

ACTIVITIES

ACTIVATE:



Students will need to bring appropriate indoor shoes, a water bottle as well as a change of clothing. Students will have to sign and pay \$20.00 to attend. —FULL

BADMINTON TOURNAMENT @ AMVC

Don't care for the cold? Stay warm inside and join our badminton tournament! We will be spending the morning in the gym trying out different warm-ups and practicing our badminton skills in a tournament-style competition.



BROOMBALL



Don't want to shoot a puck! How about whacking a ball? Broomball will be taking place at Frank Whyte Park. Dress warm and bring a helmet (if you have one). All other equipment (Inc. helmets) will be provided.

TOBOGGANING

Once you've taken in the beauty of Kildonan Park, challenge a hill or the toboggan slide. Bring a sled and make sure to dress for the weather! Or...bring your own skates & helmet to tear up the duck pond! Transportation will be provided.



CURLING

Get ready for a fun-filled morning of sweeping, sliding & learning the sport of curling! Transportation will be provided to and from a local Curling Club. You must bring a clean pair of running shoes because all the other equipment will be provided.



VIDEO GAMES

We're playing video games. PS3 with some 2 player games will be provided. A Sega Genesis for some vintage games. Otherwise, you can bring your own system and play with friends, your phone or Chromebook.



Something for EVERYONE!

INUIT GAMES



Ready to test your survival skills? Want to build up your strength, agility, flexibility and endurance? Come spend the morning trying out traditional Inuit Games. Have the chance to compete with and against your friends in a morning of airplane, leg-wrestling, high-kicking, snowshoeing and more! The first part of the morning will take place inside and the second part will provide you time to try out snowshoeing in the field. Bring gym clothes and outdoor clothing to participate in this. Inuit-themed morning of winter fun!

ROAD HOCKEY

No skates but love hockey? Come and join us in the staff parking lot at AMVC to play some road hockey. You can bring your own hockey sticks; all other equipment will be provided.



SKATING @ THE FORKS

Students will have the opportunity to enjoy a leisurely skate through the picturesque grounds at the Forks. We will be transported to and from this activity by school bus. Participants **must** wear a helmet and have skates. Skates are available to rent at The Forks Market for \$7.00 and helmet rentals are \$3.00.



TABLE TENNIS

Want to learn how to play? Already know how to play? Come join our singles & doubles tournament to show your skills.



CROSS COUNTRY SKIING

Outdoor enthusiasts and nature lovers will enjoy cross-country skiing at Kildonan Park. Ski equipment and transportation will be provided.



Please return to your Homeroom Teacher by Thursday March 2nd 2023

_____ has permission to participate in AMVC's WINTER

ACTIVITY EVENT on March 10, 2023 (in the morning).

Home Room # _____

_____ (Parent Signature)

_____ (Contact Number)

_____ (Medical Number)

PLEASE CHOOSE YOUR TOP 4

ACTIVITIES AND LIST THEM BELOW

1 _____

2 _____

3 _____

4 _____



ANDREW MYNARSKI

VC SCHOOL

PRESENTS

A DAY OF



MARCH 10TH, 2023



Our Staff at AMVC have selected a morning that will be devoted to expanding and nurturing the physical and social well-being of our students. This event is called WINTER FUN DAY ACTIVITY. It will be held on Friday March 10th, 2023.

The Purpose of this day is to offer students extra-curricular opportunities that reach beyond the classroom. It will allow students to interact with other teachers and students in an atmosphere conducive for developing relationships while exploring an activity of their interest.

Parents are advised that this day is a regular school day. Therefore, students are expected to attend & register for an activity. Please keep this WINTER ACTIVITY EVENT pamphlet as a record of the details pertinent to the chosen activity.

Further information regarding the events will be announced during our morning announcements. Students are expected to display respectful ,safe and responsible behaviour.

Registration will take place in February. Parental permission for each activity will be required by completing the attached form and returning it to AMVC by Thursday March 2nd , 2023.

If you have any questions or concerns to a specific activity, please contact one of the supervising staff members.

Registration is offered to our Grade 9 students first. The Grade 8 students and subsequently our Grade 7 students will be considered. A minimum of 10 spaces being held for each grade level.

Students will be confirmed as registered ONCE they return a signed permission form.

All events involving additional costs, are **non-refundable**.

Special Thanks To:

Northwood Community Club for the use of the ice @ Frank Whyte CC.

LETS HAVE SOME WINTER FUN!