



Student Name (last, first): _____

Current grade: _____

Dear Parent/Guardian,

Thank you for submitting your child's application to the PEAK Performance Program. The PEAK Program can provide the flexibility needed by elite student athletes and performing artists to balance their education with demanding competition and training schedules. Be aware that there are no credits associated with the Peak Program, and therefore extra attention should be paid to credits earned towards your child's Graduation Program in Grades 10-12. Students are required to re-apply each year to ensure that the level of competition and training meets the requirements for this Program.

Eligibility, information, and applications forms can be found on the Argyle Website under *Argyle > Students > Course Programming > PEAK Performance*

Please provide the following information on this letter and staple to the District Peak forms (student and coach) and submit to your counsellor.

Prior to applying for PEAK PERFORMANCE, review the following minimum criteria:

1. Student is engaged in 'supervised/coached' training / competition a minimum of 15 hours per week (coach/mentor to confirm in the application). *Please provide a sample of a regular week.*
2. Student is currently maintaining a C+ overall average including no failing grades or unsatisfactory work habits. Students are expected to be fully engaged in their learning with exemplary attendance and commitment to their learning. (**new** students to Argyle, *please include your most recent report card*; current Argyle students do not need to include a report card).
3. Competition is at the highest regional, provincial or national level for the student's age group (ie. HPL/Whitecaps soccer, Major Midgets Hockey; Tier II swim standard) or student has a current ranking that places them in the top portion of individuals in their age group. Dance programs must be approved 'Pre-professional' programs with examinations.

Students need to consult with their counsellor about the flexible timetable options needed to support their learning and training.

Indicate a single block (indicate *Semester 1 (S1)* or *Semester 2 (S2)*): _____

- At any time in the day (greater flexibility for course selection)
 In the afternoon block only to allow training off site

Or...Two PEAK blocks: one in each Semester (2 out of 8 blocks)

- At any time in the day (greater flexibility for course selection)
 In the afternoon block only to allow training off site

If you are requesting to omit PHE 8 or 9, please see (and sign) the back of this form regarding the alternate delivery of the Health Curriculum and sign the bottom of the form. **Please note that PHE 10 is a required course mandated for Graduation, and must either be taken at Argyle or online through North Vancouver Distributed Learning.**

Please be aware that Peak Performance blocks are not monitored by school staff. When your child is granted an unstructured period within the regular school day, Argyle School does not track the whereabouts of your child. **Therefore, the responsibility of supervision is on the parent and or guardian during this time and to ensure their safety and well-being.** If they choose to be at Argyle during this unstructured period, they will be expected to be working in either the library, a collaborative space or the multipurpose room at Argyle.

If you have any further questions about this request or the Peak Performance program, please do not hesitate to contact your school administrator.

Acknowledgement of Peak Performance policies:

(Student name)

(Student signature)

(date)

(Parent name)

(Parent signature)

(date)

Physical and Health Education 8 & 9

Physical and Health Education (PHE) 8 & 9 is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives.

PHE curriculum focuses on competencies that support life-long learning—competencies that can contribute to personal lives and career aspirations. PHE emerges from two areas of learning, physical education and health education, that are brought together in order to promote and develop all aspects of well-being. The health related learning standards that are set out for students in the PHE curriculum are listed below.

Social and Community Health

- Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Propose strategies for responding to discrimination, stereotyping, and bullying
- Propose strategies for developing and maintaining healthy relationships
- Create strategies for promoting the health and well-being of the school and community

Healthy and Active Living

- Participate daily in physical activity designed to enhance and maintain health components of fitness
- Describe how students' participation in physical activities at school, at home, and the community can influence their health and fitness
- Develop strategies for promoting healthy eating choices in different settings
- Assess factors that influence healthy choices and their potential health effects
- Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour
- Identify and apply strategies to pursue personal healthy-living goals
- Reflect on outcomes of personal healthy-living goals and assess strategies used

Mental Well-Being

- Describe and assess strategies for promoting mental well-being, for self and others
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others
- Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence
- Explore and describe the impact of transition and change on identities

If your son/daughter is not enrolling in a PHE 8 or PHE 9 Course, please ensure to make the necessary arrangements to ensure your child meets the Health learning standards as the Ministry of Education mandates in this curriculum.

(Parent name)

(Parent signature)

(date)