



2023 – 2024 BERNIE WOLFE COMMUNITY SCHOOL

DAY PROGRAM SCHEDULE	
Wednesday October 25	FIRST ON-ICE HOCKEY DAY
Wednesday December 13	Last On-Ice session before Winter Break
Wednesday January 10	First On-Ice session for 2023
Wednesday May 1	LAST ON-ICE HOCKEY DAY

AFTER-SCHOOL PROGRAM SCHEDULE		
WEEKS	GRADE 4	GRADE 5
WEEK 1 November 16	WELCOME CLASS INSTRUCTION: Afterschool Introductions, rules, and expectations MEAL: PIZZA	
WEEK 2 November 23	FLOORBALL RULES INSTRUCTION: Introduction to floorball and floorball rules	
WEEK 3 November 30	EMOTION & BEHAVIOUR INSTRUCTION: Understanding our emotions and how they can impact our behaviour at hockey	
WEEK 4 December 7	POWER OF YET INSTRUCTION: Setting hockey goals and how to make positive decisions for the future	
WEEK 5 December 14	FITNESS RELAY INSTRUCTION: Ways to be physically active in our community while have fun	
WINTER BREAK		
WEEK 6 January 11	MY HEALTHY PLATE INSTRUCTION: Nutrition Class	
WEEK 7 January 18	PERSONAL HYGIENE INSTRUCTION: Ways to practice good personal hygiene and hygiene at hockey	
WEEK 8 January 25	INCLUSION & EXCLUSION INSTRUCTION: Learning empathy	
WEEK 9 February 1	KINDNESS ROCKS INSTRUCTION: Random acts of kindness	
WEEK 10 February 8	TRUST & FRIENDSHIP INSTRUCTION: Building trust in friendship	
Week 11 February 15	CANCELLED – STUDENT LED CONFERENCES	
Week 12 February 22	REC & READ INSTRUCTION: Reading and literacy games with WJHA High School volunteers MEAL: PIZZA	
WEEK 13 February 29	MINI FLOORBALL TOURNAMENT INSTRUCTION: Students use their knowledge of floorball rules and learned skills in a fun round robin tournament	
WEEK 14 March 7	FAIRNESS & HOCKEY RULES INSTRUCTION: Understanding hockey rules and playing fair	
Week 15 March 14	CAMP MANITOU: OUTDOOR GAME PICK-UP: 2:15 PM – 5:00 PM MEAL: PIZZA	
SPRING BREAK		
CELEBRATION DAY May 8 - 19	WJHA CELEBRATION DAY PICK-UP: 9:00 AM – 3:00 PM	



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INSTRUCTION: Practicing gratitude in daily lives

GRATITUDE