

Fern Avenue P.S. 2023-2024

Physical Education and Athletics

(Junior /Senior)

Dear parents/guardians:

Welcome to a new school year!



At Fern Avenue public school we are excited for the start of the new year, and preparing for an active and fun learning environment for our students. In addition to classroom/gym lessons, we are planning for extracurricular programs that add so much to students' life experience!

Physical education and athletics are integral and essential components of education at our school and in TDSB. Physical activity and sports provide kids the opportunity for fun, challenge, and interaction. Our program consists of activities that create opportunities for development of skills, knowledge, health-related fitness, and ultimately, the confidence to enjoy an active, healthy lifestyle. We start our physical education lessons this fall with fitness, yoga, low organization games, soccer, football and volleyball. In health we will cover material related to safety and injury prevention. A schedule with units taught in physical education and health throughout the year will be posted separately.

At Fern Ave. P.S., we pride ourselves for offering many sports and athletic opportunities for our students. This year we are planning for our sports program to include cross country, soccer, basketball, volleyball, ice-hockey, swimming, badminton, slo-pitch, ultimate, and track and field school teams.

Last year our senior teams won many of the district sports tournaments entered, and a few of our teams (soccer and volleyball) were south Toronto finalists. Our grade 7 girls volleyball team reached the highest level by becoming the south Toronto champions. Also many of our students accomplished great individual records in cross-country, and track & field meets! We have raised our pennants in the school hallway with a lot of pride and a strong sense of school spirit. Although our goal is to excel with our sports program and teams, we would like to emphasize that regardless of championships and medals our top objectives for our teams are for our athletes to improve their individual skills, to become good team members, and to have fun!

This fall we start our sports teams and athletics program with cross country for all grades and soccer teams for juniors and seniors. You will have access and sign up your child through EMA. There you will find the teams available and electronic permission forms with the details for teams entered. [TDSB - Excursion Management](#)

Furthermore at Fern Avenue P.S., we highly value our house leagues, which offer the opportunity for all students to play with friends and have fun participating in sports, regardless of skill level. This year we will have house leagues for volleyball and dodgeball, and others tied to student interest.

Parents and students, you are welcome to purchase athletic apparel and spirit wear for your children or yourselves. You will have access to FERN spirit wear through a link we will be posting. Students can use the Fern apparel, particularly the t-shirts, to also participate in many of our athletic events like cross country and track and field, or for physical education classes.

Thank you for partnering with our physical education and sports programs to develop your child's lifetime health and fitness. By working together we can bring the joy and health of physical activity and athletics to your child and family. It is going to be another exciting year. Have a wonderful fall and remember to always keep everyone in your family active as possible.

Sincerely,

Physical education teacher

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