



# École Charleswood School

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

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

Dear Parents/ Guardians,

## Our winter activities unit in Physical Education is starting soon.

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.

Starting February 9, PE classes will take place either outdoors or at the Charleswood Curling Club. During this time, we will be participating in winter activities such as cross-country skiing, snowshoeing, broomball, "street" hockey, tobogganing, curling, fort building and anything else creative we can come up with. 😊

## Schedule

	Grade 5	Grade 6
Feb 9 & 11	Cross-country skiing	Cross-country skiing
Feb 18 & 20	Choose your own adventure	Winter Play
Feb 24	Winter play	Choose your own adventure
Mar 4 & 6	Curling	Curling

## 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.

## ECS Polar Bear Club

We believe that numerous factors beyond temperature and wind chill (appropriate dress, shelter, physical activity) affect our comfort and safety outdoors in colder weather and it is important for students to have the opportunity to learn about these factors while at school. If you would like to give your child permission to join ECS Polar Bear Club and participate in outdoor PE when the temperature is colder than  $-27^{\circ}\text{C}$  with the windchill, please follow this link.

[2025-26 Winter Activities - Polar Bear Club – Fill out form](#)

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

Mme Priestley

[kpriestley@pembinatrails.a](mailto:kpriestley@pembinatrails.a)

# ECS Outdoor PE: Cold Weather Plan

Windchill	Plan	Phys Ed Teacher Responsibilities	Student Responsibilities	Family Responsibilities
0 to -27°C	Everyone outside	Provide extra mitts & scarves  Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety  Outside with everyone for the duration of the class (no warm-up breaks)	Required Items -Jacket -Toque or hood -Mitts/gloves  Suggested Items -Multiple layers -Snow boots -Face covering  Borrow required clothing if necessary	Receive information from PE teacher prior to outdoor unit  Ensure child has required clothing at school  Stock <i>Comfy Kit</i> with layers, extra socks, boots, ski pants
-28 to -39°C	Some inside  Polar Bear Club option to go outside	Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety  Outside with Polar Bear PE  Check in with students at 10-15min intervals	Choose to go outside on a class-by-class basis  Can go inside at any time  Required Clothing -Insulated jacket -Snow pants -Multiple layers -Snow boots -Warm toque/hat -Face covering -Mitts/gloves	Consent is required to go outside (Polar Bear Club)  Ensure child has required clothing at school  Stock <i>Comfy Kit</i> with layers, extra socks, boots, ski pants
-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 criterion should be cleaned prior to PE classes with a cloth or dish brush.

### Optional

Gripper, broom, CSA helmet, sweater/jacket