



October 10, 2019

Dear Hockey Parents/Guardians,

**Welcome to the 2019-2020 Hockey Program at École Heather Park.**

The 2019-2020 beginner / intermediate Hockey Program starts on Tuesday, October 22<sup>th</sup> and goes until March 12<sup>th</sup> on Tuesdays and Thursdays. The Beginner / Intermediate hockey program will be taught this year by Ms. Shaina Keating. The Advanced hockey program (Grade 7 rep. team) will be combined with the Kelly Road Hockey class taught by Mr. Griffiths from 2:00 – 3:00pm and starts on Tuesday October 15, 2019. Make-up of the classes will be based on registrations in each of the 4 grade levels and is subject to change depending on skill.

**Tentative Schedule for Beginner/ Intermediate (Grades 4-7)**

Days/Dates <b>Tuesday &amp; Thursday</b>	Meeting time	Meeting location	Ice time	Return time to school
Oct: 22, 24, 29, 31 Nov: 5, 7, 12, 14, 19, 21, 26, 28 Dec: 3, 5, 10, 12, 17, 19 Jan: 7, 9, 14, 16, 21, 23, 28, 30 Feb: 4, 6, 11, 13, 18, 20, 25, 27 March: 3, 5, 10, 12	10:25 @ Recess bell. Bring recess snack to band room and eat prior to heading over to the Elks Centre	Band Room	11:00am to 12:00pm	After ice time at approx. 12:30. Students can eat lunch in main foyer

**Tentative Schedule Advanced Level (Gr 7: PeeWee - Rep. Team or Tier 1)**

Days/Times <b>Tuesday &amp; Thursday</b>	Meeting time	Meeting location	Ice time	Dismissal from Elksentre
Oct: 15, 17, 22, 24, 29, 31 Nov: 5, 7, 12, 14, 19, 21, 26, 28 Dec: 3, 5, 10, 12, 17, 19 Jan: 7, 9, 14, 16, 21, 23	1:30pm	Front Foyer	2:00pm to 3:00pm	After ice time at 3:00pm
Jan: 28, 30 Feb: 4, 6, 11, 13, 18, 20, 25, 27 March: 3, 5, 10, 12	12:35 after eating lunch in class	Band Room	1:00pm to 2:00pm	Return to school for 2:37pm dismissal.

**Goals of the Hockey Program**

The intent of the Heather Park Hockey Program is to offer students flexibility and choice and personalized learning opportunities to meet their Physical Education and Health and Career Education (HACE) Learning Outcomes. Personalized learning refers to student centered learning that focuses on the needs, strengths, and aspirations of each student. In addition, flexibility and choice simply refers to offering students more choice with their learning.

In the hockey program, students will be assessed on learning outcomes from the Physical Education and Health and Career Education curriculums. In addition, students will be strengthening their own hockey skills based on their current level of performance.

### **Regular Classroom Work**

While Hockey Program students are on the ice, the regular classroom will be moving ahead with classroom lessons. Hockey students will not be missing out on Math or Language Arts Curriculum. Some of our classes will be in regular PE classes while Hockey students are on the ice. It is the responsibility of each Hockey Program student to stay "on top of" the assignments they are missing while on the ice. This notion supports our school wide PBS program where students are encouraged to be engaged and take ownership of their learning. Please talk to your child's teacher to find out what is being covered while your son/daughter is on the ice. It is of importance to note that if your son/daughter's overall academics are at risk due to attending the hockey program, as a school based team we may withdraw your son/daughter from the program.

### **Support Blocks**

To assist Hockey Program students with the work they miss while on the ice. These support blocks will happen during regular PE times that happen in addition to hockey times. Teachers will refer students for a support block if they need direct instructional support or if they need extra time to complete assignments.

### **Equipment Storage**

Hockey equipment is to be stored in the school's band room. The band room is the meeting place for each session, where Ms. Keating will meet students prior to walking over to the Elkscentre. Please note that hockey bags are not allowed on the school bus. It is the responsibility of parents/students to get hockey equipment to and from school.

### **Nutrition**

On hockey days, students are encouraged to bring extra food and water. Healthy food will help students to maintain energy to help them through the day. The following websites provide some tips on healthy eating for active bodies. Please be weary of sending energy drinks, especially those with caffeine and sugar with your child and instead have them bring a water bottle on hockey days.

<http://www.momsteam.com/nutrition-tips-for-active-kids-playing-sports>

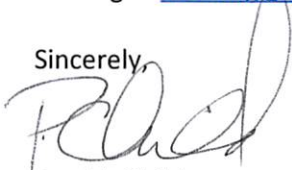
[http://kidshealth.org/parent/nutrition\\_center/dietary\\_needs/feed\\_child\\_athlete.html](http://kidshealth.org/parent/nutrition_center/dietary_needs/feed_child_athlete.html)

<http://www.cps.ca/documents/position/sport-nutrition-for-young-athletes>

We are excited for the start of this year's Hockey Program as we provide an opportunity for our students to develop their hockey skills while promoting physical education, teamwork and having fun playing sports.

If you have any questions please contact myself (Mr. Parrish Child) at [pchild@sd57.bc.ca](mailto:pchild@sd57.bc.ca) or Ms. Shaina Keating at [skeating@sd57.bc.ca](mailto:skeating@sd57.bc.ca).

Sincerely,



Parrish Child

Principal, École Heather Park

## **Hockey Program 2019-2020 Parent Consent**

Parents/Guardians:

Please sign and return this page to indicate that you have read this letter, agree to the academic terms, and consent to your son/daughter being a member of the Heather Park Hockey Program.

Student name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please forward this to Mr. Child at the School Office. Thank you.