

ST. JOHN PAUL II
SPORT FOR LIFE PROGRAM



STUDENT/PARENT
HANDBOOK
2023-2024

WELCOME TO THE PATRIOTS SPORT FOR LIFE PROGRAM

Dear Parents,

Welcome to the 2023-2024 Sport for Life CTF program at St. John Paul II Catholic School. We hope to provide a fun and challenging year of activities for your child. This booklet is a resource to explain many of the procedures and policies of our program. Please read through the materials and feel free to contact us if you have any questions.

You will note there are no waivers attached to this booklet. Since many of the activity waivers are not needed immediately for September activities and we will be trying out several new activities (for which we do not currently have the waiver forms for), we would like to collect them throughout the school year as they become available. **Without the completion of the participation waivers, your child will be unable to attend any off school ground activities. Thank you in advance for your cooperation regarding this task.**

Our clothing order will be placed within the first couple weeks of September, and we will be sending home sizing forms sometime in the near future. Please ensure to complete this form with your child ASAP so that we can place our clothing order and receive it in a timely manner.

If you have any comments or questions please email us or phone the school.

Yours in Sport,

Jodie Bjornstad, Jamie Dziwenko, Natalie Earle

COMMUNICATION

1. All parents are invited to view the Sport for Life Google Classroom through your child's EICS account (parents will be unable to join the Google Classroom).
 - a. Google Classroom Code for Students: **6wari7p**
2. Please ensure that your email is valid in PowerSchool as teachers will invite you to join the Google Classroom to receive the parent summaries (if you haven't already) and will be sending important Sport for Life program information via email throughout the year.

Teacher Emails:

- ★ Jodie Bjornstad: jodie.bjornstad@eics.ab.ca
- ★ Jamie Dziwenko: jamie.dziwenko@eics.ab.ca
- ★ Natalie Earle: nataliee@eics.ab.ca

School Phone Number: 780-992-0889

SCHEDULING

Typical Weekly Schedule:

Mondays: Periods 5-6 (12:01-1:23)

Wednesday: Periods 1-4 (8:30-11:24) *On-ice begins in October*

Fridays: Periods 5-6 (12:01-1:23)

***Note 1:** Your child will have Sport for Life as their CTF course on **Wednesday and either Monday or Friday, not on both days**. Please view your child's semester schedules to find this information.

***Note 2:** Some activities will require students to depart from the school during the lunch break. Students will be given time to eat their lunch prior to departing or after returning to school during their afternoon break. **We recommend that students have a filling breakfast and bring a snack along during Wednesday morning activities.**

The monthly schedule will be posted to Google Classroom, posted on the Sport for Life bulletin board (upstairs in the grades 7/8 hallway), on our school's website, and will be sent via email each month. Any updates to the schedule will be updated on Google Classroom. **Please check this regularly!**

In addition to the typical weekly schedule, we attend 2-3 full day trips throughout the year. These dates will be provided in the monthly calendar that will be posted and sent via email.

ON ICE GROUPINGS

PATRIOTS SPORT FOR LIFE PROGRAM GROUPINGS:

Parents are often curious about how the groupings for the Sport for Life Program are arranged. Here is a description of each. Due to the prevalence of hockey/ringette as a primary sport for our students there is an emphasis on these activities for the elite and competitive group. If another primary sport reached a number of students equal to our hockey/ringette numbers, programming would be changed to accommodate the grouping.

STREAMS:

1. **ELITE:** Striving for an elite edge, students will participate in rigorous practice and training to become high level athletes. On-ice instruction will focus on advanced skills. Students will also be exposed to a variety of activities to develop as well rounded athletes.
2. **COMPETITIVE:** Striving for a competitive edge, students will participate in practice and training to improve skills and abilities. On-ice instruction will focus on improving skills. Students will also be exposed to a variety of activities to develop as well rounded athletes.
3. **RECREATIONAL:** Discover your athletic abilities. Students will participate in a variety of activities that explore physical activity. On-ice instruction will focus on basic skills and be reduced in frequency (**1-2 times per semester**). Emphasis on life-long learning and training.

EVALUATION FOR GROUPING:

Students are asked to self-group for their initial on-ice practice. On-ice instructors then make recommendations to students to stay or adjust the grouping. Maximum numbers in each group cannot be exceeded.

Adjustments in groupings occasionally occur during the year due to a variety of circumstances. These are dealt with on the merits of each circumstance.

BEHAVIOR POLICY

We will be using a Behavior Tracking Policy for students not meeting our expectations. At this age level we understand students will occasionally make poor choices, however, our goal is to help our students recognize these “teachable moments” so that they have the opportunity to correct and improve their behavior. If a student continues to repeatedly demonstrate the inability to follow and meet expectations, they will be removed from off-school grounds activities and we will contact the parent(s) to discuss a plan to move forward in the program. Upon completion of this plan, he/she will resume all activities but will be required to meet all expectations immediately, meaning another failure to meet expectations will result in removal from off-school grounds activities and a parent meeting to discuss possible removal from the program entirely. Students will be informed each time he/she receives a notice on their record and we will discuss the issue with them at that time.

It is our goal that all students participate in all activities that are planned throughout the school year, and due to the large number of students in our program and the varied activities planned, it is important that all students come prepared for their scheduled activities on that given day. Any equipment required for any activity will be clearly stated in Google Classroom. Students who fail to come prepared will, as a natural consequence, be required to sit out that activity instead of joining a different group for the day as many facilities require a defined amount of students and to be prepared ahead of time.

As Sports for Life teachers, we want to emphasize student responsibility and positive behaviour. The vast majority of students will do an awesome job and we are encouraged by the growth we have seen in many students throughout the years. If you have any questions or concerns, please contact us.

CLOTHING

Each student will be receiving their clothing once it arrives, usually sometime after Fall Break before Christmas. This kit includes a t-shirt, hoodie, and bottoms. Furthermore, students will receive a Patriots bag to carry their clothing and shoes to activities.

Students are expected to change into appropriate clothing during every activity. Failure to wear appropriate Sport for Life Program and athletic clothing results in a recording in our behavior plan.

Sweatpants/Leggings: Students are allowed to wear their own athletic sweatpants or leggings if they desire. We ask that these alternate pants are an appropriate color to match our attire. Pants are required if we are travelling by bus during the cold months. Please ensure that your child comes prepared and dressed for the weather!

Due to all students having the same program clothing, it is very important to label it. You may wish to write your child’s name on the shirt tag or local businesses are available to add a name to the clothing if you wish to pay for the service.