



2016 Off To A Fast Start



It's hard to believe that it is already March and Spring Break is just around the corner.

The "winter" months at Vimy Sport Fit have been jam-packed with lots of different activities and events.

AAD had its second assembly of the year. Students were placed into their houses and went out into the community to volunteer their time. Vimy students showed amazing character and respect towards their community.

On the activity side, the mild winter provided an interesting few months but all students were able to enjoy a few days on the ski hill at Edmonton Ski Club as well as using Vimy's new set of cross-country skis.

Indoor activities were also in full swing. Students learnt the basics of Muay Thai Kickboxing, were in the pool playing inner-tube water polo, and getting their pump on at Prime Fitness and Two Sisters Yoga.

The last few months are shaping up to be exciting at Vimy!

Program Director
Stephen Armitage
Ph: 780-465-546 ext 180
Fax: 780-469-1198
stephen.armitage@epsb.ca

Vimy Ridge Academy
8205 90ave
Edmonton Alberta
T6C 1N8

Important Dates

- ◆ March 19 to April 3 - Spring Break
- ◆ April 18 -No School
- ◆ April 21—Parent/Teacher Conferences
- ◆ May 6th -No School
- ◆ May 12—Vimy Track Meet
- ◆ May 19 to 23—May Long Weekend No School

Program and School Notes

- **Absences:** Please let the main office know if your child is going to be away, also a quick email or message to their Sport Fit teacher & Mr. Armitage would be greatly appreciated.
- **ELO:** If your son or daughter has homework/assignment they

need to complete during Sport Fit, please make sure you send a note/email to their teacher and to Mr Armitage outlining what needs to be completed.

- **Inside/Outside Clothing:** As we move into spring please make sure students have appropriate clothing for their

activities, whether they are outside or inside. Two pairs of shoes, one for inside activities and one for outside activities are extremely helpful, especially for our custodial staff.

- **Shadow Days & Registration:** We are still accepting shadow requests & registrations





Feature Staff - Karen Fedun

Ms. Fedun was born and raised in Edmonton. She graduated from University of Alberta from the Faculty of Education in 1995 and started teaching with the Edmonton Public School Board that same year. Ms. Fedun has taught many junior high subjects including Physical Education, Health, Fitness, Leadership, Outdoor Education, Math, Science and Social Studies. She has enjoyed coaching soccer, volleyball, basketball, team handball, badminton and track and field. After ten years with the district, Ms. Fedun decided to be a stay home mother for seven years before returning to teaching.

Last year, she taught part-time and substituted. Ms. Fedun is very happy to be a part of the Vimy Ridge faculty. She is teaching Sport Fit 7 and enjoys creating a positive learning experience for all of her students. Teaching has always been a passion for Ms. Fedun. She consistently encourages her students to try their best, develop a sense of character, set goals to challenge themselves and become self-learners.



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***"Math plus movement
equals better learning
for kids"***

***Active for Life ex-
plains how physical
activity paired school
work can lead to high-
er academic scores.***

***Read more on their
webpage***

Student-Athlete - Hunter and Madison

Hunter and Madison are two Vimy Sport Fit grade 8 student-athletes who first came to Vimy in Grade 7. Since then, they have embodied what it truly means to be a Vimy Sport Fit student-athlete and have become great friends at the same time.

Both Madison and Hunter are honour roll student-athletes and both demonstrate great CORE values. The girls just completed a their first season on the Junior Girls Basketball team, helping their squad to achieve a very successful season. Not only were Madi and Hunter teammates on the hard court, they were also teammates on the ski hill where they helped their zone win a bronze medal at the Alberta Winter Games in the team slalom event.

Congratulations to you both!

Vimy Sport Fit High School Bike/Hike Trip

In 2014 Vimy Sport Fit offered its High School students the opportunity to go on a over night camping and biking trip to Jasper National Park. Twenty four students went on the trip and came away with an amazing experience!

Vimy Sport Fit has decided to offer High school students the same opportunity again this year. Stayed tuned for more information about the trip in the weeks to come or visit Mr. Armitage in the AAD office.