gym at their own level of skill and development. The games and activities are designed to provide an opportunity for every child to learn new ways to stay healthy, feel positive about participating, learning new skills and practice the skills they already know. Gym is usually a big highlight in the day/week full of joy and smiles. We encourage you to ask your child to share what they have been learning and what they are currently working on improving during gym time.

Emergency Preparedness

As we experienced this week, we all need to be prepared for unexpected situations that might arise. By practicing and talking about our response in an emergency, we all feel more confident and can act more quickly during a real emergency. At school we have regular drills and discussions about what to do in case of an emergency. We hope that as a family you have had a chance to talk about some home-based emergency responses. Whether it is at home, in the car or even just walking to school, being aware of potential hazards in our changing environment and how to stay safe in an emergency will help us all to be and feel better prepared.

Have a safe weekend and enjoy each other!

Elyssa

Upcoming Dates of Note:

- Nov 25 – First PAC sponsored Hot Lunch Day (see PAC email)
- Nov. 26 – District Indigenous Focus Day (No School for students)
- Dec 17 – Last day of school before Winter Break