

## Staff Spotlight: Supporting Student Growth Through Athletics

At Foothills Academy, athletics are an important part of helping students build confidence, develop skills, and stay active. Danny White, **Senior High Athletic Director and Physical Education Teacher**, plays a key role in creating opportunities for students to engage in sports and physical activity while building a strong sense of teamwork and school spirit.

For Danny, the most rewarding part of his role is seeing students compete and develop their skills in athletics. Watching students challenge themselves, grow in confidence, and take pride in their accomplishments is what makes the work especially meaningful.

A typical day for Danny involves working closely with students and teaching Physical Education classes in the fitness centre or gym. These classes give students the chance to stay active, improve their physical skills, and experience the many benefits of movement throughout the school day.

One aspect of the Phys. Ed program that many people may not realize is that classes are team taught. This allows teachers to collaborate and support one another while creating an engaging and supportive learning environment for students. It is an approach that Danny says makes teaching even more enjoyable.

Danny is especially proud of the growing number of students participating in athletics at Foothills. The number of Falcons teams continues to increase each year, which reflects the enthusiasm students have for sports and competition. Seeing more students get involved and represent the Falcons is something he is very proud of, and he looks forward to continuing to grow the program in the future.

Physical activity plays an important role in overall health and well being. Through daily Physical Education classes and athletics, students benefit not only physically but also mentally and emotionally. Danny hopes the experiences students have at Foothills will encourage them to continue living active and healthy lives long after they graduate.

### **Just for Fun:**

- **Sweet or salty snacks?** The snack of choice is always chocolate.
- **What's your current favourite show, podcast, or book?** Right now, Danny enjoys listening to sports podcasts.
- **What's a fun fact about you that surprises people?** He used to live in Ljubljana, Slovenia
- **If you could instantly learn any skill, what would it be?** Danny would love to instantly learn how to play a musical instrument, such as the guitar.
- **What's your favourite season and why?** Summer is his favourite season because he enjoys playing golf and spending time at the beach or pool with friends and family.