



## **2023-24 PROGRAM**

### **CONTACT**

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## **MY PATH 2023-24 PROGRAM**

WELCOME CFL My PATH Families!

Welcome to the 2023-24 year of the My PATH Program! We are excited for another year of learning with you.

This booklet provides information about the program framework, specific program policies, contact information, waiver forms, recommended supply list, and the September schedule. Please complete the waiver forms and return them on or before the first day of school, to your Group Supervisor.

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## **2023-24 GENERAL UPDATE**

Connections For Learning (main campus location)

My PATH CFL continues to grow for the 2023-24 school year. We have a total of 104 registered full-time and LITE (part-time). Students have been grouped as follows:

Grade 1&2 - 17 students

Grade 3&4 - 18 students

Grade 5&6 - 25 students

Junior High Group 1 - 22 students

Junior High Group 2 - 22 students

Note: The Junior High groups will be split based on activity preferences, skill level, and social connections and will not remain the same throughout the year, but rather vary based on the activity or program.

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## **TOMAHAWK/ENTWISTLE MY PATH OUTDOOR PURSUITS**

Tomahawk and Entwistle locations will again participate in combined activities, although the schedule has changed to Fridays only starting on Sept 15. Tomahawk My PATH students will check in at 10:05 am, while Entwistle students check in at 10:31 am (after 1st recess). My PATH Outdoor Pursuits students will be off-site until their respective school dismissal time.

There are 33 students registered in grades 1-6. Students will be grouped by grade (1-3; 4-6).

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## **DUFFIELD/WABAMUN MY PATH OUTDOOR PURSUITS**

Outdoor Pursuits will be running at Duffield and Wabamun again in 2023-24; however, we will be offering 4 six week sessions throughout the year, starting in October. Each session will have a different topic area (multi-sport, outdoor education, arts & tech, horsemanship/water activities), and families can register for one or more sessions. The sessions will require a minimum of 20 participants per grade grouping.

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## GRAMINIA MY PATH

We would like to welcome My PATH students from Graminia school this year! My PATH has been added as a supplemental program 2-3 afternoons per week for grades 4-6 Graminia students. There are 18 students per grouping (grade 4 and grade 5&6 combined).

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## OUR VALUED PARTNERS

We continue to work with our valued partners that have offered great learning opportunities to our students including:

- **KaRAR Performing Arts**
- **Aerials Gymnastics**
- **Deep Blue Athletics**
- **Parkland Hockey Group**
- **Capital SP Soccer and Rugby**
- **Jeanette Radchenko (Outdoor Educator)**
- **Scouts Canada**
- **Athletics Alberta**
- **STEM Education (CFL)**
- **Music (CFL)**
- **MCN Training**
- **Alberta Lacrosse**
- **Edmonton Ultimate Frisbee Association**
- **YogaRise**
- **Remuda Horsemanship**
- **Parkland Basketball Association**
- **Parkland Minor Baseball Association**
- **Limitless Athletics**
- **Transalta Tri Leisure Centre**
- **Make Your Mark Consulting (ART)**
- **Stony Plain Multicultural Centre**
- **Heartgate Photography**
- **Edmonton Sportball**
- **Iron Body Fitness**
- **Studio 35**
- **Parkland Pickleball Club**
- **Change Health**
- **Camp Warwa**
- **Barry Farms**
- **J6 Farms**
- **Sassy G Farms**
- **Eagle Point Parks Council**
- **Lakeside Curling Club**
- **Wabamun Sailing Club**
- **Parkland Dragon Boat Racing Club**

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## NEW PARTNERS

We are also adding some great new activities/partners to the schedule including:

- **Juggling (Mugsy the Juggler)**
- **Tae Kwon Do (Phoenix Tae Kwon Do)**
- **Camp He Ho Ha**
- **Bears Paw Ranch**
- **Drumming (Vanessa Diehl)**
- **Arctic Sports**
- **Indigenous Art Therapy (Inukshuk and Kenneth Mackay)**
- **Skydancer Centre (field trips)**
- **Pigtopia**
- **Chelsea Stone (Outdoor Educator)**
- **Mad Science**
- **Tennis (Edmonton Tennis Association)**
- **Art instruction (The Stained Canvas)**

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## PROGRAM SCHEDULES

My PATH uses the Google calendar as a live platform to update the program schedule. We will add the email address on file (on your registration) to add you to your child's group calendar.

Please ensure your email address is up to date with your group supervisor (NOTE: Hotmail addresses do not sync properly with Google calendar).

In the event of inclement weather or a sudden change in programming (ie: program partner illness/emergency), the alternate activity will be updated on the Google calendar first given that supervisors are providing support to students. Once activity commences supervisors will email parents of the change.

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## MY PATH PROGRAM FRAMEWORK

Although we aim to provide a well-rounded learning experience for all My PATH students, there may be scheduling differences for part-time programs. The full-time My PATH option provides the whole framework as outlined below.

PHYSICAL LITERACY DEVELOPMENT	ARTS & CULTURE	TECHNOLOGY & INNOVATION	HEALTH EDUCATION
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### PHYSICAL LITERACY DEVELOPMENT

The physical literacy development program delivered through My PATH follows the Canadian Sport For Life Long-Term Development model.

Our focus is to encourage lifelong participation in recreational/competitive sports or physical activity by providing pathways to develop and improve physical literacy skills using a multi-sport and physical activity approach.

To learn more about the LTD model, please visit the Sport For Life website at <https://sportforlife.ca/long-term-development/>.

The term physical literacy is defined as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. For someone to have a good physical literacy, they need to be exposed to, and comfortable participating in a variety of physical environments including on land, in water, on ice/snow, and in the air.

My PATH is focused on the active for life continuum by providing multi-sport and recreational opportunities to build physical literacy skills. We provide exposure to a diverse blend of activities that build confidence and competence in all environments, as outlined in the table below. During the Fundamentals stage of the LTD model, it is important that children learn fundamental movement and motor skills through active play participation. As they age and develop those skills, they move to the Learn to Train phase to develop fundamental sport skills through more structured game play activities.

## **LAND**

Fitness Programs  
Racquet Sports  
Hiking/Walking/  
Running  
Court sports  
Field Sports  
Martial Arts  
Cycling

## **AIR**

Gymnastics  
Tumbling / Cheer

## **WATER**

Swimming  
Water Sports

## **ICE/SNOW**

Skating  
Sledding/Tobogganing  
Skiing  
Snowshoeing

Students are assessed using the PLAY tools by instructors who facilitate a minimum of 8 sessions. The PLAY tools allow us to identify any gaps in physical literacy development and address them throughout the year.

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## **ARTS & CULTURE**

Creativity helps us perceive the world in new and different ways. It helps us create works of beauty, problem solve, and refresh our bodies and our minds. It's fun, and when you are having fun, you are positively impacting your health. Creativity also fosters mental growth in children by providing opportunities for trying out new ideas.

My PATH students participate in a variety of arts & cultural activities such as performing arts, fine arts, culinary arts, dance, sculpting, and textiles.

We work with a variety of local artists, performers, and professional instructors to offer a robust combination of creative learning.

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## **TECHNOLOGY & INNOVATION**

The technology portion of My PATH offers students opportunities to create, build, and problem solve through various activities like photography, S.T.E.M, coding, and construction.

### **S.T.E.M**

STEM-based education teaches children more than science and mathematics concepts. The focus on hands-on learning with real-world applications helps develop a variety of skill sets, including creativity and 21st-century skills.

21st-century skills include media and technology literacy, productivity, social skills, communication, flexibility and initiative. Other skills attained through STEM education include problem solving, critical thinking, creativity, curiosity, decision making, leadership, entrepreneurship, acceptance of failure and more. Regardless of the future career path considered by our students, these skill sets go a long way to preparing them to be innovative.



### Photography (grades 5-9 only)

Heartgate Photography provides an amazing program for the My PATH students. Through this program, students learn:

- **Photography Mechanics/Basics - emphasis on product photos/lighting**
- **Portraiture - in this class, we will focus on emotive storytelling through photography.**
- **Nature, landscape & street photography**
- **Photo Editing**

### Construction

Building projects stimulate creativity and sharpen crucial skills, in addition to:

- **Developing motor skills and hand-eye coordination,**
- **Enhancing spatial skills,**
- **Building a capacity for creative, divergent thinking,**
- **Improving social and communication skills.**

We are currently researching and developing construction learning opportunities for the My PATH students and will add them to the schedule where possible.

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## HEALTH & WELL-BEING

The Champions of Health program in My PATH focuses on the following topics:

**Community Volunteerism** - students participate in a variety of community volunteer opportunities and learn about citizenship

**Intergenerational Learning** - students visit, learn, and play with our senior community population

**Social Emotional Learning** - students practice self-management, self-regulation, social awareness, responsible decision making, and refine their relationships skills through a variety of SEL resources and lessons

**Sexual Health** - as part of the Health curriculum, students in grades 4-9 learn the curricular topics of sexual health

**Heroes Program** - designed for our junior high students, the Heroes program is a social-emotional skill building program that equips youth with tools proven to enhance their capacity for resilience. By building their inner strengths, resilience, and decision-making skills, youth feel more confident navigating life's challenges and taking healthy risks.

**Nutrition/Healthy Eating Practices** - students learn how to fuel their bodies for activity and the importance of hydration and balanced nutrition

**Benefits of Physical Activity** - students will discover physical activity guidelines and recommendations, brainstorm ways to be active everyday, learn about community resources they can access, resolve conflicts with teammates in a healthy way, and set activity goals

**Personal Safety** - students will learn the importance of good personal hygiene practices, safe online practices, navigating their community safely when practicing active transportation, and how to access community resources to seek help about their personal safety

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## MY PATH STUDENT RESPONSIBILITIES

The format of the My PATH Program is such that students are often out in the larger community representing their school. Therefore, My PATH students, through the guidance of staff and partners, have certain responsibilities to ensure optimal programming and a fun, positive, and successful experience for all.

**These responsibilities include:**

- Participating in all activities provided by the My PATH Program to the best of their ability.
- Demonstrating a willingness to try and to cooperate to maintain the cohesiveness of the class.
- Committing to their learning, both academically and in My PATH.
- Demonstrating respect for themselves, their peers, teachers and coaches, as well as the spaces and equipment provided.
- Using encouraging and supportive language with teammates and themselves.
- Accepting and embracing challenges as a way to learn and grow.
- Being prepared for all activities by bringing required gear, and wearing athletic, comfortable clothing for all physical activities. This includes wearing ALL required outdoor gear for all outdoor activities.
- Using caution and always conducting themselves in a safe manner. Students cannot use equipment or perform an activity without proper supervision and permission from the instructor.
- Completing a My PATH feedback survey and self assessment, once per year.
- Looking after equipment, supplies, and maintaining a tidy area, and participating in the clean-up efforts required after some activities.
- Reviewing the My PATH student responsibilities and trying their best to demonstrate these regularly. Also, accepting the necessary consequences for not demonstrating them.

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## PROGRAM REQUIREMENTS

My PATH students are expected to be active every day, so it is important for them to come prepared by wearing appropriate activewear and running shoes, by tying back long hair, and by bringing a water bottle.

**OTHER PERSONAL EQUIPMENT ITEMS THAT MAY BE NECESSARY THROUGHOUT THE YEAR INCLUDE:**

**NOTE:** If a student does not have sport equipment items, we can help source them with advanced notice. CFL has a limited supply of most of these items, so please let your Group Supervisor know if your child requires anything.

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|------------------------|-------------------------------------|---|
| • <b>Hockey skates</b> | • <b>Clean indoor running shoes</b> | • <b>Rain gear</b>  |
| • <b>Hockey helmet</b> | • <b>Baseball glove</b>             | • <b>Swim gear</b>  |
| • <b>Hockey stick</b>  | • <b>Life jacket (opt)</b>          | • <b>Winter apparel (coat, snow pants, toque, mitts, boots)</b> |
| • <b>Hockey gloves</b> | • <b>Extra socks</b>                |   |
| • <b>Bike helmet</b>   |                                     |   |



***\*\*Failure to be prepared for activities will result in the following:***

- **1st offense** - a verbal reminder
- **2nd offense** - phone call to parents
- **3rd offense** - parent pick up requested

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## **MY PATH PROGRAM POLICIES**

### **No Device Policy**

At My PATH, we encourage students to take a break from screens to enjoy the various activities, the outdoors, and the social connection with peers and instructors. For this reason, we have a no device policy, which means students are not allowed to bring or use personal devices like cell phones, tablets or computers for the duration of the program. Should a student choose to bring a device without permission, the program facilitator will ask for the device, and safely store it until the end of the day. To ensure devices are not damaged or lost, it is highly recommended that students leave them in their lockers or backpacks, or at home.

On rare occasions, it may be necessary for students to use devices for learning purposes, and students will be notified in advance if they are required.

If a parent or caregiver needs to reach a student in an emergency, the best solution is to CONTACT THEIR MY PATH SUPERVISOR as they have cell phones with them at all times. Contact info will be provided via email before the first day of school.

### **Communication Policy**

While we understand that things come up and schedules change, our priority is to ensure the safety of all of the My PATH students. As such, we require written notification when the following circumstances occur:

- A student is leaving after CORE or lunch and not attending My PATH for the afternoon.
- A student is being picked up from an activity location rather than at CFL. Note: We will not leave a student unattended at any location. If the person responsible for picking them up is not there by the time the bus departs for CFL, the student will be required to get on the bus and return to CFL with the group.
- A student has parent permission to walk home directly from the activity location.
- A student has parent permission to stay at the activity location.
- A student cannot participate in an activity due to injury, as instructed by a medical professional, but will still be attending My PATH.

Written permission can come by way of text or email directly from the parent or caregiver responsible for the student, to the Group Supervisor. The Group Supervisor may follow up with a phone call to confirm.



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## **WITHDRAWAL AND FEE PAYMENT POLICY**

Program fees are posted to Power School and are due at the first of each month, unless otherwise paid in full or special arrangements have been made with the CFL office.

Those who have registered for the 2023-24 school year were charged a non-refundable two month deposit, due by Jun 30, 2023. This deposit will be allocated to the first (Sept) and last (June) month fees. If paying monthly, the next payment is due on October 1, 2023.

We understand that life gets busy, so we will send out mid month reminders for overdue balances. We encourage families who need to make alternative payment arrangements to reach out to our Head Secretary, Kathy Johanntges, as early as possible to avoid further reminders.

If your circumstances change and you need to withdraw from the program, we require 30 days written notice to the Program Navigator. You will be charged the month that you withdraw, but the remaining balance will be removed from your Power School account. If you withdraw in September, you will not owe any remaining balance if you have paid your non-refundable deposit fee.

Please refer to the waiver form for other program policies regarding student responsibility, enrollment and inherent risk. A signed waiver form is necessary to participate in the program.

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## **PROGRAM CANCELLATION POLICY**

On rare occasions, My PATH activities are changed or cancelled due to partner requests, weather conditions, or bus cancellations. When this occurs, we will do our utmost to provide a comparable alternate activity for students. In the event that PSD cancels buses, My PATH activities may also be cancelled due to low attendance and bus availability. If a My PATH afternoon is cancelled, we will notify families as early as possible. If the program is cancelled for two or more afternoons, families will receive a credit for the daily pro-rated amount.

If My PATH CFL is cancelled and school remains open, we will provide classroom based activities for those in attendance. For all other My PATH locations, students will stay in class at their home school for those afternoons.

## GRADE 1/2 – SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Stat holiday	<b>5</b> Welcome Day	<b>6</b> Gymnastics	<b>7</b> Champions	<b>8</b> Nature
<b>11</b> STEM	<b>12</b> Champions	<b>13</b> Gymnastics	<b>14</b> TLC	<b>15</b> Nature
<b>18</b> STEM	<b>19</b> Champions	<b>20</b> Gymnastics	<b>21</b> TLC	<b>22</b> Nature
<b>25</b> STEM	<b>26</b> Champions	<b>27</b> Gymnastics	<b>28</b> TLC	<b>29</b> Nature

Program	Detail	Supplies
Gymnastics	Aerials (bus)	No shoes, Athletic Clothing, Hair Tied, Water Bottle
Champions	Health Class @ CFL	Journal/Pen
Nature	Instructor River (CFL)	Outdoor Gear
STEM	Mrs. K (CFL)	N/A
TLC	Fundamental Fitness Fun	Athletic Clothing, Water Bottle, Indoor Running Shoes

## GRADE 3/4 – SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Stat holiday	<b>5</b> Welcome Day	<b>6</b> Champions	<b>7</b> Nature	<b>8</b> TaeKwonDo
<b>11</b> Music	<b>12</b> Soccer	<b>13</b> Champions	<b>14</b> Nature (Biking)	<b>15</b> TaeKwonDo
<b>18</b> Music	<b>19</b> Soccer	<b>20</b> Remuda	<b>21</b> Nature (biking)	<b>22</b> TaeKwonDo
<b>25</b> Music	<b>26</b> Soccer	<b>27</b> Remuda	<b>28</b> Nature (Canoe)	<b>29</b> TaeKwonDo

Program	Detail	Supplies
Champions	Health class	Journal and Pen
Nature	Instructor River	Outdoor Gear
Music	Mrs. Moisan (CFL)	N/A
Soccer	Capital SP @ Fuhr Field	Athletic Clothing, Outdoor Runners, Water bottle
Remuda	Horsemanship	Outdoor Gear

## GRADE 5/6 – SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Stat holiday	<b>5</b> Welcome Day	<b>6</b> Nature	<b>7</b> Remuda	<b>8</b> Champions
<b>11</b> Studio 35	<b>12</b> TaeKwonDo	<b>13</b> Nature (biking)	<b>14</b> Remuda	<b>15</b> TLC
<b>18</b> Studio 35	<b>19</b> TaeKwonDo	<b>20</b> Nature (biking)	<b>21</b> Sassy G's	<b>22</b> TLC
<b>25</b> Studio 35	<b>26</b> TaeKwonDo	<b>27</b> Nature (canoe)	<b>28</b> Champions	<b>29</b> TLC

Program	Detail	Supplies
Champions	Health Class	Journal/Pen
Nature	Instructor River	Outdoor Gear
TaeKwonDo	Phoenix TKD	Athletic Clothing, Water bottle, Hair Tied
Studio 35	Fitness, Dance, Kangoo	Athletic Clothing, Indoor Running Shoes, Water Bottle, Hair Tied
Remuda	Horsemanship	Outdoor Gear
TLC	Fitness Training/Sport Skill	Athletic Clothing, Water Bottle, Hair Tied, Indoor Runners
Sassy G's	Farm Field Trip	Outdoor Gear