

Welcome to Cariboo Hill Physical & Health Education

A student in your care is registered in a Physical Health and Education (PHE 8-10) course at Cariboo Hill.

The PHE Department:

- Ms. van Duynhoven (PHE Department Head) – teaches PHE 8, 9 and 10
- Mr. Harrison (Athletic Director) – teaches PHE 8, 10 and Active Living 11/12
- Mr. Gaudet – teaches PHE 8, 9, 10, and Fitness & Conditioning 11/12
- Mr. Campbell - teaches PHE 8, 9, and Fitness & Conditioning 11/12
- Ms. Edgumbe – teaches PHE 10
- Ms. Nasu – teaches PHE 10 and Active Living 11/12
- Mr. Fung – teaches PHE 8 and 9

B.C. Curricular Big Ideas for PHE 8-10:

- Daily Participation in different types of physical activity influences our physical literacy, personal health and fitness goals.
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- Healthy choices influence our physical, emotional and mental well-being
- Healthy Relationships can help us lead rewarding and fulfilling lives.
- Advocating for the health and well-being of others connects us to our community.

Sexual and mental health is also a part of the PHE curriculum. When students learn about their body, they are empowered to make healthy decisions. As our province has moved to a more holistic approach to health, knowing how our bodies and minds develop is vital to students keeping themselves healthy and safe. Students will be learning about their bodies as they develop both physically and emotionally. This learning will take place in a safe space. Throughout the year, students will be learning a variety of topics, as outlined by the PHE curriculum, which you can view online at:

<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

We will also be bringing in guest instructors throughout the year for all PHE courses. Our Grade 8 students will complete an outdoor excursion, our Grade 9 students will receive 2 hours of self-defence and our Grade 10 students will receive 4 hours of golf instruction from Burnaby Mountain Golf Course, and they will also complete a CPR-C certification with the Burnaby Fire Fighters. All of these course enrichment activities are covered by PHE fees (\$30 for PHE 8 and 9, and \$50 for PHE 10). Please log on to school cash on-line to pay these PHE course fees. <https://burnaby.schoolcashonline.com/>

Attendance is necessary for each class and repeated absences may negatively impact student success by limiting evidence of learning. There is also the risk of missing unique opportunities provided by guest instructors. If your child is going to be away, please email their PHE teacher and notify the main office. Students who miss health lessons will still be required to demonstrate their understanding of these topics. If you have any questions regarding the PHE course, please reach out to your student's teacher.

Thank you,

Cariboo Hill PHE Department