



PHE MANITOBA FLASH

NOVEMBER 2021

PHE Manitoba Awards

On October 21st, PHE Manitoba hosted their annual awards evening virtually. If you were unable to attend the event, you can watch the [awards evening here](#).

Congratulations to the 2020-2021 PHE Manitoba award recipients!

PHE Manitoba Physical Educator Early Years- *Nicole Clement (Pembina Trails School Division)*
PHE Manitoba Physical Educator Middle Years- *Leslie Duhamel (Pembina Trails School Division)*
PHE Manitoba Physical Educator Senior Years- *Jethro Bartelings (Winnipeg School Division)*
PHE Manitoba Health Educator- *Melissa Ferrar (Frontier School Division)*
Norman East Regional Recognition- *Purvis Cromarty (Frontier School Division)*
Westman Regional Recognition- *Jason Curtis (Brandon School Division)*
Winnipeg Regional Recognition- *Daniel Shynkaryk (Winnipeg School Division)*
Andy Power- *Erik Mackenzie (Winnipeg School Division)*
Coalition- *Manitoba Aboriginal Sport and Recreation Council*
PHE Canada Dr. Andy Anderson Young Professional- *Josiah Rogge (Frontier School Division)*
Outdoor Education Award of Merit- *Justine Wilmot (Rolling River School Division)*
Dick La Page Scholarship Brandon University- *Kaden Mirza*
Dick La Page Scholarship Brandon University- *Rylan Metcalf*
Dick La Page Scholarship University of Manitoba- *Juliana Jarmoszko*
Dick La Page Scholarship University of Manitoba- *Kristen M. O'Keefe*

Congratulations

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Bison Transport Sport LeadHERship Series

The Bison Transport Sport LeadHERship Series, hosted by media personality Sara Orlesky, is a **free** five-part series and professional development opportunity designed for YOU- Manitoba's coaches, administrators, community leaders, and volunteers of all genders, from all sports, from across the province.

The goal of each session is to help you empower and encourage the girls you work with to stay active and involved in sport and become the next generation of female sport leaders. You'll take away practical tips and tools to help you build your network and knowledge base.

Second Session: Building on the Strengths of Indigenous Youth

In this session, we will learn from Indigenous female leaders in the sport and recreation sector. Our three speakers Lee Spence, Jessica Guimond and Jayme Menzies will discuss the importance of empowering Indigenous youth and creating a sense of belonging in sport and recreation.

- **Lee Spence** is a Metis Muskego Inineew Iskwew (swampy cree woman) and athlete who focuses on integrating Indigenous knowledge and practices into projects, programs and policy.
- **Jessica Guimond** is the Community Recreation Coordinator at Sagkeeng Health Centre. The centre provides mental health counselling, pre and post-natal programs, immunizations, suicide crisis response and other health services to the Sagkeeng First Nation.
- **Jayme Menzies** is a champion volleyball coach for the CMU Blazers. In 2021, she received Sport Manitoba's Peter Williamson Memorial (Train to Compete/Train to Win) Award and the Indigenous Female Coach of the Decade Award.

Wednesday, November 10th, 2021 at 7:00pm CST

[Register Here for the Free Session](#)

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Review & Rate 2021

Mental Health, Wellness and Recovery is pleased to support the promotion of Healthy Schools through programs and initiatives like Review & Rate. The Review & Rate program helps Manitoba students make positive and informed choices about abstaining from the use of nicotine through tobacco and vaping products.

This year marks 18 years for this popular and successful program. Over this time, Manitoba educators have guided their students through Review & Rate sessions featuring more than 180 anti-tobacco ads from around the world.

All materials for this program can also be downloaded at manitobastoptobacco.ca. Please encourage sharing of these resources among educators so that those less familiar with the program might be introduced to this program.

Thank you for your ongoing commitment to the health of Manitoba's students and continued support of the Review & Rate Program.

Envoyé au nom du ministère de la Santé mentale, du Mieux-être et du Rétablissement

Bienvenue au programme *Évaluer et classer* 2021!

Le ministère de la Santé mentale, du Mieux-être et du Rétablissement a le plaisir d'appuyer la promotion de l'initiative Écoles en santé à travers des programmes et des initiatives comme *Évaluer et classer*. Le programme *Évaluer et classer* aide les élèves du Manitoba à faire des choix positifs et éclairés pour s'abstenir de consommer de la nicotine par le tabac et par des produits de vapotage.

Cette année marque le 18^e anniversaire de ce programme populaire et réussi. Pendant toutes ces années, des éducateurs du Manitoba ont guidé leurs élèves lors de séances d'évaluation et de classement qui leur présentent plus de 180 publicités antitabac du monde entier.

Tout le matériel du programme peut aussi être téléchargé sur le site manitobastoptobacco.ca/?lang=fr. N'hésitez pas à partager ces ressources avec vos collègues éducateurs pour que ceux qui connaissent moins bien le programme puissent le découvrir.

Nous vous remercions de votre engagement continu envers la santé des élèves du Manitoba et de votre soutien continu envers le programme *Évaluer et classer*.

[Review & Rate Program Info](#)

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Sport Manitoba Coach Feature

Leading up to the 2022 Canada Summer Games, Sport Manitoba is featuring the dedicated coaches who spend countless hours giving back to sport. Currently Sport Manitoba's Coach Feature is PHE Manitoba member- Justin Charrier!

Justin is an Athletics Coach for Team Manitoba. [Click here to read Justin's article.](#)



Injured in Class?



You know how it goes...someone gets hurt in class and you need to get in to see someone quick! A [minor illness and injury service](#) at the Sport Manitoba Clinic can be your go-to if you need an x-ray, are experiencing pain, need concussion treatment, or for any other non-life threatening illness or injury.

Together, our experienced clinic staff can help you recover and rehabilitate from many injuries or ongoing issues. We always set aside same-day appointments to get you looked after as soon as possible. Book an appointment by calling 204-925-5944 or visiting our website.

<https://www.sportmanitoba.ca/clinic/services/minor-illness-and-injury/>

**Sport Manitoba is a non-profit organization. Revenue generated in the Sport Manitoba Clinic is reinvested into amateur sport and community programs across the province.*

Manitoba Indigenous Games

My name is Gabby Desrochers, the Major Games Coordinator at the Manitoba Aboriginal Sports and Recreation Council (MASRC). Some of you may remember me from last year, when MASRC hosted MIG for the first time in 11 years!



Since hosting MIG last year, we have received feedback, inquiries, and more and more interest in doing MIG every year. That said, I have put together an interest survey for schools to fill out, to gauge the interest of the schools in Manitoba. We have a deadline of November 8th to fill out the survey.

LINK TO SURVEY: <https://forms.office.com/r/GzKk7WH6bs>

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Anti-Racism in Sport Campaign

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
- 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://antiracisminsport.ca/school-presentations/>

MTS Professional Development Day 2021

A big thank you to the over 700 people that attended PHE Manitoba's MTS Professional Development Day! Session recordings and handouts from the event [can be found here.](#)

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Connecting Mental Health Literacy and Well-Being to the Physical education / Health Education Curriculum

It is important that Kindergarten to Grade 12 students, as part of their physical education and health education (PE/HE), are able to gain the knowledge and skills they need to support mental health, well-being, and healthy lifestyles. Manitoba Education is pleased to announce the release of [Connecting Mental Health Literacy and Well-Being to the Physical Education/Health Education Curriculum](#). This resource is intended to enhance understanding of the overall integration of mental health throughout the current Manitoba K–12 PE/HE curriculum and increase awareness of resources that are available to support the implementation of mental health curricular learning outcomes.



Along with this resource, Manitoba Education has also created a list of [Mental Health and Well-Being 2021/2022 Professional Development Sessions](#) that are taking place in the upcoming months. These sessions are being offered in English only.

Inquiries related to the content of the documents may be directed to

Stephen Howell, Consultant
Telephone: 204-451-1673
Toll-Free: 1-800-282-8069, ext. 8806
Email: stephen.howell@gov.mb.ca

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!](#)

Concussion and Related Safe Sport Content Survey

Sport Manitoba is working diligently to expand our resources relating to concussion information and prevention, which are an important part of our safe sport portfolio.

One of the steps we're taking is to collaborate with you - representatives from the sport, education, and community sectors. Through a series of three interactive focus group sessions, we'll determine key priorities for concussion resources and support.

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As a first step, we are asking you to complete this online survey. Your input will help determine the priorities and key messages for concussion and related safe sport content.

[Link to Survey](#)

Please respond to the survey before 11:59 p.m. on Friday, November 5, 2021. If you have any questions about this survey or the project overall, please feel free to reach out to Megan Foster, Sport Development Officer, at megan.foster@sportmanitoba.ca.

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