

## Virtual After-School Programs



### SKIN CARE 101 (GR. 6-7)

How much do you know about your skin? Have you ever wondered the best ways to take care of it, or why do you get breakouts? Join our online skin class with instructor Jean Fett for a free, live, interactive session on skin care. Learn preventative measures and develop lifelong healthy skin-care habits. This program is great for both boys and girls and is offered to Grade 6/7 students in the Maple Ridge - Pitt Meadows School District. Parents and older siblings are welcome to join!

**When:** May 22, 2020

**Time:** 11:00 am - 12:00 pm (may add additional time for questions at the end)

**Where:** Zoom

**Who:** SD42 students in Grade 6 or 7

**Cost:** FREE

**Instructor:** Jean Fett earned a diploma in Beauty and Film from New Image College and now works as a makeup artist.

**Facilitator of event:** Shay Hudson

**For registration:** Contact Shay Hudson, SD42 Child and Family Connect Worker, at [shaylene\\_hudson@sd42.ca](mailto:shaylene_hudson@sd42.ca) or 604.910.5790

### KARATE (ALL AGES)

Our traditional Shotokan Karate classes are taught by Amy Shaw of Pitt Meadows Shotokan Karate. Amy has been facilitating

a class for the past few years through our After-School programming at Pitt Meadows Elementary. During the school closures, she has offered to open her classes up to anyone who would like to participate from home. Shotokan Karate 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 and trying situations.

**When:** Monday – Thursday

**Time:** 10:00 am - 11:00 am

**Where:** Zoom

**Who:** SD42 students, siblings and parents

**For registration:** If you would like to participate, please contact Amy at 604.314.5852 or [theninjalady@gmail.com](mailto:theninjalady@gmail.com). <http://pittmeadowskarate.com/>

### RED FOX (GR. K-7)

Red Fox is going virtual! Join us online as we share workouts, circus acts, cooking, and much more. Red Fox's Active Play program gives kids the chance to be healthy and have fun.

**For registration:** Contact Shay Hudson, SD42 Child and Family Connect Worker, at [shaylene\\_hudson@sd42.ca](mailto:shaylene_hudson@sd42.ca) or 604.910.5790

### CODING WITH LEFT! (GR. 3-7)

Left is a Maple Ridge-based tech company with some amazing people working on cool internet products. Giving back to the community is one of Left's core values, and they love sharing their knowledge and skills with students. Due to Covid-19, Left has decided to take its regular After-School Program offered through SD42 and make it virtual for all students to access right at home! Left will be publishing 1 lesson per week over the coming six weeks that cover the fundamentals of coding, with help from our friends at code.org. Check out the first lesson on the Coding with Left website at <https://www.left.io/about-left/left-does-right/for-the-next-generation/coding-with-left/>

*–For more information about our after-school programs, please contact Drea Owen, district community school coordinator, at 604.346.9815 or [drea\\_owen@sd42.ca](mailto:drea_owen@sd42.ca)*

