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W.J.H.M.S. Physical Education News

School year 2016-2017

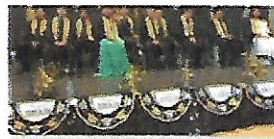


graduates.

As a P.E. Teacher, it was such a pleasure to have these students for the past couple of years.

You will be missed. Good luck in your futures endeavours!

Remember, We do not quit playing because we grow old, we grow old because we quit playing. - Oliver Wendell Holmes.



26 USED BIKES

We are happy to announce to the students that W.J.H.M.S. P.E. has acquired 26 used bikes refurbished by Pleins Rayons / Freewheeling organisation from Cowansville.

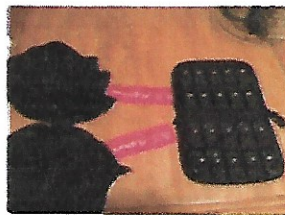
An organisation that provides an opportunity for people with an intellectual disabilities or autism spectrum to learn the bike mechanics on



25 Cross-Country Equipment and 18 pairs of Snowshoes

Our outdoor equipment is getting very good.

It is not counting our shared equipment arrangement with the Youth Council of Waswanipi. An agreement between CSB and Cree Youth Department for the



60 Polar Bluetooth Heart Rate Monitors

The W.J.H.M.S. P.E. Department has 60 Polar Bluetooth Heart Rate Monitors available to all students. Homeroom teacher can also borrow HR Monitors to learn more about the heart.

We also have 2 iPADS, 2 APPLE TV's and 2 Projectors, so our students

Marc Thiffeault

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used bikes.

We are so grateful to them.
We thank them and we hope we can one day thank them in person in Waswanipi.

use of the 8 canoes during Cree Culture Weeks. Louis Saganash, is teaching our students the true elements of Cree Culture and it does touch on Physical Education regularly.

We, the teachers and the students, are lucky to have such quality equipment available. Thanks to good relations between key entities that want the best for the Youth of Waswanipi.

can visualize if they are working their hearts at 70% of their Maximum HR or not.

The daily objective in Physical Education is always to be in the ZONE for 30 minutes. The zone means that the student is working at 70% of his/her Maximum during his 50 minutes P.E. period.

2016-2017 School year in Physical Education

EDUCATION IS ALSO PHYSICAL!

This upcoming school year 2016-2017 is actually historic for W.J.H.M.S. secondary school in Waswanipi.

We are the first school in the Cree School Board, and one of the few schools in Quebec that has made a statement about the importance of **Physical Education** in your daily schedule.

The school administration and your teachers believe that rising your heart rates at 70% or more of your Maximum Heart Rate for at least 30 minutes of on a daily basis will maximize your potential of taking in information in class.

We are listening to Neuroscience Research and we believe that being active for at least 20-30 minutes at 70% of intensity of our Maximum HR, it will makes you be at your peak potential to take-in information from your hardest class.

At W.J.H.M.S. Secondary School in Waswanipi, we are doubling minutes in Physical Education for the 2016-2017 school year. We believe that all students that participates actively in Physical Education will get fitter throughout the school year,

We, at W.J.H.M.S. believe that being more physically active will make our students perform better in our school academic classes.

We hope our counterparts from CSB will soon too have the opportunity to move vigorously on a daily basis and improve their academic performance.

Let's have a great Physical School Year and get fitter then we are now!

Marc

Your teacher that loves to see you sweat!

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