



Daily Physical Activity (DPA) Verification Form 2009/10 School Year

Rockridge Secondary School
5350 Headland Drive
West Vancouver, B.C. V7W 3H2

Re: Daily Physical Activity (DPA) Requirements

To Grade 8 – 12 students and parents/guardians:

Effective September 2008, all students from K to 12 are expected to participate in regular physical activity. Daily Physical Activity (DPA) is defined as endurance, strength and/or flexibility activities done on a daily basis and may consist of either instructional or non-instructional activities. The benefits of an active, healthy lifestyle are well documented. Active students are healthier and perform better academically than their less active peers. The importance of promoting a healthy lifestyle needs to be supported by both the home and school. There are many opportunities within the school, in the community and at home for students to take responsibility for their own health and fitness.

Students in Grades K to 9 are required to complete 30 minutes daily of physical activity. Students in Grades 10 to 12 must document and report a minimum of 150 minutes per week/100 hours a year of physical activity, at a moderate to vigorous intensity, as part of their Graduation Transitions Program. Students currently enrolled in a Physical Education class at Rockridge Secondary School are meeting the requirement as set out by the Ministry of Education for DPA. **Students not currently enrolled in a Physical Education class at Rockridge are required to complete the form on the back of this letter.** Additionally, students may wish to use the DPA tracker tool, <http://www.learnnowbc.ca/services/DPALog/> to manage the hours spent meeting the requirements.

Given that a vast majority of our students participate in regular physical activity in the school and/or community, it is important that students document their work towards completing this graduation requirement. Schools are required to report out each term as to whether students have met the requirements (MR – meeting requirements) or not (NMR – not meeting requirements) of Daily Physical Activity. As such, it is expected that students will develop a plan that demonstrates commitment to their own well-being. It is also critical that students receive encouragement and support from parents and family members as the completion of this plan must be submitted to the school for verification and recorded on their report card/transcript.

Attached to this letter (see over) is a copy of the verification form that will be used each reporting period to confirm your child is meeting this requirement. Students will be expected to complete this form outlining how they met the DPA requirements and have it signed by you to verify the information. We also believe that this partnership will reinforce and promote a life-long commitment towards a healthy, active lifestyle. Parents are encouraged to visit the Ministry website: www.bced.gov.bc.ca/dpa to explore the various ways students can meet the DPA requirement.

Sincerely,

Ms. Marne Owen, Principal



A. Daily Physical Activity (DPA) Verification Form 2009/10 School Year

Tuesday, December 01, 2009

Student Name: _____

Pupil #: _____

Grade: _____ Homeroom: _____

Reporting Period (circle): 1st 2nd 3rd

I took these courses to partially meet the DPA requirements (e.g. PE 8,9, 10, 11, 12 or other):

I participated in these school sports programs:

I participated in these extra-curricular activities (e.g. intramurals, school outings...)

I participated in these community organized programs:

I participated in physical activity opportunities at home or in the community (swimming, jogging, weight training, dance,.....):

Other (please describe)

I acknowledge my responsibility to record/document my involvement in daily physical activity and have the support of my family to ensure the completion of this Ministry/graduation requirement.

Student signature: _____ Date: _____

Parent/guardian signature: _____ Date: _____

Note: This form should be completed by the end of each term and returned to Mr. Crowley, Vice Principal. Submission of this form will indicate that DPA requirements have been met