

September 17, 2025

Hi! My name is Eric Hamilton, and I will be your child's Physical Education teacher this year. I want to share some important information on start-up for PE and Extra-curricular programming at ECS. Thank you for taking the time to read the information at such a busy time of the year.



The PE team at ECS think big! Our goal while teaching is to provide an environment in which students acquire the social, spiritual, mental, and physical skills needed to be active for life. As I'm sure you have noticed with your child, the adolescent brain is under massive reconstruction! As a result, middle school programming needs to support this unique and important period of development. Below (page 1) are the most critical details to beginning the year in PE. Extra-curricular programming details can be found on page 2.

Physical Education: We believe PE classes need to be a safe place to take appropriate risks. To do that, we work with students to be ok with their own failure and support their classmates while they do the same. Being comfortable with failure in front of your peers can be extremely challenging. To support each student's individual journey, our program allows for students to choose their activity for a portion of most PE classes. If your child feels overwhelmed, please check in and we can set up a time for a conversation to understand the issue and work toward a solution.



Runners: Wearing proper runners supports your child's meaningful engagement in Physical Education. Runners allow students to move comfortably, quickly, and safely during activities, helping them do their best work. *Please note: the footwear pictured here is no longer acceptable for PE.*



NEW: 3-Strike Runner Plan

If a student comes to PE without runners, we will follow a 3-strike policy (which resets each term):

1. Gentle reminder.
2. Reminder note sent home.
3. Borrowing runners and/or a phone call home to plan next steps.

If a student continues to come unprepared after these steps, they may be required to sit out of class. We understand that there may be **logistical, financial, social/emotional, or medical reasons** a student may not have runners. In these cases, after conversation with families and students, I will use my professional judgment to decide next steps and ensure every child can participate as fully as possible.



NEW: Comfy Kit: At ECS, changing clothing for PE is optional. On PE days, students should wear clothing they feel comfortable being active in. Since outdoor education is a major part of our PE program, we spend most of our time outside during September, October, February, April, May, and June. Outdoor learning works best when students are flexible and prepared! To help with this, each student needs to bring a small bag of extra clothing to leave in their locker. We call this their **Comfy Kit**. Winnipeg weather is unpredictable, and being ready makes a big difference. Click here to see our [extreme weather procedures](#) & details of what should be included in a comfy kit.



Special Activities: We will leave school grounds in regular PE classes during three different units throughout the school year. Pembina Trails policy requires parent permission to be provided through a website called Permission Click. Stay tuned for more information.

- December: Ice Activities at Eric Coy Arena
- February: Outdoor Activities & Curling at the Charleswood Curling Club
- June: Wheels in the Charleswood Community at the Charleswood Skatepark



Extra-Curricular Activities: Athletes in Grades 6, 7 & 8 have flexible opportunities based on your current skills, your availability, and your willingness to invest in improving. Relax, you won't be cut from a team at ECS! Tryouts exist for Volleyball, Basketball & Badminton so that we can group you with teammates of a similar ability. Seasons typically last 4-10 weeks with practice times before school, at lunch and after school. An athlete startup meeting will occur before every activity begins to share more detailed information regarding the upcoming season.

Activity	Start	End
Cross-Country	September	October
Volleyball	September	November
Fall Ultimate	September	October
Basketball	December	March
Indoor Track	January	March
Badminton	March	April
Outdoor Track	April	June
Running Club	April	June
Spring Ultimate	April	June

How to Know: We use a couple different tools to communicate throughout the school year.

1. An Edsby group called: "Gr. 6-8 Start-up: Athletics @ Ecole Charleswood School" is now open for you to join in the "My Groups" panel of Edsby. Throughout the school year, important information will be posted here at the beginning of each season such as start-up meeting dates, first practice, handouts and permission forms. Look for the icon pictured to the right.
2. The Athletics Calendar will contain all practices and games for all extra-curricular activities. You can access the calendar by [click here](#) or looking for the icon pictured to the right on the main ECS webpage.
3. [ECS Webpage > Extra-Curricular > Athletics](#): all permission form links are posted here.



Please do not hesitate to send me an email or message me on Edsby if you have any questions about Phys Ed or athletics.

Thanks for reading!

Your PE teacher:
Eric Hamilton
ehamilton@pembinatrails.ca

Classes:

- 6-4, 6-5 & 6-6
- 7-4 & 7-5
- 8-4, 8-5 & 8-6

[charleswoodphysed](#)