

Pitt Meadows Elementary: Spring 2019



KARATE (GR. K-7)

Pitt Meadows Shotokan Karate offers classes at École Pitt Meadows Elementary. Shotokan is designed to teach self-defense, build self-confidence, stimulate a sense of well-being and provide a greater sense of self-awareness when faced with difficult situations. The program's primary goal is to teach respect for one's self and others, as well as basic self-defense techniques. This program is taught in French, English and Japanese, giving students the opportunity to develop basic language skills.

Session 1: Mondays and Wednesdays, 2:30pm – 3:30pm
April 1 – June 19

Session 2: Tuesdays and Thursdays, 2:30pm – 3:30pm
April 2 – June 20

Location: Pitt Meadows Elementary (stage)

Registration Fee: \$210 (24 sessions)

To register: Contact Amy Shaw at 604.314.5852 or theninjalady@gmail.com

***If you require financial assistance please contact Drea Owen at 604.346.9815 or drea_owen@sd42.ca**

MINDFUL MOVEMENTS YOGA (GR. K-7)

Yoga classes have far-reaching positive benefits both physically and mentally for children. Meet new friends as you improve your strength, flexibility, balance and focus in a non-competitive, non-judgmental environment. Gentle breathing exercises, calming techniques and relaxation designed for children form an integral part of each class.

Tuesdays, 2:30pm – 3:30pm, in the Library
April 16 – May 28 (no class May 21)

Registration Fee: \$40

Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay

UNITED WAY SCHOOLS OUT ENVIRONMENTAL PROGRAM (GR. K-7)

This eight-week program focuses on what we can do to help and understand our environment and our future. Students will participate in games, watch fun mini educational videos and visit the community garden and learn about what it has to offer. We will provide a snack and fun outdoor activities. Come and join the fun! The Environmental Program is founded by The United Way and produced by The Family Education & Support Centre with partnerships with the Ridge Meadows Child Development Centre Society and SD42.

www.familyed.bc.ca

Wednesdays, 2:30pm – 4:00pm, in the library
April 3 – May 22

Registration Fee: \$25

Register: Please call Karen Hughes at 604.467.6055 (ext. 101)

STOP MOTION ANIMATION (GRADE 2-7)

Lights, camera, LEGO® action! This unique class allows your child to use the medium of bricks to tell their story, complete with music, special effects and all their favourite LEGO® mini-figures! Participants creativity will be encouraged as they plan, script, stage, shoot and produce their own mini-movie using Stop Motion. Working as a team, students will use LEGO® components to build sets and props and then shoot their movie using a digital camera. Teams will learn movie-making software to add special effects, titles, credits and more! Your child will be able to impress friends and family with a digital copy of their movie to take home.

Wednesdays, 2:30pm – 3:30pm
April 10 – May 15

Registration Fee: \$15

Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay

