

# What Burnaby North is Doing To Help Students

## Achieve Daily Physical Activity!

- All grade 8 and 9 teachers will take responsibility for offering opportunities and tracking
- PE teachers to help students track daily entries
- Increase open gym time – morning and lunch
- Expansion of the intramural program to include more teams – Both competitive and non competitive leagues to accommodate all levels.
- Staff members to model commitment through sponsorship of clubs and events
- Classroom Teachers will build DPA info into regular instruction time
- PE Department and Leadership Program to assist students with DPA
- Extensive Athletics program
- Tracking of students through intramurals, walking/running clubs, teams, extracurricular activities.
- PE 8 and 9 teachers will track activities
- Grad Transitions Advisors will help track students' activities
- PE 10 teachers will support students in identifying activities
- Various PE courses include: Weight training, Dance, Keep Fit, Hockey Academy, A.M. P.E., and Field Trip.

## ATHLETICS

<b>Season:</b>	<b>Start of Practices</b>	<b>Finish of Season</b>
<b>Fall</b>	September 2	November 6
<b>Winter</b>	November 24	March 7
<b>Spring</b>	March 2	June 6

**For more information see the Athletics Department Head:**

<b>Fall Season</b>	<b>Winter Season</b>	<b>Spring Season</b>
Girls Volleyball (8-12)	Basketball	Senior Boys Rugby
Boys Volleyball (10-12)	Skiing/Snowboarding	Tennis
Boys Rugby (8 – 9)	Table Tennis	Senior Girls Soccer
Badminton Jr. & Sr.	Field Lacrosse	Junior Girls Soccer
Field Hockey	Curling	Netball Jr. & Sr.
Swimming		Golf
Cross Country Running		Track
Senior Boys Soccer		Boys Volleyball (8/9)
Swimming		Mountain Biking

**CLUBS AND ORGANIZATIONS:**

Meeting times and places are indicated in the school bulletin. All students are invited to participate. Here are a few examples:

Table Tennis

Badminton

Break Dance Club

Cheerleading

Marching Band

Mountain Biking

Skiing & Snowboarding Club

Sun Run Club

Examples of Physical Activity Outside of Burnaby North Secondary School:

Any activity listed can contribute to 30 min of daily activity.

At home:

- Walk / ride to school
- Go for walks / bike rides
- Sign up for an activity at the community center
- Drop in for sports (basketball, badminton, soccer...) at community centers
- Go to the pool / skate park / skiing... with friends
- Club sports



## **Burnaby North Secondary School**

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Sept 28, 2009

Dear Parent/Guardian,

As of September 2008, all schools will be implementing Daily Physical Activity (DPA). The province of British Columbia sets the requirements for DPA. Grades 8-9 students must acquire 30 minutes of physical activity each day. As Physical Education occurs every second day at Burnaby North, students are responsible for achieving their 30 minutes on days when they do not have P.E. Physical educators will track this activity using various tracking devices. At the end of each term, students will receive a mark on their report card, "MR"- meets requirements or "NR"- not meeting requirements. An academic consequence has not been put into place for students receiving a mark of "NR" but students are strongly reminded that this is a lifestyle we hope they adopt for the rest of their lives. Students are also reminded that this is a comment that will be recorded on their official transcript.

Students in grades 10-12 require 150 minutes of physical activity per week as part of their Graduation Transition Program. A "MR" or "NR" will appear on their report cards as well as on their official transcript. The Grad Transition Coordinator will track their DPA progress.

Please refer to the link on our school website or check the website below if you have any concerns or questions.

[www.bced.gov.bc.ca/dpa/resources.htm](http://www.bced.gov.bc.ca/dpa/resources.htm).

Sincerely,

Burnaby North Secondary Administration