



L.E.S. SANTÉ GLOBALE PROGRAM 2023-24

L.E.S. is in its second year as a Santé Globale school! Strong from our experience from last year, we are happy to have another year that promises to be all about **moving, learning, playing and developing **healthy habits**, in school, outdoors and at home.**

During our Physical Education, Outdoor Education, and Movement classes, our students will have the opportunity to practice a wide variety of activities and skills, cooperative games, variety of team and individual sports, and fitness routines.

As well, students will be immersed in the outdoors and nature, experiencing our beautiful four seasons to the fullest!

We will spend most of our Santé globale time outdoors, be it on our amazing school grounds, in surrounding parks, or exploring the many lovely Eastern Townships' mountains, hills, lakes and forests. Children will also take part in two special Santé globale days throughout the year.

Please refer to the letter that was sent last spring for more information regarding the program itself: [Letter Santé globale](#)

The Santé Globale team is delighted to be working with
your child this year! Please welcome:

Ms. Tracy Bingham
Physical Education teacher
binghamt@edu.etsb.qc.ca



M. Etienne Ostiguy
Physical Education
& Movement class teacher
ostiguye@edu.etsb.qc.ca

Mme Isabelle Desbiens
Outdoor Education
& Movement class teacher
desbiensi@edu.etsb.qc.ca



Physical Education Competencies

Three competencies make up your child's physical education mark. These are:

1) **Movement Skills**: Focuses on each student's personal development of skills, which require coordination and balance, with and without objects.

2) **Interaction**: How children put the skills they have learned into action in a game, sport, and activity setting with others. Children will be expected to develop strategies, learn rules, show concern for safety and put ethical practices into action.

3) **Healthy Lifestyle**: Each student will understand how to improve fitness and lifestyle habits.

Santé Globale Teaching Minutes:

Kindergarten: 2 X 45 minutes of movement per week

Grades 1 to 6:

- 2 X 60 minutes per week of Physical Education class
- 60 minutes per week of Outdoor Education in French
- 45 minutes per week of movement outdoors in English
- 30 minutes of fitness

FOUR CORE THEMES are covered yearly in addition to the physical activity component:



- **The human body**
- **Healthy habits**
- **First Aid**
- **Stress and wellbeing**

SPECIAL OUTDOOR ACTIVITIES

Throughout the year, each grade level will also have the amazing opportunity to experience at least two special outdoor activities, taking place away from school grounds (Dates TBD):

PreK and K: 4 swimming lessons at Bishop's University in Nov.-Dec.
One special winter activity day (in January, place TBD)

Grade 1: 4 skating classes at BCS - Bishop's College School in Nov.-Dec.
Spring activities with a scavenger hunt in Parc Victoria

Grade 2: 4 skating classes at BCS - Bishop's College School in Nov.-Dec.
Two half-days of cross-country skiing at Lennoxville Golf Club

Grade 3: Downhill skiing at Mont Bellevue (February 19, 2024)
Biking workshops and a one-day bike trip (May)
Rock climbing at Vertige (March and April)

Grade 4: Winter Camp at Camp Beauséjour February 5 and 6, 2024
Biking workshops and a one-day bike trip (May)
Water Fun Day at Parc Blanchard on June 3, 2024

Grade 5: Downhill skiing at Mont Orford - two days
(tentative dates: February 13 and March 12, 2024)
Biking workshops and a one-day bike trip (May)

Grade 6: Downhill skiing at Mont Orford - two days
(tentative dates: February 20 and March 19, 2024)
Biking workshops and a one-day bike trip (May)

MARK YOUR CALENDAR!

for our upcoming **Autumn**



Hikes 2023

Grade Level	Date	LOCATION	Time	Transportation
KP, KR and KB	Friday Oct. 20	Mont Bellevue	9 AM to 1:00 PM	Bus
1D	Wednesday Oct. 18	Marais St-Francois (hike to Parc Debonair)	10:45 AM to 2:30 PM	Bus
1/2G	Wednesday Oct. 25			
2H	Wednesday Oct. 4	Mont Pinnacle 1891, chemin May, Coaticook (QC) J1A 2S4	9 AM to 2:00 PM	Bus
2K	Wednesday Oct. 11			
3M	Monday Oct. 23	Mont Giroux (Mont Orford)	9 AM to 2:30 PM	Bus
3K	Monday Oct. 30			
4F	Monday Oct. 2	Mont Ham 103, route 257 Ouest , Ham-Sud	9 AM to 2:50 PM	Bus
4C	Monday Oct. 16			
5N	Tuesday Sept. 26	Mont Chauve (departure at Stukely)	9 AM to 4 PM (Late pick-up at school)	Bus
5S + 5C	Tuesday Oct. 3			
Rain date Grade 5	Tuesday Oct. 24			
6L and 6G	Tuesday Oct. 10	Mont Chauve (departure at Stukely)	9 AM to 4 PM (Late pick-up at school)	Bus
Rain date Grade 6	Tuesday Oct. 24			



VOLUNTEER

Want to spend some fun quality time with your child?

Looking to take part in our activities and community?

JOIN US!

- Especially during our Outdoor Education classes, we will appreciate having another adult present. Please use the link below to sign up for a weekly ONE HOUR volunteer time, with a class of your choice:
[Santé Globale Volunteer Opportunities 2023-24](#)
- We will invite parents to join special outings or activities closer to the date.
- Finally, if you are willing to share your expertise, and take part in one of our upcoming Santé Globale special days, please contact one of us directly (for example: you might be interested in giving a workshop or a presentation).

**CHEERS TO AN ACTIVE, HEALTHY AND
MEMORABLE 2023-24!!**

**SEE YOU UNDER THE BEAUTIFUL
TOWNSHIPS SKIES!**

