

# École Manachaban Middle School

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Mrs. Mary Magee  
Principal



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Assistant Principal

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## ACTIVE LIVING DAY 2020: WEDNESDAY, JANUARY 29<sup>th</sup>!

Dear Parents / Guardians;

In an effort to promote the importance of leading an active, healthy lifestyle, the École Manachaban staff team has set aside one day in our school calendar to provide students with an opportunity to participate in physical activities that we are unable to offer through our regular Physical Education classes. Manachaban's **Active Living Day 2020** will take place on Wednesday, January 29<sup>th</sup>.

In order to accommodate the spectrum of student interests and family budget levels, we have put together several activity packages. Since special rates are often given to school groups, it is prudent for students to carefully consider the opportunity to sample some of the more unique activities offered in this year's Active Living Day choices. Participation in Active Living Day is part of each student's Physical Education curriculum (see note below).

Since activity packages are limited to a certain number of participants, together, parents and students should carefully review all of the attached activity packages, discussing everything from risk, to time, to cost.

This year, we are making a change in how Active Living Day works. Students are no longer required to submit their activity selection page to the school. Instead, **students and parents will want to be prepared to register for activities with a payment on School Cash Online on Monday, January 13<sup>th</sup>. Registration will close on Wednesday, January 15<sup>th</sup>. REGISTRATION IS FIRST-COME, FIRST-SERVED, based on payments in School Cash Online. Payment on School Cash Online reserves your child's spot in their chosen activity.** Once a particular activity is full, it will no longer appear as an option on School Cash Online.

Costs for each activity are tentative and may change depending upon how many students sign up. We will charge the maximum amount to secure bookings, and once final numbers are in, we will issue refunds if necessary. Bussing costs are being subsidized by funds raised by the Walkathon.

We will begin to post lists of activities that students have successfully registered in on **Thursday, January 16<sup>th</sup>**. Following this, students can pick up consent forms and information letters for the specific activity package that they are registered in. **The consent forms will be due back on or before Monday, January 27<sup>th</sup>.**

**We rely on parent volunteers to help us with Active Living Day.** If you can help in any capacity, please contact the lead teacher or phone our office at 403-932-2215 or email Mrs. Branton at [bbranton@rockyview.ab.ca](mailto:bbranton@rockyview.ab.ca), and we will direct you to the appropriate teacher. **Volunteers must complete the volunteer criminal record check process before Active Living Day.** If you have any questions, please contact the school.

If your child will not be participating in Active Living Day 2020, please fill out the portion at the end of this document and return it to the office as soon as possible.

Sincerely,  
The Active Living Day Committee, 2020

\*NOTE: The Active Living Day program is an extension of our Physical Education Curriculum. Its objectives are consistent with the "alternative environment" outcome (see <https://education.alberta.ca/media/160191/phys2000.pdf>) of the Alberta Program of Studies for Physical Education. A simple participation mark will therefore be assigned to those students who are present. The School Act states that, except by reason of student illness or a religious holiday, attendance at school is compulsory. Therefore, students who are absent without excuse on this date will not receive the participation credit. In cases where costs present a financial hardship for a family, please contact the school administration to work out a solution.

# Registration Timeline

<b>Fri. Jan. 10<sup>th</sup></b>	<b>Letters Go Home</b> <ul style="list-style-type: none"> <li>Parents and students carefully review all activity packages and choose their activity.</li> <li>Parents retain information letter and this <b>Registration Timeline</b>.</li> </ul>
<b>Mon. Jan. 13<sup>th</sup> – Wed. Jan 15<sup>th</sup></b>	<b>Registration Online in School Cash Online Is Active</b> <ul style="list-style-type: none"> <li>Registration opens on School Cash Online.</li> <li>Registration is first-come, first served, based on payments made.</li> </ul>
<b>Thu Jan 16<sup>th</sup> - Mon. Jan. 20<sup>th</sup></b>	<b>Activity Lists Posted / Consent Forms Home</b> <ul style="list-style-type: none"> <li>Activity Lists will be posted indicating which activity students have registered in.</li> <li>Students <b>MUST</b> pick up the specific <b>Activity Consent Form</b> from the office.</li> <li>Parents sign the specific <b>Activity Consent Form</b> and students must return it to school office.</li> </ul>
<b>Mon. Jan. 27<sup>th</sup></b>	<b>Deadline for Activity Consent Forms</b> <ul style="list-style-type: none"> <li>Activity consent forms due today!</li> </ul>
<b>Wed. Jan. 29<sup>th</sup></b>	<b>Active Living Day 2020!</b> <ul style="list-style-type: none"> <li>Come prepared for your activity (clothing, equipment, lunch, etc.)!</li> </ul>

**\*\* Please note that lesson attendance is compulsory in all ALD 2020 programs. \*\***

<b>Package A</b>	<b>Cross Country Skiing</b>	<b>(Limit 20)</b>
A picturesque mountain ski to the Chandra Crawford hut. Please pack a lunch and bring a water bottle. Learn basic classic ski technique on the voyage out to the hut. Students will have the option to add on some more challenging trails after lunch. Skis are available at the school if you do not have your own! (To volunteer for this activity, please contact Mme Green at <a href="mailto:kgreen@rockyview.ab.ca">kgreen@rockyview.ab.ca</a> ).		
<b>Cost per student – \$11</b>		

<b>Package B</b>	<b>Yoga Retreat</b>	<b>(Limit 50)</b>
Join us for a day of physical and mental wellness with Fireweed Yoga! Through mindfulness exercises, meditation, and multiple yoga sessions students will explore and develop practices for self-awareness, stress and anxiety reduction and physical and mental health. All levels and experience are welcome. Students will need to bring their own yoga mat. Location will be here at the school, and potentially the Ranche (weather provided, we will do a meditative walk). In addition to comfy clothing, yoga mat and a bagged lunch, please dress for outdoor winter weather (i.e., boots, socks, jackets, sweaters, etc.). (To volunteer for this activity, please contact Mme Connors at <a href="mailto:econnors@rockyview.ab.ca">econnors@rockyview.ab.ca</a> )		
<b>Cost per student – \$30</b>		

<b>Package C</b>	<b>Village Square Leisure Centre</b>	<b>(Limit 175)</b>
Activities include skating, wave pool, indoor water park, water slides and gym time! Students can start the day off with an hour of skating, or go directly to the pool for swimming, and then have lunch. After lunch, students may head back to the pool, or go to the gym. Students will need a bathing suit, towel, skates and a CSA-approved helmet if skating, appropriate gym strip, runners, a loonie (or two!) for the lockers and a bagged lunch. Concession lines may be very long. (To volunteer for this activity, please contact Mrs. Vandermeer at <a href="mailto:hvandermeer@rockyview.ab.ca">hvandermeer@rockyview.ab.ca</a> )		
<b>Cost per student – \$10</b>		

<b>Package D</b>	<b>School Games/Bowling in Cochrane</b>	<b>(Limit 24)</b>
A morning of “kinesthetic games” at school, followed by a walk to the bowling alley. After bowling, we will walk to the Ranche for lunch (hotdogs over a fire). Then we will walk back to the school for a final round of movement games. (To volunteer for this activity, please contact Mrs. Wamboldt at <a href="mailto:mwamboldt@rockyview.ab.ca">mwamboldt@rockyview.ab.ca</a> )		
<b>Cost per student – \$20</b>		

<b>Package E</b>	<b>Fat Biking in Kananaskis</b>	<b>(Limit 12)</b>
A great opportunity to try something new! Join this activity for a day on Fat Bikes in Canmore and ride some of the local trails (Mosquito bite and other trails around the quarry). Fat bike rental is included in cost. Please pack a lunch and bring a water bottle. (To volunteer for this activity, please contact Mrs. Pollard at <a href="mailto:npollard@rockyview.ab.ca">npollard@rockyview.ab.ca</a> )		
<b>Cost per student – \$50</b>		

<b>Package F</b>	<b>Nakiska Skiing and / or Snowboarding</b>	<b>(Limit 150)</b>
<p>This package is a fun-filled day of skiing and / or snowboarding in the beautiful Canadian Rockies. Students will be able to rate their ability from level one to level five, and will receive a lesson at the level of skill they have signed up for before they can ski or snowboard for the day. Costs include lift pass, lessons and rental packages (not charged if students bring their own equipment). Students will depart from the school at 9am and return to the school around 6:30pm. <b>All students on this trip need to arrange for their own transportation home from the school.</b> Students will need proper winter clothing (jacket, snow pants, toque, gloves, etc), gear-appropriate for skiing / snowboarding (goggles and helmet), as well as a bagged lunch (a concession is also available). (To volunteer for this activity, please contact Mr. Duval at <a href="mailto:dduval@rockyview.ab.ca">dduval@rockyview.ab.ca</a>).</p>		
<b>Cost per student – \$40-\$80 depending on equipment and lift pass needs</b>		

<b>Package G</b>	<b>Repsol (Talisman) Sport Centre</b>	<b>(Limit 50)</b>
<p>At the Repsol Sport Centre, students will have the privilege of instructor-led cardio classes before spending the afternoon in the pool playing on GIANT INFLATABLE FLOATABLES (maximum 50 students)! <b>Please note:</b> all students must pass a 25-metre swim test to be able to play on the floatables due to the fact that no additional floatation devices can be used whilst on the giant floatables. Students will need to bring swimming gear (bathing suit and towel) as well as gym strip (or any comfortable exercise wear) for the fitness classes. Students will also be required to bring a bag lunch (a concession is also available). (To volunteer for this activity, please contact Mrs. Paterson at <a href="mailto:tpaterson@rockyview.ab.ca">tpaterson@rockyview.ab.ca</a>).</p>		
<b>Cost per student – \$40</b>		

<b>Package H</b>	<b>Grotto Canyon Ice Walk</b>	<b>(Limit 24)</b>
<p>Join this activity for an ice walk into Grotto Canyon and have lunch at Grotto Cave. Be prepared to slip and slide on ice or bring ice walking gear that will help you stay on your feet during our expedition. Light snack included, but please bring a bag lunch. (To volunteer for this activity, please contact Mr. MacMillan at <a href="mailto:mmacmillan@rockyview.ab.ca">mmacmillan@rockyview.ab.ca</a>).</p>		
<b>Cost per student – \$5</b>		

<b>Package I</b>	<b>U of Calgary Racquet Sports and Wall Climbing</b>	<b>(Limit 24)</b>
<p>Join Mme Katt and Mrs. Vetterl for a morning of wall climbing in the Outdoor Centre and an afternoon of racquet sports (squash and racquetball, with instruction and games). Students should bring a lunch and a water bottle and they should wear comfortable clothing and proper running shoes for an active day. (To volunteer for this activity, please contact Mme Katt at <a href="mailto:khryciw@rockyview.ab.ca">khryciw@rockyview.ab.ca</a>).</p>		
<b>Cost per student – \$45</b>		

**\*\*\*If your child is **NOT** attending Active Living Day 2020, this form must be completed and handed in to the office. \*\*\***

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**My Child will not be attending Active Living Day**

By signing below, I acknowledge that my child will not be participating in any of the Active Living Day 2020 activities and will be absent from school on January 29<sup>th</sup>, 2020. I have read the School Act statement noted on the Active Living Day 2020 letter sent home to all parents and guardians (first page of this handout). I realize that by not participating, my child will not receive a mark for Physical Education participation in this activity.

Child's Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**\*\*\*Please return this to the office ASAP\*\*\***