



# École Charleswood School

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Dear parents/guardians,

Welcome to the 2025-2026 school year! My name is Chris Howell, and I will be your child's Physical Education teacher this year. Having once been a student here, I'm excited to provide the excellent physical education that I once received. 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. 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.

## 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 making mistakes and supporting their classmates in doing the same. This can be extremely challenging to support each student's individual journey, our program allows for some student choice during 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.



**Changing** At ECS, changing clothing for PE is optional. On days that your child has PE they should wear clothing they feel comfortable being active in. We ask that students come to PE prepared for activity with runners (no Crocs) that allow them to move quickly and safely.

*Permission* **CLICK** **Special Activities** The PE Team is planning some activities off school grounds that will occur during regular PE classes. We will be sending a permission form for these activities through a website called PermissionClick. Stay tuned for an email invite to all activities.

- 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 Athletics** The information below is a brief overview of the extra-curricular program for 2025-2026. Information will be sent out for each season prior to them starting, expect information for Cross Country and Volleyball in the coming days.



### Grade 5 Athletics

Grade five athletics is designed to provide athletes with repetitions and the confidence they will need to continue being excited to play as they get older. Practices will consistently occur Mondays and Wednesdays 12:10-12:50 PM 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 magic happens! However, athletes can pick and choose and attend their preferred activities.

September	October & November	December	January & February	February & March	April & May
Cross Country Running	TBD Activity Organized by PTAC	Yoga	Badminton	TBD Activity Organized by PTAC	Outdoor Track & Field

### Grade 6-8 Athletics

Activity	Start	End
Cross-Country	September	October
Volleyball	September	November
Fall Ultimate	September	October
Basketball	December	March
Indoor Track	December	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

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Athletes in Grades 6, 7 & 8 continue their development with 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 being flexible. An athlete startup meeting will occur before every activity begins to share more detailed information regarding the upcoming season.

The best way to access accurate scheduling information for games, practices, tryouts, competitions and team meetings is on the [Athletics Calendar](#) found on the ECS website.

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

Looking forward to a great year!

Chris Howell

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