

Health and Physical Education

The **PPL 10, PPL 20, PAF 20, PAF 30** Health and Physical Education program is offering a wide variety of experiential activities listed on the SIS.

In addition, your son/daughter will have the opportunity to experience these unique optional activities listed below in order to *“participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities encouraging lifelong participation”*:

1. **SELF-DEFENSE Unit** in conjunction with SAFE International or local kick-boxing company. The program of personal self-defense allows students the opportunity to *“develop strategies to minimize potentially dangerous situations”*.
2. **ROCK CLIMBING at St. David by Guelph Grotto**- High ropes, bouldering, climbing ladders, route challenges. As the students participate in the unit they will be able to *“apply guidelines and procedures related to safe participation in physical activity and demonstrate behaviour that minimizes risk”*

(please sign the Guelph Grotto waiver)

Activity fee- \$55.00

Student Name: _____

Teacher: _____

Participation in above activities:

Pay \$55.00

YES

NO

ONLINE

CHEQUE (St. David)

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Step 1: Go to this website: <https://wcdsb.schoolcashonline.com>

Step 2: Register by selecting the "Get Started Now" and following the steps

Step 3: After you receive the confirmation email, please select the 'click here' option, sign in and add each of your children to your household account.

Thank you parents

Or follow the link on our website @ <http://stdavid.wcdsb.ca>