



175 Killarney Avenue  
Winnipeg, Manitoba  
R3T 3B3

Phone: 269-6210  
Fax: 269-2369  
[www.pembinatrails.ca/acadia](http://www.pembinatrails.ca/acadia)

---

*...committed to providing students with innovative  
educational opportunities in a safe, dynamic environment*

January 25, 2012

To Whom This May Concern

I am writing to share my appreciation for the Horse Connection Program that provides the opportunity to develop a lifelong love of riding for physical activity and develop leadership skills through their participation in special events and fundraising.

The Horse Connection Program provides Acadia students with opportunities to be physically active where physical activity had not been a very big part of their lives before. Of the students who participate in the program, they would all report that they really didn't do very much in the way of fitness activities prior to joining. Since becoming involved in the Horse Connection, our students look forward to going to the program because they get to ride! The sheer joy of being on horseback makes them forget that they are being active! We know that when students enjoy something, they are more likely to make it a lifelong personal wellness activity. For some of our students, we believe that horseback riding will be something that they will continue to enjoy long after the program is over.

Acadia students who attend the Horse Connection program record their activity in their fitness logs which are assessed by their physical education teachers and comprise part of their physical education marks for the year. In previous years, prior to their involvement in the Horse Connection, these students would often not turn in fitness logs due to the fact that they didn't get involved in fitness activities outside of school. By being involved in the Horse Connection program, they have two hours of activity weekly that they can include and be assessed on for their physical education outcomes. Horseback riding allows students to develop cardiovascular and muscular endurance and flexibility. The students record their activity in each of these areas.

Horse Connection not only supports students with achieving better fitness levels and more outcomes in their physical education courses, but it also enables our students to develop leadership skills. Acadia students are eager to share their enthusiasm for the Horse Connection by helping with grant writing for fundraising and awareness activities. They are wonderful, positive advocates for a sport they love!

Teresa Rogers, Vice-Principal of Acadia

**Mrs. Elaine Egan**  
Principal  
[eeagan@pembinatrails.ca](mailto:eeagan@pembinatrails.ca)

**Ms. Teresa Rogers**  
Vice-Principal  
[trogers@pembinatrails.ca](mailto:trogers@pembinatrails.ca)