

*Kahnawake Education Center*

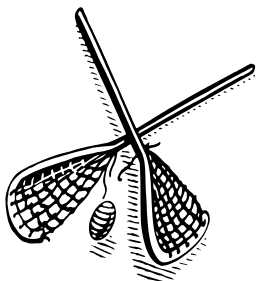
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# **Elementary Physical Activity Policy**



# PHILOSOPHY

The Kahnawake Education System acknowledges the important role that physical activity plays in the overall health and development of students and staff alike. It believes in providing a healthy school environment that teaches, organizes, and promotes various forms of physical activity. It recognizes and promotes the notion that healthy bodies come in various forms and aims to encourage physical activity for all people regardless of body type or physical ability. The schools are dedicated to partnering with families and the community to encourage healthy and active lifestyles and highly value the participation and contributions of all in this effort. The fostering of healthy minds and bodies in our youth today builds towards a stronger nation tomorrow.



Policy Area	Policy Statement
<b>Physical Education (PE)</b>	<ul style="list-style-type: none"> <li>• PE will be offered to every student for a minimum of 75 minutes per week.</li> <li>• PE teachers will ensure that students are physically active for as much of the PE class as possible.</li> <li>• PE class will include instruction in a variety of fun physical activities including competitive, non-competitive and outdoor activities.</li> <li>• The choices and preferences of all students (recognizing age, gender, and ability) will be considered by the PE teacher.</li> <li>• Physical education classes should not be cancelled for special events taking place in the gymnasium. Instead, classes should be provided an alternate room or take place outdoors.</li> <li>• PE teachers will be provided with opportunities for training and professional development.</li> <li>• PE class will place an emphasis on cooperation, teamwork and good sporting behaviours.</li> </ul>
<b>Lunch &amp; Recess</b>	<ul style="list-style-type: none"> <li>• Students will have access to well-maintained recreational equipment.</li> <li>• A variety of planned physical activities will be offered as much as possible including organizing sport games and teaching low-organization playground games.</li> <li>• Students will only be kept indoors during inclement weather based on the recommendations of the Wind Chill Chart and Humidex Chart or in cases of extreme precipitation.</li> <li>• In the case of inclement weather requiring students to stay indoors at lunch time, students will be allowed to access the gymnasium or other activity areas as much as possible.</li> <li>• Schoolyard monitors will be encouraged to organize games for or engage in play with the children.</li> <li>• The school values and will support animation of schoolyard physical activities by providing training and resources to interested monitors.</li> </ul>




Policy Area	Policy Statement
<b>Classroom</b>	<ul style="list-style-type: none"> <li>• Teachers will be encouraged to incorporate physical activity into lessons and to have active breaks several times a day.</li> <li>• Teachers will receive appropriate training and resources to be able to deliver active lessons and to be knowledgeable about active lifestyles.</li> <li>• Teachers will be encouraged to use the outdoors and community resources within their lessons.</li> <li>• Teachers will be discouraged from keeping students out of physical education class as a punishment for not completing schoolwork.</li> </ul>
<b>Extracurricular Physical Activities</b>	<ul style="list-style-type: none"> <li>• A variety of competitive and non-competitive activities will be offered.</li> <li>• Activities will be offered for and considerate of all ages, genders and abilities.</li> <li>• In the case that a facility is requested for a student and rental activity at the same time, priority will be given to the student activity.</li> <li>• Physical activity leadership opportunities will be organized for older students.</li> <li>• For students participating in team sports, an emphasis will be placed on cooperation, teamwork, good sporting behaviours and academic responsibility.</li> </ul>



Policy Area	Policy Statement
<b>Family</b>	<ul style="list-style-type: none"> <li>• Fun physical activity events will be organized for families to take part in.</li> <li>• Parents will be required to send students to school with appropriate clothing including outdoor gear based on the weather and active clothing for physical education.</li> <li>• Parents will be encouraged to become involved in the organization of extracurricular physical activities.</li> <li>• Resources such as the school nurse and community health organizations will be used to keep parents informed of the benefits of an active lifestyle (physical, psychological, cognitive, social, etc.) and to encourage them to promote this within their family.</li> </ul>
<b>Staff</b>	<ul style="list-style-type: none"> <li>• Physical activities will be organized for staff to participate in together.</li> <li>• Staff will be encouraged to become involved in the organization of extracurricular physical activities.</li> <li>• Staff sport and recreation teams will be sponsored and supported as much as possible.</li> <li>• Staff will be kept informed of the benefits of an active lifestyle (physical, psychological, cognitive, social, etc.) and encouraged to promote this within the school.</li> </ul>
<b>Active Transportation</b>	<ul style="list-style-type: none"> <li>• Walking, cycling, rollerblading, skateboarding, etc. to and from school will be promoted.</li> <li>• Students will be allowed to bring bikes and small wheel vehicles to school.</li> <li>• Locking stations for bicycles and an indoor space to leave small wheel vehicles will be provided.</li> <li>• Schools will work with community organizations to ensure crossing guards when needed.</li> </ul>



Policy Area	Policy Statement
<b>Community</b>	<ul style="list-style-type: none"> <li>Community members will be encouraged to become involved in the organization of extracurricular physical activities.</li> <li>Schools will partner with community organizations to receive health information, organize activities and share facilities.</li> <li>Community members will be allowed access to school facilities for activities after school hours.</li> </ul>
<b>Safety</b> 	<ul style="list-style-type: none"> <li>The physical and psychological safety of students in all active endeavours will be ensured.</li> <li>Regular first aid and safety training will be provided to several staff members.</li> <li>Safety education will be integrated into school curricula and events including injury prevention, safety for biking and walking, and dealing with strangers.</li> </ul>
<b>Implementation &amp; Evaluation</b>	<ul style="list-style-type: none"> <li>School principals will be responsible to present the policy to school staff members.</li> <li>Schools will partner with the Kahnawake Schools Diabetes Prevention Project research team periodically to evaluate the implementation and impact of this policy.</li> </ul>



# WIND CHILL CHART

Actual Air Temperature  $T_{\text{air}}$  (°C)

Wind Speed $V_{10\text{ m}}$ (km/h)	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50
5	4	-2	-7	-13	-19	-24	-30	-36	-41	-47	-53	-58
10	3	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57	-63
15	2	-4	-11	-17	-23	-29	-35	-41	-48	-54	-60	-66
20	1	-5	-12	-18	-24	-30	-37	-43	-49	-56	-62	-68
25	1	-6	-12	-19	-25	-32	-38	-44	-51	-57	-64	-70
30	0	-6	-13	-20	-26	-33	-39	-46	-52	-59	-65	-72
35	0	-7	-14	-20	-27	-33	-40	-47	-53	-60	-66	-73
40	-1	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74
45	-1	-8	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75
50	-1	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69	-76
55	-2	-8	-15	-22	-29	-36	-43	-50	-57	-63	-70	-77
60	-2	-9	-16	-23	-30	-36	-43	-50	-57	-64	-71	-78
65	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79
70	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-80
75	-3	-10	-17	-24	-31	-38	-45	-52	-59	-66	-73	-80
80	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81

where

$T_{\text{air}}$  = Actual Air Temperature in °C

$V_{10\text{ m}}$  = Wind Speed at 10 metres in km/h (as reported in weather observations)

## Notes:

1. For a given combination of temperature and wind speed, the wind chill index corresponds roughly to the temperature that one would feel in a very light wind. For example, a temperature of -25°C and a wind speed of 20 km/h give a wind chill index of -37. This means that, with a wind of 20 km/h and a temperature of -25°C, one would feel as if it were -37°C in a very light wind.
2. Wind chill does *not* affect objects and does *not* lower the actual temperature. It only describe how a human being would feel in the wind at the ambient temperature.
3. The wind chill index does *not* take into account the effect of sunshine. Bright sunshine may reduce the effect of wind chill (make it feel warmer) by 6 to 10 units.

## Frostbite Guide

Low risk of frostbite for most people

Increasing risk of frostbite for most people within 30 minutes of exposure

High risk for most people in 5 to 10 minutes of exposure

High risk for most people in 2 to 5 minutes of exposure

**High risk for most people in 2 minutes of exposure or less**

# HUMIDEX CHART

