

Alouette Elementary



REGISTRATION IS OPEN FROM DECEMBER 8 AT NOON TO JANUARY 14 AT 11P.M.

KIDS YOGA AND MINDFULNESS (GRADES 1-5)

Join Jessica for playful games, calming yoga, creativity, and connection! This program blends fun yoga flows, breathing exercises, mindful games, and art projects to help little ones build confidence, body awareness, and emotional resilience. All levels welcome, no yoga experience needed!

***No session Jan. 27**



Tuesdays
2:20 p.m. to 3:30 p.m.
Jan. 20 to Mar. 3
Location: Music Rm.
\$105

ARTS ON: CREATIVE ARTS AFTER SCHOOL (GRADES K-5)

Students explore a variety of visual art techniques, experimenting with drawing, painting, and basic sculpture. Each session introduces a new medium or method, encouraging creative personal expression and skill development. This program is delivered by the Maple Ridge Pitt Meadows Arts Council.



Thursdays
2:20 p.m. to 3:50 p.m.
Jan. 22 to Mar. 5
Location: Kitchen
\$150

Students will go straight to the program at the bell.

All registrations are on a first come, first serve basis. Programs could be cancelled due to low enrolment.

To register, go to schooldistrict42.perfectmind.com.

For more info: Hannah Macdonald, (604) 837 2384 or hannah_macdonald@sd42.ca.