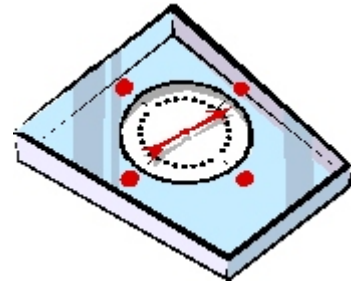


From the Minchau school newsletter:

Did you see orange and white triangles hanging up around our school yard last week? Did you notice groups of children running frantically from one point to another? They were orienteering! Orienteering can be a sport or a recreational activity, and involves using a special, detailed map to choose and follow the best route from one control (checkpoint) to the next, the goal being to find all of the controls marked on the map. You can run, jog or hike the course. You can do it on your own, with a friend or as a family.



As part of our Phys Ed program, the children in grades 4, 5 and 6 had the opportunity to participate in an orienteering program on April 23 & 24. There was a 1/2 hour classroom presentation and then one hour of activity outdoors, using detailed topographical maps, created and supplied by the Edmonton Overlanders Orienteering Club. The club supplied us with an experienced orienteer, who is a qualified teacher, to coach the children. This was at no cost to parents or the school. Many of our students have indicated that they would like to have further opportunities to Orienteer. The Edmonton Overlanders Orienteering Club hosts weekly events on Wednesday nights and some weekends, and always welcomes new participants. You can get more information from their website at [www.orienteer.ab.ca](http://www.orienteer.ab.ca), or talk to Mrs. Keiller!

