



PHE MANITOBA FLASH

February 2021

PHE Canada Conference- Student Rate

REGISTRATION RATE

- Student Rate: \$50 per theme; or \$125 for the full event pass
- Student rates apply to PHE Canada [student members](#) who are enrolled in full-time programs and are not employed full-time.



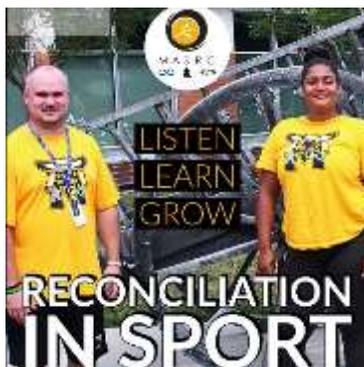
PHE Canada Student Member

CADRE: ...

Step by Step:

- Go to phecanada.ca/join
- Click on "Join Now" for Student Membership
- Register for a PHE Canada Student Membership for free
- Go to phecanada.ca/virtual2021 and click "Register Now"
- Register by theme and choose "member" pricing
- Or, register for the full pass by choosing "Member: All Access Virtual Pass" and enter promo code: **student125**

MASRC Reconciliation in Sport



The intention of this Reconciliation in Sport event is to create a space for sport and recreation leaders as well as anyone who is interested in learning and discussing how we can create space for reconciliation in the sport industry. Our event will be hosted on ZOOM over three days. You may attend one or all three sessions and you may [register by clicking here](#).

March 2, 2021 10AM-12PM - TRC Calls to Action
March 3, 2021 10AM-12PM - Treaty Education & Land Acknowledgments
March 4, 2021 10AM-12PM - Holistic Approach to Coaching
If you have any questions, email cadin.dupasquier@sportmanitoba.ca

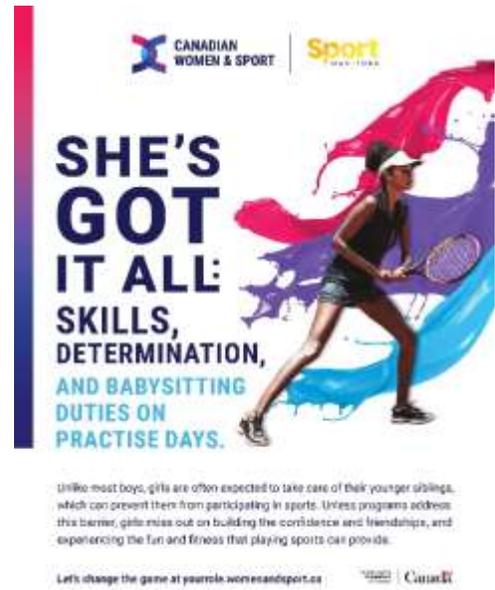
PHE Manitoba
145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6
phemb@sportmanitoba.ca, 204-926-8357
www.phemanitoba.ca

She's Got It All Campaign

Canadian Women & Sport's "She's Got It All" campaign highlights the challenges that continue to prevent women and girls from staying in sport. When it comes to sport, women and girls have got it all, and then some. Unfortunately, they also have an extra set of challenges that men and boys do not. These challenges continue to prevent women and girls from staying in sport. Canadian Women & Sport is committed to supporting women and girls and helping everyone involved in sport understand those challenges so we can tackle them together.

To help keep more girls and women in sport, things need to change. And we all have a role to play.

Visit yourrole.womenandsport.ca for some ideas on what you can do to better understand how women and girls experience sport and how to support them.



Make it a Fun February with the At My Best Challenge!

Take the AMB Challenge - a fun opportunity for your students to learn about their health and well-being.

During the month of February, complete one #ambchallenge per school day to support students in learning about their health and well-being. With activities for K-3 and 4-6 grade levels, the challenges are categorized into the three themes of the **At My Best** program: healthy eating, emotional well-being, and physical activity. The challenges are fun and easy to fit into the school day, only taking about 10 minutes to complete. Some challenges include downloadable activity sheets or ask you to upload a photo or short description.

\$6,000 in prizes available! The more activities you complete = the more chances to win. Each time your class completes a challenge and you mark it complete online, you will be entered into the **weekly draw for two \$500** cash prizes for your school community! At the end of the month, each challenge you have completed provides you with an entry into **two grand prize draws of \$1,000** for your school community.

In School or Online Learning COVID Friendly Programming! The activities have been structured to be utilized for both in school and online learning environments and follow COVID-19 public health and safety guidelines.

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In order to participate in the challenge, you must [register for At My Best](#). If you are already registered for *At My Best*, just login to your account and choose *Challenge* in the top navigation menu to get started!

KidSport Manitoba and Fit Kids Healthy Kids

Hi there,

Following our last outreach, we've put together a few additional resources for you and your students.

You'll find

- a Fit Kids Healthy Kids lesson planning activity ideal for kids in grades 9-12
- a Kidsport Manitoba ambassador activity recommended for kids in grades 5-8
- a Manitoba Sports Hall of Fame activity featuring some of our honoured members recommended for kids in grades 7-9

We hope these tools and resources can help you plan active time to challenge and educate your students. If you see something you like, need more information, or have feedback for us, please email sarah.tone@sportmanitoba.ca

Thank you!

Your friends at Sport Manitoba

Fit Kids Healthy Kids

[Fit Kids Healthy Kids](#) is a physical literacy program founded as a partnership between Doctors Manitoba and Sport Manitoba. It teaches children and their adult leaders - like you - the fundamentals of movement like running, jumping, throwing, and catching as well as many others through games and activities that are non-competitive and inclusive.

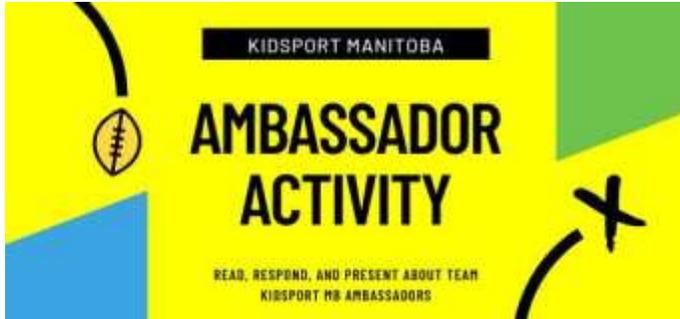
LESSON PLAN ACTIVITY

This is a great activity for high school kids. In this activity, students can use the Fit Kids Healthy Kids lesson planner feature [on our website](#) and make a themed lesson plan for one of the fundamental movement skills. [Download the PDF activity plan here.](#)

SAFE AT HOME MANITOBA

Thanks to support from the Safe at Home Manitoba program we've created videos featuring fundamental movement skills that are great for kids aged 2-12. Practice the 12 fundamental movement skills videos using [the manual and our interactive videos on our website](#)! Each video contains tips, demonstrations, and an example of a game to try the skill at home.

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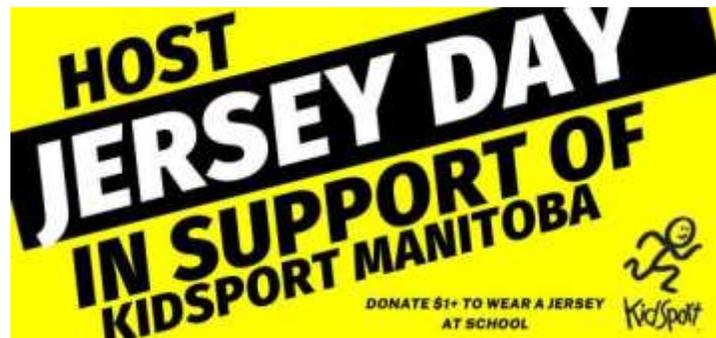
KidSport Ambassador Activity

[KidSport Manitoba](#) believes that all kids deserve the chance to play sports and stay active, and we know that it's hard to do that through the winter season. KidSport Manitoba has put together an activity focused around their program ambassadors that gives students the chance to read, respond, and present about Manitoban

athletes that are active in the community. Included are three Question & Answers done by Colin Hodgson, Tyson Langelaar, and Nic Demski, along with response questions and presentation prompts. This activity time should take 45-90 minutes and is recommended for kids in grades 5-8. Download [the activity](#) and [answer key here](#).

JERSEY DAY

Get the team spirit alive at your school by hosting a Jersey Day, a fundraiser in support of KidSport Manitoba. Donate \$1+ to wear a jersey to school, make sure to let KidSport Manitoba know and we'll give you a shoutout on our social channels! Contact us at kidsportmb@sportmanitoba.ca for more info, or to share your experience.



Manitoba Sports Hall of Fame

The Manitoba Sports Hall of Fame & Museum is a registered charitable organization that was established in 1980 to preserve the rich history of sports in Manitoba. The Museum Gallery is located inside the Sport Manitoba facility at 145 Pacific Avenue and its photographs and artifacts on display within our exhibits touch on many different stories from many different sports. These archives and artifacts help to show how sport has changed in Manitoba over the decades. A new class of Honoured Members are inducted into the Hall of Fame each year. These are Manitoba's most accomplished athletes, officials, coaches, teams, sport administrators and supporters who have helped build sport in Manitoba.

Download our [honoured members activity here](#) and the [answer key here](#).

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Bison Transport Sport LeadHERship Series

The fourth session of the [Bison Transport Sport LeadHERship Series](#) is The Black Female Coach Experience. The experiences of Black athletes have been highlighted in light of recent world events connected to the Black Lives Matter movement. Although coaching is a well-researched area of study, the stories of minority coaches, particularly Black female coaches, have not been discussed or uncovered. During Black History Month, we are taking time to listen to these experiences with a panel of coaches from across Canada. With the help of the Black Canadian Coaches Association, this panel will discuss the unique development and engagement of Black female coaches in Canada.

The Black Female Coach Experience

Thursday, February 18th, 2021

7 p.m.

Zoom link will be emailed to registered participants. You also have the opportunity to join us after the event for a Zoom network/debrief.

Panel:

- Lee Anna Osei
Founder, Black Canadian Coaches Association and Head Coach, St. Francis Xavier University Women's Basketball
- Joely Christian-MacFarlane
Head Coach, Royal Military College Women's Volleyball and Head Coach, CISM Military Women's Volleyball National Team
- Tasia McKenna
Assistant Coach, Saint Mary's University Women's Basketball and Technical Director & Performance Coach for Basketball Nova Scotia

Black History Month

In honour of Black History Month, the Canadian Olympic School Program is proud to release a new collection of Team Canada Athlete Stories that celebrate the contributions of Black athletes who have shaped our country, communities and culture for the better.

With the release of **7 new, free, bilingual resources**, this collection will support teachers in fostering an understanding and appreciation in Canadian students of the contributions made by Black Canadians to sport and to the history of our nation.

[Download the collection here](#) to celebrate Black History Month in your school

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