



## Welcome to Vimy Sport Fit 2015-16!



Welcome back to another fun filled year at Vimy Ridge and the Sport Fit program! The classes have already been up to a ton of activities.

The grade 7 and 8s have had a chance to explore the Edmonton River Valley

on their bikes and learn to canoe with the City of Edmonton River Valley Programs.

The Grade 9s started the year by going to Camp Nakamun for an overnight camp trip. The students had the opportunity to go horseback rid-

ing, canoeing, stand up paddle boarding, zip lining and riding the King-Swing.

The high school Sport Fit program was busy this fall going to gymnastics and then competing in the first ever Ed-MUDton run. The run was a 5 kilometer race that involved students crossing creeks, maneuvering over and under obstacles and finishing with a dash through a mud pit!

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### Important Dates

- ◆ Nov 10th – Remembrance Day Ceremony
- ◆ Nov 11-15th - Remembrance Day Long Week-end No School
- ◆ Nov 16th—AAD Assembly
- ◆ Nov 19th - Parent/Teacher Conferences
- ◆ Dec 18th - Last Day before Winter Break

## 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 or to 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.

- **CLOTHING:** Please make sure students have appropriate dress for their activities, whether

they are outside or inside. This is even more important as we move into the colder months and we will continue to do activities outside.

- **Waivers:** Can be found on your AAD account. Activities that require a waiver will have "waiver" beside it on the schedule.





## Feature Staff - Jason Schweizer

Mr. Schweizer has been a teacher with Edmonton Public since 2008, his first year at Vimy was 2013. Mr. Schweizer is originally from BC, but was brought out east to attend the University of Alberta.

Growing up in the wilderness, he spent much of his youth hiking, camping, hunting and fishing. In school he played on various sports teams and other extracurricular activities.

Mr. Schweizer fills up his spare time with all sorts of endeavors: badminton, biking, slow-pitch, volleyball, guitar, reading, home improvement, and virtually anything that he finds interesting, which is most things.

Mr. Schweizer is excited to be part of this school and looks forward to getting to know his students and colleagues better.



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***"We believe in physical literacy because we believe that every young person should feel confidence and self-assurance to move with their bodies"***

***Boys and Girls Club of America***

## Featured Student-Athlete - Erika Hurl

Erika Hurl is one of the longest attending student athletes of the Sport Fit program. She started in Grade 5 as it provided her an opportunity to participate in all her favorite activities and try new ones she had never done before. Through out junior high and now senior high Vimy and Donnan Sport Fit has provided Erika with the perfect balance between academics and athletics. Erika is consistently one of the top students in her grade and is heavily involved in Vimy's leadership program. Last year Erika was the Senior High Activities Director and will be representing Vimy Ridge at CSLC this year in Halifax.

Outside of school Erika is an accomplished dancer both as a performer and teacher, Erika has even performed with her Dance group on three different cruises. She also loves to travel and spent the Summer of 2014 in France as part of a french exchange program.

Congratulations to Erika on being Vimy Sport Fit's featured Student Athlete.

## Active for Life and Physical Literacy

This article on the Active for Life website outlines the importance of Physical Literacy in life.

<http://activeforlife.com/adults-struggle-without-physical-literacy/>

Physical Literacy has become a hot button issue with parents, educators and coaches as of late. The Active for life website is a great resource for activities, articles and information in regards to Physical Literacy .

Sport Fit is an advocate of the Active for Life Physical Literacy model and we strive to provide each student with quality physical activity and movement each day in the program.