



L.E.S. SANTÉ GLOBALE PROGRAM 2025-26

Welcome to Year #4 for L.E.S. as a Santé Globale school!
Strong from our experience from the last few years, we are happy to have another year that promises to be all about **moving, learning, playing and developing **healthy habits**, in school, outdoors and at home.**

During our Physical Education, Outdoor Education, and Movement classes, our students will have the opportunity to practice a wide variety of activities and skills, cooperative games, various team and individual sports, and fitness routines.

As well, students will be immersed in the outdoors and nature, experiencing our beautiful four seasons to the fullest!

We will spend most of our Santé globale time outdoors, be it on our amazing school grounds, in surrounding parks, or exploring the many lovely Eastern Townships' mountains, hills, lakes and forests. Children will also take part in two special Santé globale days throughout the year.

Please refer to the website for more information regarding the program itself: [Fondation Santé globale](https://www.fondation-sante-globale.org/)

The Santé Globale team is delighted to be working with your child this year! Please welcome:



Mr. Curtis Brown
Physical Education
browncu@edu.etsb.qc.ca

Ms. Jacki Lumley
Physical Education teacher
lumleyj@edu.etsb.qc.ca



Mrs. Sigal Hirshfeld-Gandey
Art, Dance & Movement
hirshfelds@edu.etsb.qc.ca

Mme Isabelle Desbiens
Outdoor Education & Movement
desbiensi@edu.etsb.qc.ca



Physical Education Competencies

Three competencies make up your child's physical education mark. These are:

1) **Movement Skills**: Focuses on each student's personal development of skills, which require coordination and balance, with and without objects.

2) **Interaction**: How children put the skills they have learned into action in a game, sport, and activity setting with others. Children will be expected to develop strategies, learn rules, show concern for safety and put ethical practices into action.

3) **Healthy Lifestyle**: Each student will understand how to improve fitness and lifestyle habits. This competency will be mostly covered during Outdoor Education Class.3

Santé Globale Teaching Minutes:

PreK and K: 1 X 45 minutes of movement per week

Grades 1 to 6:

- 2 X 60 minutes per week of Physical Education class
- 60 minutes per week of Outdoor Education in French
- 45 minutes per week of movement outdoors in English
- 30 minutes of fitness

FOUR CORE THEMES are covered yearly in addition to the physical activity component:



- **The human body**
- **Healthy habits**
- **First Aid**
- **Stress and wellbeing**

SPECIAL OUTDOOR ACTIVITIES

Throughout the year, each grade level will also have the amazing opportunity to experience at least two special outdoor activities, taking place away from school grounds (Dates TBD):

PreK and K:

4 swimming lessons at Bishop's University in Nov.-Dec.
One special winter activity day (in January, place TBD)

Cycle 1:

4 skating classes at BCS - Bishop's College School in Dec.-Feb.
Cross-country skiing at surrounding parks in January-February

Cycle 2:

Winter Camp at Camp Beauséjour February 23 and 24 (2F and 2L)
Winter Camp at Camp Beauséjour February 24 and 25 (2K and 2M)
Biking workshops and a one-day bike trip (May)

Cycle 3:

Downhill skiing at Mont Orford - two days
Biking workshops and a one-day bike trip (May)

MARK YOUR CALENDAR!
for our upcoming **Autumn**



Hikes 2025

Grade Level	Date	LOCATION	Time	Transportation
PR and PB	Wednesday Oct. 22	Marais St-François	9 am to 1:30 pm	Bus
PE, PD, PF	Wednesday Oct. 29	Marais St-François	9 am to 1:30 pm	Bus
1H and 1P	Monday October 20	Mont Bellevue	9:00 am to 2:00 pm	Bus
1D and 1G	Monday October 27	Mont Bellevue	9 am to 2:00 pm	Bus
2N and 2F	Tuesday October 21	Mont Ham 103, route 257 ouest, Ham sud	9 am to 4:00 pm (Late pick-up at school) TBC	Bus
2K and 2M	Tuesday October 28	Mont Ham 103, route 257 ouest, Ham sud	9 am to 4:00 pm (Late pick-up at school)	Bus
3G + 3H	Friday Oct. 23	Sentier Neil Tillotson- East Hereford	9 am to 4 pm (Late pick-up at school)	Bus
3C + 3S	Friday Oct. 24	557 chemin de Coaticook East Hereford		



VOLUNTEERING OPPORTUNITIES!!

Want to spend some fun quality time with your child?

Looking to take part in our activities and community?

JOIN US!

- Especially during our Outdoor Education classes, we will appreciate having another adult present. Please contact Mme Desbiens as soon as possible if you are able to volunteer on a regular basis: desbiensi@edu.etsb.qc.ca
- We will invite parents to join special outings or activities closer to the date.
- Finally, if you are willing to share your expertise, and take part in one of our upcoming Santé Globale special days, please contact one of us directly (for example: you might be interested in giving a workshop or a presentation).

**CHEERS TO AN ACTIVE, HEALTHY AND
MEMORABLE 2025-26!!**

**SEE YOU UNDER THE BEAUTIFUL
TOWNSHIPS SKIES!**

