



# École Charleswood School

505 Oakdale Dr. | Winnipeg, MB R3R 0Z9 | 204.889.9332

[www.pembinatrails.ca/charleswood](http://www.pembinatrails.ca/charleswood)

September 5, 2025

Dear ECS Families,

Welcome to Grade 5 Athletics at École Charleswood School!

We're excited to offer your child the opportunity to explore sports and physical activity beyond regular Physical Education classes. Whether this is your child's first time participating in extra-curricular athletics or they've played on multiple teams before, they are welcome here!

Our goal is to provide a program that supports students at all stages of athletic development and helps them build the skills and confidence to stay active for life. Through practices and mini-tournaments, students will enjoy the benefits of being part of a team, build school spirit, and develop in a positive and supportive community.

We have held a grade five start-up meeting and shared the following information with your child. We discussed how they can bring our school values of connect, inspire, and persevere to life by participating in athletics. The next few paragraphs are written in student first language so that we were able to read them out loud together. 😊

**Connect:** The easiest way I can connect is to show up to practices. It's hard to remember when I have practice. It's hard to come when the activity isn't my favorite! It's hard to come when I'm think I'm not good enough. It's hard to come when my friends don't want to. Athletes who connect come to practice despite all the challenges. I can invite my friends to join me at practice—but if they don't, I'll catch up with them later. Real friends stay friends, even if we miss one lunch together. I might make a new friend or discover something I enjoy. Even if I don't, at least I tried—and that's what connecting is all about.

**Inspire:** I can get better, but only if I believe I can. Changing how my body, brain and spirit handle failure takes time & reps. I'm ready! I can show others what it means to put the work in. I can do my part by encouraging others to do the same. During practices and tournaments there will be times to co-operate and compete. I can switch between co-operating and competing because I know that both are important at different times. I also know we need everyone for the learning and the fun to happen.

**Persevere:** Skills are built when I absolutely go for it! I don't care how terrible it looks or what anyone thinks about it. I keep grinding even when it feels impossible. I know my teammates need to grind too...so I stay patient. They are on their own path. They need my support so they can have the confidence to get through the failure before the success happens! We need each other to create the vibes where perseverance can grow and flourish.



**Schedules:** Pembina Trails Athletic Conference (PTAC) organizes divisional athletics for grade fives throughout the year. Below is a table of our tentative grade five athletic programming. For a detailed schedule, please go to our ÉCS website and click on the Athletics Calendar icon or scan the QR code provided. The athletic calendar will be updated as we receive more information from PTAC. Your child can participate in all activities or choose the ones they are most interested in. There is no sign-up required to attend practice, however permission is required for each tournament

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

**Practices:** Grade five practices will be Mondays and Wednesday at lunch. Students will eat first and then come to the gym 12:10-12:50 p.m. for practice. To be eligible to participate in meets & tournaments, students should demonstrate commitment by attending a minimum of 50% of practices. We understand and support students when they have a direct conflict. If there is a day that your child cannot attend, it is important that they speak to their coach Mme Priestley or Mme Davis prior to being absent. If students are sick or injured, they are excused from practice. Check in with your coach if you've been sick or hurt. Practices will be cancelled on PD, administration, or holidays. If students are not at school, there is no practice.

**Meets & Tournaments:** At the end of each sport season, there will be an opportunity to play with other schools in a competitive, positive, and inclusive environment. As mentioned above, 50% attendance at practice is required to attend. Permission is required for each individual meet & tournament using Permission Click. Information will be provided at the start of each sport season via Edsby (see below).

**Edsby:** Communication between coach, athlete and families is critical for a successful season. An Edsby group called: "Grade 5 Athletics" is now open for you to join in the "My Groups" panel of Edsby. **Every athlete and one other family member should join the group.** It is especially important to access Edsby when preparing and planning for the monthly meet & tournament.

**Inclusive:** All athletes are valued, accepted and wanted at École Charleswood School & Pembina Trails School Division. Each athlete can choose where they want to play and expect to be welcomed and supported.

**Awards:** After each season, coaches will recognize an athlete who has demonstrated excellence in connect, inspire or persevere. At the end of each school year athletes who attend grade five practices will receive a participation certificate. In June, Coaches will also select athletes for the Most Valuable Athlete Award. The Most Valuable Athlete Award is given to an athlete that brings our values connect, inspire & persevere to life in their actions and behaviours during extra-curricular sport throughout the school year.

Questions? Please contact Mme Priestley on Edsby or by email [kpriestley@pembinatrails.ca](mailto:kpriestley@pembinatrails.ca).

Looking forward to a great year!

Kirsten Priestley & Amanda Davis  
Grade 5 Athletics Convenors & Coaches

charleswoodphysed