



École Charleswood School

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www.pembinatrails.ca/charleswood

Dear parents/guardians,

Welcome to the 2025-2026 school year! My name is Kirsten Priestley, 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 athletic programming at ÉCS. Thank you for taking the time to read the information at such a busy time of the year.



The PE team at ÉCS thinks 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. I aspire to help my students find joy in movement, growing as kind, competent and healthy people. In our PE program, students try a variety of sports and activities, discovering a way they love to be active.



Changing & Footwear At ECS, changing clothing for PE is optional. On days that your child has PE (day 2,4,6) they should wear clothing they feel comfortable being active in. We ask that students come to PE prepared for activity with runners that allow them to move quickly and safely. (While I love Birkenstocks and Crocs, please don't wear them for PE 😊)



Outdoor PE Info Outdoor education is a big part of Physical Education at École Charleswood School. We will spend most of Phys. Ed. time outside for the months of September, October, February, April, May and June. Outdoor education is the most successful when we are flexible and prepared! Please click [here](#) to view more information on outdoor PE.

Special Activities The PE Team is planning some activities off school grounds that will occur during regular PE classes. Stay tuned for a permission click for the following activities.

Permission

- Ice Activities at Eric Coy Arena in December
- Curling at the Charleswood Curling Club and Winter Activities in the Charleswood Community
- Wheels in the Charleswood Community in June

Extra-Curricular Activities

The first activity for Grade 5-8 students is Cross-Country Running. Volleyball also starts quickly for Grade 6, 7 & 8 students. Here are important dates for start-up:

- Grade 5-8: Cross-Country Athlete Startup Meeting
 - 11:50am-12:00pm in the gym on Friday September 5
- Grade 6-8: Volleyball Athlete Startup Meeting
 - 12:00pm-12:15pm in the gym on Friday September 5
 - Tryouts start Monday September 8



Grade 5 Athletics

Grade five athletic programming is designed to provide athletes with the repetitions and confidence they will need to continue being excited to play as they get older. Practices will consistently occur Mondays and Wednesdays 12:10pm-12:50pm to allow our younger students to attend as many practices as possible. Athletes are encouraged to attend activities that make them a little uncomfortable. This is where the magic happens! However, athletes can pick and choose and attend their preferred activities. We will be holding Grade 5 athletics meeting on September 5. During this meeting, students will receive important information about the extra-curricular athletic programs available throughout the year.

September	October & November	December	January & February	February & March	April & May
Cross Country Running	Flag Football	Yoga	Badminton?	Soccer?	Outdoor Track & Field

Grade 6-8 Athletics

Athletes in Grades 6, 7 & 8 continue their development with flexible opportunities based on their current skills, their availability, and their willingness to invest in improving. Athletes won't be cut from a team at ÉCS! Tryouts exist for Volleyball, Basketball & Badminton so that we can group athletes with teammates of a similar ability. Seasons typically last 4-10 weeks with practice times being flexible. 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

Possible Practice Times
7:15 – 8:30 AM
11:50 AM -12:55 PM
3:30-5:00 PM
5:00-6:30 PM

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

Looking forward to a great year!

Kirsten Priestley

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