



# École Viscount Alexander

810 Waterford Ave. | Winnipeg, MB R3T 1G7 | 204.452.8945  
[www.pembinatrails.ca/viscountalexander](http://www.pembinatrails.ca/viscountalexander)

## EXTRA-CURRICULAR ACTIVITIES & CLUBS

Although not a comprehensive list, these are some of the activities that have been provided at École Viscount Alexander. These may vary from year to year.



### Breakfast Program

Our universal breakfast program is free of charge and is open to all students of the school. Students are offered a variety of healthy food choices to supplement their breakfast. Each classroom teacher will have a basket of snacks on their desk that students can grab something to eat when they come in the morning.

### GSA Club

The GSA club is open to all students in Grades 5-8. The GSA club works to build a community that is safe for all students regardless of their sexual orientation and gender identity. Students have worked on fundraisers, awareness campaigns, Pride celebrations, discussion groups and participated in workshops with local community organizations. The GSA club is a club in constant evolution and is always finding new ways to celebrate diversity in the community and at École Viscount Alexander.

### EVA Running Club

Every year at Viscount we offer a Running Club during the warmer months of the school year. Students run after school twice a week in the months of September and October and again from April to June. Students from all grades are welcome to join! We start with a 3km route near the scenic Wildwood Gold Course and some students will even work up to a distance of 5km. It's a great opportunity to get some exercise, enjoy the fresh air and to connect with other students and staff in the school. Some of our students even sign up to run at the Manitoba Marathon in June! It's fun to run!



### Leadership Opportunities

Here at EVA, we offer students of any grade level the opportunity to take part of the leadership opportunities available to them.

**Student Leadership:** ÉVA's students work to represent the voice of the student population, and to provide enriching and engaging experiences for our school community. Students are involved in announcements, keeping monthly themes alive, as well as helping to organize activities, such as the Terry Fox Run, Festigre, and fundraising for charitable organizations, just to name a few.

**Sports Leadership:** Students who partake in the Sports Leadership program can help with running the canteen, keeping score at athletic events, helping with school wide activities and refereeing intramurals. Students meet monthly and are assigned various duties that fit their schedules. This gives them the ability to "step up" and lead by example, culminating in a "Thank You" each term (pizza lunches or field trips just for them). These students are extremely helpful and are representative of EVA students at each grade level.

### Grade 5/6 Sports

We offer grade 5/6 students the opportunity to develop their skills and understanding of various sports in a developmental atmosphere. Students will have the opportunity to participate in two tournaments over the course of each season to put what they have practiced, into play. We start off the year by offering flag football, volleyball and basketball, and then continue this trend with ultimate frisbee and outdoor track. Water polo is also offered to Gr 5-8 students. Students can learn about a sport they have never played before or continue to progress in this supportive environment.



### Grade 7/8 Sports

We offer our grade 7/8 students the opportunity to participate in a variety of divisional sports – including volleyball, basketball, badminton, indoor track, outdoor track, ultimate frisbee and water polo. There is always something to do for athletes at every ability level. Students are formed into teams and offered the opportunity to participate in a league that is appropriate for their skill level, to further their abilities and to encourage growth. Weekly practices and games, in addition to tournaments, allow students to progress substantially over the course of any given season.

### Intramurals

Students at EVA are offered the opportunity to participate in the Intramurals program that is offered during the lunch hour. Students can form their own teams and compete against other teams at sports such as indoor soccer, touch football, basketball, handball and floor hockey, amongst others. Intramurals start in September and run through until May, when they are encouraged to take advantage of the nice weather and play outdoors. It is a great way for students to be active in a social atmosphere.