



Dear Parents/Guardians,

As a member of the Module Vanier school this year, your child will be participating in a variety of activities. We are writing to inform you of a few activities we are hoping to offer as complementary curricular activities experiences this school year. It is our intention that these opportunities expose students to a variety of community activities, and encourage them to remain active beyond this school year.

Each activity will occur during school hours. We will travel by city transit or by walking to the destinations outlined below. Each trip will be supervised by current Physical Education teachers. Students will have the opportunity to participate in a selection of activities listed below, depending on class interest. **Please note that for any winter activities involving ice (skating, hockey, and broomball), helmets are required and for activities such as tobogganing, helmets are recommended.**

Helmets for skiing and ice hockey are the best helmets to protect your child from serious head injury. Although they may not prevent head injuries, they are an excellent way to reduce the impact to the head in case of an accident. We do not recommend bike helmets since they are designed for only one impact and must be discarded. Hockey and skiing helmets are designed for multi impact and do not require to be replaced unless damaged or if they are older than 5 years. We do have access to hockey helmets at Vanier to help the students that either forget theirs or do not own one.

Please review the following activities, sign the permission section and return to the classroom teacher.

Activity	Location
Outdoor Games	Max Jackson Park, 3rd Avenue Park, Ronald Lavalle Park, Memorial Centre
Skating, Broomball, Shinny	3rd Avenue Park, Victoria Park, Memorial Centre

Daniel Lord
Grade 7/8 PE Teacher
LESAA Director

PERMISSION TO PARTICIPATE IN PHYS ED ACTIVITIES

Please indicate if your child has been diagnosed as having medical conditions that could have an impact when performing physical activities and provide relevant details:

Initial

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I acknowledge and have read the Elements of Risk notice in the Intramural Parent/Guardian Letter.

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My student MUST wear a helmet during tobogganing activities and I understand the risk if they do not.

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My student DOES NOT have permission to participate in outdoor winter activities.

understands, and will follow the previously outlined guidelines.

Student Name

By signing this document, I give permission for my child to participate in physical education activities.