



# École Charleswood School

505 Oakdale Dr. | Winnipeg, MB R3R 0Z9 | 204.889.9332  
[www.pembinatrails.ca/charleswood](http://www.pembinatrails.ca/charleswood)

February 3, 2026

Dear ECS Families,

**Our Outdoor Winter Unit in Physical Education will start on the afternoon of Feb 6!**

Please click here to provide permission: <https://permission.click/B13EE/ca>

## Benefits of Outdoor Activity

We know that outdoor play offers profound, holistic benefits for children's physical, mental, and social well-being. For this reason, it is imperative that we get outside and play year-round—even in winter. In a city like Winnipeg, embracing outdoor play in all seasons helps children build resilience, confidence, and a lifelong love of movement.

## Outdoor Activities & What to Bring

Starting in the afternoon of February 6, PE classes will take place either outdoors or at the Charleswood Curling Club. Outdoor activity choices include: cross-country skiing, snowshoeing, broomball, "street" hockey, tobogganing, curling, fort building and anything else creative we can come up with. The following page provides detailed information on what clothing is **required & suggested clothing**.

## Hamilton Specific PE Plan\*

Feb 6	Curling	85, 76 & 74
Feb 9	Outside	Gr. 6
Feb 10	Outside	Gr 7 & 8
Feb 11	Curling	Gr. 6
Feb 12	Outside	Gr 7 & 8
Feb 17	Outside	Gr 7 & 8
Feb 18	Curling	Gr. 6
Feb 19	Outside	Gr. 7 & 8

Feb 20	Curling	Gr. 6
Feb 23	Outside	Gr. 7 & 8
Feb 24	Outside	Gr. 6
Feb 25	Outside	75 , 86 & 84
Feb 25	Curling	85, 76 & 74
Feb 26	No PE – Festival Du Voyageur	
Feb 27	Outside	85, 76 & 74
Feb 27	Curling	75, 86 & 84

\*All PE classes curl at least twice (75, 84 & 86 received a class in January)

## ECS Outdoor PE: Cold Weather Plan

On the following page you will see our Outdoor PE Cold Weather Plan. This plan communicates how windchill will affect how we deliver programming.

Thank you for your support in these activities! Please let me know if you have any questions.

Eric Hamilton  
[ehamilton@pembinatrails.ca](mailto:ehamilton@pembinatrails.ca)

# ECS Outdoor PE: Cold Weather Plan

Windchill	Plan	Phys Ed Teacher Responsibilities	Student Responsibilities	Family Responsibilities
0 to -27°C	Everyone outside	<p>Provide extra mitts &amp; scarves</p> <p>Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety</p> <p>Outside with everyone for the duration of the class (no warm-up breaks)</p>	<p>Required Items</p> <ul style="list-style-type: none"> <li>-Jacket</li> <li>-Toque or hood</li> <li>-Mitts/gloves</li> </ul> <p>Suggested Items</p> <ul style="list-style-type: none"> <li>-Multiple layers</li> <li>-Snow boots</li> <li>-Face covering</li> </ul> <p>Borrow required clothing if necessary</p>	<p>Receive information from PE teacher prior to outdoor unit</p> <p>Ensure child has required clothing at school</p> <p>Stock <i>Comfy Kit</i> with layers, extra socks, boots, ski pants</p>
-28 to -39°C	Some inside  Polar Bear Club option to go outside	<p>Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety</p> <p>Outside with Polar Bear PE</p> <p>Check in with students at 10-15min intervals</p>	<p>Choose to go outside on a class-by-class basis</p> <p>Can go inside at any time</p> <p>Required Clothing</p> <ul style="list-style-type: none"> <li>-Insulated jacket</li> <li>-Snow pants</li> <li>-Multiple layers</li> <li>-Snow boots</li> <li>-Warm toque/hat</li> <li>-Face covering</li> <li>-Mitts/gloves</li> </ul>	<p>Consent is required to go outside (Polar Bear Club)</p> <p>Ensure child has required clothing at school</p> <p>Stock <i>Comfy Kit</i> with layers, extra socks, boots, ski pants</p>
-40°C	Everyone inside		Regular indoor instruction	

We believe flexible and creative programming is an important part of a quality Physical Education program. This is true both indoors and outdoors. Students at risk should speak to their Phys Ed teacher about creative programming options. Our goal is to balance wellness and resilience. We will meet our students where they are each day.

## Curling

### Mandatory

CLEAN indoor runners

- In order to protect the ice, runners must be completely clean, no dust, rocks, mud etc.
- Runners that do not meet this criteria should be cleaned prior to PE classes with a cloth or dish brush.

### Optional

Gripper, broom, CSA helmet, sweater/jacket