

École Charleswood School

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www.pembinatrails.ca/charleswood

September 14, 2026

Hi! My name is Eric Hamilton, and I will be your child's Physical Education teacher this year. I want to share some important start-up information for PE and Extra-curricular programming at ECS. Thank you for taking the time to read it during such a busy time of year.



The PE team at ECS thinks big! Our goal is to help students develop the social, spiritual, mental, and physical skills needed to be active for life. The adolescent brain is under massive reconstruction, and middle school programming needs to support this unique stage of development. **Page 1 includes the most important PE start-up information, with anything new or different from last year highlighted in yellow. Extra-curricular information is on page 2.**

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 their own failure and support their classmates while they do the same. Being comfortable with failure in front of your peers can be extremely challenging. To support each student's individual journey, our program allows for students to choose their activity for 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.

IN & OUT - Being Ready for PE: Outdoor learning has always been an important part of PE at École Charleswood School. This year, being prepared for outdoor PE is even more important. As our school grows, three PE classes are almost always scheduled at the same time. Two classes will have access to the gym (**IN**), while one class will not (**OUT**). **During an OUT block, we do not have the gym as a backup and should expect to learn outside unless our extreme weather procedures require a change.** We will continue to use outdoor spaces during IN blocks as well, but on those days the gym remains available when needed.



Our scheduled OUT blocks are: Sept. 28–Oct. 23, Feb. 8–26, and Apr. 12–May 7.



Runners: Athletic runners are essential for PE. If a student comes to class without runners, we follow a **3-Strike Runner Plan** that resets each term:

1. Gentle reminder.
2. Reminder note sent home.
3. Borrowing runners and/or a phone call home to plan next steps.

If a student continues to come unprepared after these steps, they may be required to sit out of class. We understand there may be **logistical, financial, social/emotional, or medical reasons** a student is not prepared. After conversation with the student and family, I will use my professional judgment to determine next steps and help them participate as fully as possible.



Comfy Kit: At ECS, changing clothing for PE is optional. Students should wear clothing they feel comfortable being active in. To be prepared for OUT classes and changing Winnipeg weather, each student should keep a small bag of extra clothing in their locker called a **Comfy Kit**. Click here to see our [extreme weather procedures](#) and details of what should be included.



Special Activities: We will leave school grounds in regular PE classes during three different units throughout the school year. Pembina Trails policy requires parent permission to be provided through a website called Permission Click. Stay tuned for more information.

- December: Ice Activities at Eric Coy Arena
- February: Outdoor Activities & Curling at the Charleswood Curling Club
- June: Wheels in the Charleswood Community



Extra-Curricular Activities: Athletes in Grades 6, 7 & 8 have 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 before school, at lunch and after school. 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
Badminton	March	April
Outdoor Track	April	June
Running Club	April	June
Spring Ultimate	April	June

How to Know: We use a couple different tools to communicate throughout the school year.

1. An Edsby group called: "Gr. 6-8 Start-up: Athletics @ Ecole Charleswood School" is now open for you to join in the "My Groups" panel of Edsby. Throughout the school year, important information will be posted here at the beginning of each season such as start-up meeting dates, first practice, handouts and permission forms. Look for the icon pictured to the right.
2. The Athletics Calendar will contain all practices and games for all extra-curricular activities. You can access the calendar by [click here](#) or looking for the icon pictured to the right on the main ECS webpage.
3. [ECS Webpage > Extra-Curricular > Athletics](#): all permission form links are posted here.



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

Thanks for reading!

Your PE teacher:

Eric Hamilton

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Classes:

- 6-5, 6-6 & 6-7
- 7-4, 7-5, 7-6 & 7-7
- 8-3 & 8-4

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