



# PHE MANITOBA FLASH

DECEMBER 2021

## KidSport Grants

Every month, KidSport Manitoba provides grants to kids from families facing financial barriers so they can participate in sport.

If your school sports are recognized by an active Provincial Sport Organization (PSO) within Sport Manitoba, they qualify. If you are not sure if the sport has a PSO, [visit our website](#).

Help more kids from your school get off the sidelines and into the game. Share the KidSport Manitoba grant application and information with your students and their families. The next application deadline is December 15.

<https://kidsportcanada.ca/manitoba/provincial-fund/> or email [kidsportmb@sportmanitoba.ca](mailto:kidsportmb@sportmanitoba.ca) for more information.



## Event Information

There is a new 'Events' page on the PHE Manitoba website. The event calendar shows information on each event, cost, date and time, location, and where to register. PHE Manitoba members can access their Professional Development funding if they would like to attend an event as part of their Professional Development. Information on PD Funding can be [found here](#).

Events are updated weekly so be on the lookout for new workshops, conferences, webinars, and training! [Check out the new Events page here!](#)

PHE Manitoba  
145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6  
[phemb@sportmanitoba.ca](mailto:phemb@sportmanitoba.ca), 204-926-8357  
[www.phemanitoba.ca](http://www.phemanitoba.ca)

## **Bison Transport Sport LeadHERship Series**

Session 3: Calling the Shots & Leading the Way  
Wednesday, December 15, 2021 at 12 p.m. CST

The third free session of the Bison Transport Sport LeadHERship Series features [Lee Anna Osei](#), [Coleen Dufresne](#) and our host, [Sara Orlesky](#), who are powerful and innovative women making significant strides in their careers. You'll learn strategies to create pathways to move forward within the sporting world, and the importance of finding your own voice. The stories shared during this session will provide new ideas and inspiration for taking steps to provide quality sport experiences for women and girls.

### **Bison Transport Sport LeadHERship Series**

**Sport**  
MANITOBA

**Bison**  
TRANSPORT

#### **Our Speakers:**

Lee Anna Osei is the founder and Director of The Black Canadian Coaches Association. A former all-star university basketball player, Lee is a 2-time Team Ontario U17 provincial coach and the first female head coach in St. Francis Xavier University's athletic history. She's also a member of the StFX teaching staff in the Human Kinetics Department.

Coleen Dufresne was the University of Manitoba women's basketball coach for 17 years and Bisons athletic director for 15 years. A three-time U SPORTS Coach of the Year, she coached her Bisons teams to nationals nine times where her teams captured three national championships ('87-88, '95-96, and '96-97). Coleen was inducted into the Manitoba Sports Hall of Fame as a builder in 2017 and again in 2020 with her '95-96 and '96-97 Bisons women's basketball teams.

Sara Orlesky is a Winnipeg-based reporter for TSN, for whom she hosts Winnipeg Jets games and is the sideline reporter at Winnipeg Blue Bomber games. In her career, Sara has covered Grey Cups, IIHF World Junior Championships, and the Stanley Cup Final.

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## Anti-Racism in Sport Campaign Video Release

Sport is not an equal playing field: Anti-racism takes action.

The Anti-Racism in Sport Campaign video features Winnipeg athletes and sport stakeholders sharing their experiences with racism and vision for change, in their own words.

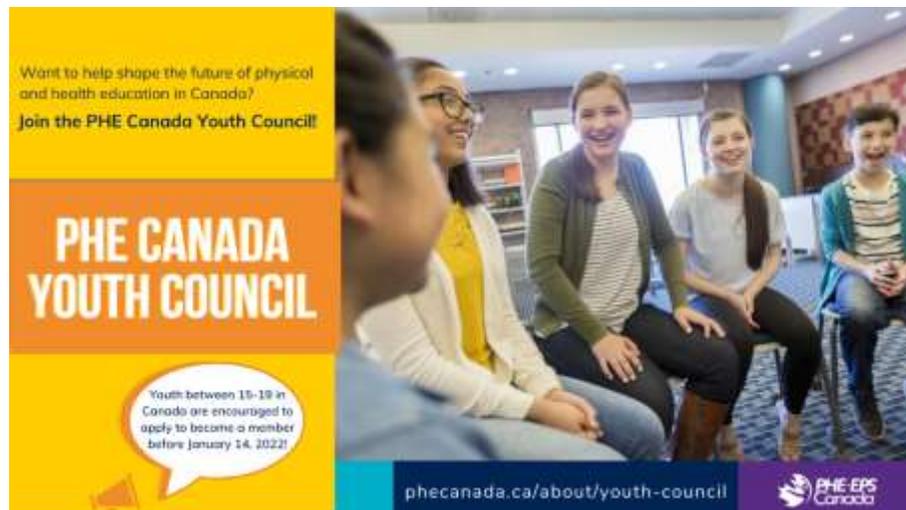


Watch the Anti-Racism in Sport Campaign Video (with captions):  
<https://youtu.be/uAFxLIKQWbs>

Physical and Health Educators of Manitoba is a proud partner on the Anti-Racism in Sport Campaign. For more information about the Campaign, check out their website: [www.antiracismsport.ca](http://www.antiracismsport.ca)

#AntiRacismInSportWPG

## PHE Canada Youth Council



PHE Canada has recently introduced a Youth Council and is now accepting applications. If you or your teachers have questions they can be directed to Heather Callum- PHE Canada's Lead for Engagement and Knowledge Mobilization at [heathercallum@phecanada.ca](mailto:heathercallum@phecanada.ca)

## Anti-Racism in Sport- School Presentations

How can you instill a commitment to anti-racism in sport in your students? Engage your students on anti-racism and learn to incorporate anti-racism material into your curriculum with our school presentations. The Anti-Racism in Sport Campaign's school presentations are:

- Free of charge

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- Offered within the City of Winnipeg
- Geared towards middle school students

You'll learn about the negative impacts of racism and discrimination in sport, how to identify and address racism and discrimination, and how to promote inclusion and diversity within sport activities within and outside of school.

Presentations are delivered by a prominent sports figure and a community sport leader, and:

- The presentation includes a powerpoint and videos.
- Participants receive a campaign swag item and a bookmark for their parent/caregiver about the presentation (available in multiple languages).
- Teachers will be provided with a copy of the presentation and resources.
- \*COMING SOON\* We will have teacher resources and curriculum on the topic of anti-racism in sport.

Register your class / school at: <https://antiracismsport.ca/school-presentations/>

### **MTS PD Day Recordings**

Session recordings will only be available until December 22<sup>nd</sup>, 2021. Recordings and handouts from the event [can be found here](#).

### **Concussion Resources**

Do you know what to do if your student gets a concussion? Any blow to the head, face or neck, or to the body can cause a concussion.

“Red flag” symptoms include:

- neck pain
- repeated vomiting
- growing confusion
- seizures
- weakness or tingling in their arms or legs

If a student is suspected to have a concussion they should cease physical activity immediately, and be given time to rest and recover.



Be better prepared to prevent and identify concussions in your students. Return to play guidelines and more, here: <https://www.sportmanitoba.ca/resources/concussion-information/>

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## **Let's Talk About Cannabis Interactive Workshop**

Join us on January 12<sup>th</sup>, 2022 at 4:00pm as we explore...

- Factors influencing a young person's decision to use or not use cannabis
- Why cannabis affects everyone differently
- Popular methods of cannabis consumption among youth
- Risks of cannabis use for youth and strategies to lower risks
- When cannabis use becomes a problem
- Where to find information and support and what to expect from support services across Canada

Presented by the Youth Cannabis Awareness Program. For more information, click the promotional flyer attached to this email.

**Have a good holiday season from your friends at PHE Manitoba!**



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