



H. C. Avery Middle School

10 Marigold Bay
Winnipeg MB R2V2M1
Treaty 1 Territory

P: (204) 334-4391
F: (204) 334-8474
hcavery@7oaks.org

Principal: Mark Gilchrist

Vice Principal: Jenny Macdonald

Dear Families,

Welcome to a new school year from the Phys Ed Department! We are excited to get moving, learning, and building a positive school community through physical activity. We have lots happening over the next few weeks, and we wanted to share some important dates and information with you.

 Terry Fox Run/Walk

Our Terry Fox Run/Walk will take place **during the school day on the afternoon of September 23rd**. Our rain date is **September 24th**.

More information regarding fundraising will be sent home soon. We look forward to coming together as a school community to support this important cause!

 Cross Country

Cross Country begins next week! Students are asked to listen to school announcements for information about when practices will take place.

Students who attend practices consistently will have the opportunity to compete against other schools in our division at our divisional cross country meets. These meets will be held on:

- **September 18th**
- **October 9th**

We are excited to see our students get outside, challenge themselves, and represent our school!

 Volleyball

Interested in playing on the school volleyball team? **Assessments begin next week!**

Students are asked to listen carefully to school announcements to find out which assessment sessions they should attend.

 Outdoor Phys Ed

Whenever the weather permits, we love taking our Phys Ed classes outside! Please help your child come to school **prepared to participate outdoors**. Depending on the weather and the activities planned, students may need appropriate layers, comfortable athletic clothing, and outdoor running shoes.

Being prepared for the weather helps ensure that students can safely and comfortably enjoy all the opportunities that outdoor Phys Ed provides.

Keeping Our Gym Floors Clean & Athletes Safe

Finally, we need your help! Please ensure that your child has **proper indoor runners for Phys Ed class**. Having clean, appropriate indoor footwear helps us keep our gym floors clean and, most importantly, helps keep all of our athletes safe and ready to participate.

Thank you for your support as we work together to make Phys Ed a positive, active, and safe experience for all of our students.

We are looking forward to a fantastic year of movement, teamwork, and fun!

Warmly,

The Phys Ed Department