



What an amazing opportunity it is to teach wellness at the Seven Oaks Met School! My name is Clinton Neufeld and I have been teaching in the Seven Oaks School Division for four years now, in both middle school (grade 6 at H.C. Avery) and in early years (grade 3/4 at West St. Paul and grade 4 at Forest Park). I graduated from the University of Manitoba with a bachelor of physical education and a bachelor of education. I love being out in nature hiking, camping, and spending time fishing in my boat. I also stay active year round by playing soccer, cross country skiing, snowboarding, and going to the gym on a regular basis. I have an adult son who I love spending time with and two small dogs. My family is very important to me and we

spend a lot of time together. Prior to going to university I had a career in the trucking industry. I chose to make a career change and decided to become a physical education teacher as I had a passion for helping kids see the value in living a physically active life. The community of students and staff here at the Met are unlike any other school I have been to. The way that we all support each other and encourage each other on our journey of self discovery is truly unique. I can not wait to see where this journey will take me!