

ST. JOHN PAUL II
SPORT FOR LIFE



STUDENT/PARENT
HANDBOOK
2025-2026

WELCOME TO THE PATRIOTS SPORT FOR LIFE PROGRAM

Dear Parents and Guardians,

Welcome to the 2025-26 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 many waivers attached to this booklet. This will cover the majority of activities we will be attending throughout the year. However, additional waivers may be needed throughout the year, so please be prepared to complete those later as well. Please complete the attached waivers by September 29. **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.**

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

Yours in Sport,

Natalie Earle, Roxanne Riess, Rhianna Zazula

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: **p7qcsbbc**
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.
3. Any questions regarding grade 7 students can be directed to Natalie Earle. Questions regarding grade 8 students can be directed to Rhianna Zazula.

Teacher Emails:

- ★ Natalie Earle: nataliee@eics.ab.ca
- ★ Roxanne Riess: roxanne.riess@eics.ab.ca
- ★ Rhianna Zazula: rhianna.zazula@eics.ab.ca

School Phone Number: 780-992-0889

SCHEDULING

Typical Weekly Schedule:

Tuesday: Periods 1-4 (8:25-11:22) *On-ice begins in October*

Thursday: Periods 3-4 (9:58-11:22)

***Note 1:** Your child will have Sport for Life as their CTF course on **Tuesday and Thursday**.

***Note 2:** Some activities will require students to arrive back at the school during the lunch break. Students will be given time to eat their lunch after returning to school. **We recommend that students have a filling breakfast and bring a snack along during Tuesday 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. 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 Sport 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 receive their clothing at the start of September. This includes a t-shirt and hoodie. **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 and appropriate shoes 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.

St. John Paul II Sport for Life Code of Conduct

At St. John Paul II Catholic School, *Sport for Life* is more than just physical activity—it is an opportunity to grow in body, mind, and spirit. Rooted in our Catholic values, we strive to build a culture of respect, responsibility, and community, both in school and out in the world. Participation in Sport for Life is a privilege and comes with high expectations. This Code of Conduct outlines what is required of all students in order to maintain a safe, respectful, and Christ-centered environment. Failure to meet these expectations may result in removal from the program and placement in other options at the discretion of the Sport for Life Coordinator and Administration.

Strike Policy

In order to ensure that our program runs smoothly and successfully, and that students are meeting our high expectations, there is a **three-strike system** in place. **Strikes may be issued for:**

- Improper or disrespectful behaviour (in class, at activities, or on the bus)
- Failure to wear proper gear
- Not following bus or facility rules
- Disrespecting instructors or staff
- Failure to submit a required waiver on time
- Violation of any of our values and expected behaviors on this contract

After **three strikes**, students may be removed from the program at the discretion of the S4L Coordinator, in consultation with school administration. Students will be placed in alternate options and fees will be prorated if this step is required.

Faith in Action

- Students will reflect the values of the Gospel, including respect, humility, kindness, perseverance, and teamwork.
- Students will treat peers, instructors, coaches, officials, supervisors, and community members with dignity and fairness.
- Students will represent St. John Paul II Catholic School positively, both in and out of the building.

Dress Code and Preparedness

On **Tuesdays and Thursdays**, students will:

- Change into their **Sport for Life hoodie or t-shirt**
- Wear suitable **athletic clothing** (e.g., shorts or sweatpants)
- Bring and wear **clean indoor running shoes** (separate from school footwear)

Failure to wear the proper gear will result in a **strike**.

Participation Requirements

- Full participation is expected in all Sport for Life classes and activities.
- The only acceptable reason for non-participation is a **dated parental note** submitted to the group leader on the same day or in advance of the day.
- If a student is excused from **three or more Sport for Life activities**, a meeting will be scheduled between the S4L Coordinator and the student's parent(s)/guardian(s) to determine continued program suitability
- A student simply opting not to participate will result in a **strike**.

Behaviour and Respect

- Students will demonstrate respect for all facilities, instructors, equipment, and environments visited or used.
- Students will maintain behaviour that reflects Catholic values—demonstrating cooperation, courtesy, and self-discipline.
- Disrespectful or inappropriate behaviour in class, during activities, or on trips, as determined by teachers or instructors, will result in a **strike**.

Waiver Submission

- Waivers for off-site activities must be **signed and submitted no later than one week prior** to the scheduled activity, unless an alternate deadline is provided by the Sport for Life Coordinator.
- Failure to submit a waiver on time will result in the student being ineligible to participate and will result in a **strike**.

Technology Policy

- Cell phones and AirPods are **not permitted** during Sport for Life classes or activities.
- On trips **outside Fort Saskatchewan**, phones may be used **on the bus only**, and must be put away immediately upon arrival at the activity site.
- Any violation of these expectations, or of school-based PCD rules and appropriate use agreements will result in a strike and further disciplinary conversations at the school level.

Bus Expectations

Students will:

- **Refrain from bringing food or drinks** on the bus (except water bottles)
- Keep the bus tidy by **removing all garbage**
- **Leave backpacks** at school or in designated areas (only shoes and water bottles may be brought)
- Remain seated and follow all directions from staff and drivers respectfully