

## Edith McDermott Elementary: Spring 2020



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

This eight-week program is designed to give students a better understanding of the environment and what they can do to protect it. Students will learn more about the environment by participating in games, watching fun mini education videos and creating up-cycled crafts that they can take home. We will provide a snack and fun outdoor activities. Come and join the fun! The Environmental Program is funded by The United Way and produced by The Family Education and Support Centre in partnership with School District 42.

*Thursdays, 2:20pm – 4:00pm*

*April 2 – May 21*

*Registration fee: \$25*

*To register: Call Karen Hughes at 604.467.6055 (ext 101) or email [reg@familyed.bc.ca](mailto:reg@familyed.bc.ca).*

### MINDFUL MOVEMENTS YOGA (GR. 1-7)

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.

*Mondays, 2:30pm – 3:30pm, in the portable*

*March 30 – May 11 (no class April 13) (Session 1) \$45*

*May 25 – June 15 (Session 2) \$30*

*To register: <http://schooldistrict42.perfectmind.com>*

*More info: Drea Owen 604.346.9815 or*

*[drea\\_owen@sd42.ca](mailto:drea_owen@sd42.ca)*

### I AM AWESOME (GR. 4-7)

The Family Education and Support Center, in partnership with School District No. 42, is thrilled to present “I am Awesome.” This course is designed to help young individuals with communication styles, triggers, “I” statements, looking at their special inner qualities, how to deal with stress and how to be a friend. We believe that if young people today have the knowledge and skills to believe in themselves then their capabilities are endless

*Wednesdays, 2:30pm – 4:00pm*

*May 6 – May 27*

*Registration fee: \$25*

*To register: <http://schooldistrict42.perfectmind.com>*

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