 SHAUNAVON HIGH SCHOOL

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Principal: Connie Allemand Vice Principal: Carmen Stevenson

**“Learning Today For Tomorrow's Future”**

Dear Parents/Guardians & Students, June 5th, 2014

It is with excitement that I let you know of our next opportunity to continue developing confident & competent students who understand, appreciate and engage in a balanced, healthy and active lifestyle…the aim of Wellness 10. This requires individuals who are physically literate; who can move with competence and confidence in a wide variety of physical activities in environments (land, water, ice & air) that benefit the healthy development of the whole person.

On ***Monday June 18th***, our Wellness 10 class will be travelling for the following adventure at ***Cypress Hills Eco-Adventures*** in Cypress Hills Provincial Park. ***We are meeting bright and early at the High School at 7:00am!***

8:30 Team Building Activities 11:45 am Canopy Tour Zip-lining

9:30 Wall Climbing & Slack-lining 1:15 pm Possible Ice Cream Stop

10:30 Low Ropes Course 1:45 pm Leave Cypress Hills Park

11:15 Lunch (packed from home) 3:00 pm Return To High School

Our adventure will both support and challenge all five dimensions of wellness (social, environmental, psychological, spiritual and physical) as we meet the following Wellness 10 outcomes:

***Outcome W1:*** Evaluate one’s understanding of wellness while participating in various learning opportunities that balance the dimensions of wellness (i.e., physical, psychological, social, spiritual, environmental).

**Outcome W2:** Assess, through participation in service learning opportunities and other means (e.g., interviews, discussions, observations), how service learning enhances the well-being of the volunteer and to the individual or organization/community.

***Outcome W3:*** Investigate and develop a variety of complex skills through participation in a variety of individual or small group activities (that have the potential to become life-long) from the following categories: Body Management Activities (e.g., dance, pilates, martial arts, yoga, aerobics.) • Individual Activities (e.g., snowshoeing, cross-country skiing, orienteering, hiking, cycling, weight lifting/going a fitness centre) • Target Games (e.g., bowling, curling, golf, archery, bocce ball) • Net/Wall Games (e.g., badminton, tennis, table tennis, pickleball, squash) • Invasion/Territorial Games (e.g., soccer, flag football, ultimate frisbee) • Striking Games (e. g., softball, baseball, kickball)

***Outcome W4:*** Assess the impact of mental health on overall well-being of self, family, and community.

***Outcome W5:*** Assess one’s self-awareness (i.e., one’s ability to perceive own emotions and tendencies) and self-management (i.e., ability to stay flexible and positively direct personal behaviour) for the purpose of enhancing well-being of self and others.

***Outcome W6:*** Model and promote a local culture/norm of safety and injury prevention (i.e., physical safety, emotional safety, spiritual safety) to optimize well-being of self and others.

***Outcome W7:*** Evaluate the health-related components of fitness (i.e., cardiovascular endurance, muscle strength, muscle endurance, flexibility, and body composition) as they relate to self, through a variety of individual or small group activities that have the potential for lifelong involvement.

***Outcome W8:*** Assess how interpersonal relationships (e.g., with self, peers, family, teachers, coaches, employers) influence all dimensions of wellness.

***Outcome W12:*** Investigate the connection to and importance of spirituality on optimal wellness.

Mrs. Stevenson, Mr. Olesen, Mrs. Envik and myself will be staff supervisors that day. ***Each student is required to have the attached waiver form, completed and signed by their parent/guardian, in to myself by THIS THURSDAY JUNE 14th.*** I look forward to making contact with all parents/guardians before this Thursday’s waiver deadline to answer any questions or concerns that you may have.

Thank you for the continued support of your child’s learning & wellness! Respectfully, Miss Jennifer Foley