

## Eric Langton Elementary: Spring 2020



### BRICKS4KIDZ (GR. K-7)

It's a zoo in here! Calling all animal lovers. We will build models of a spider, kangaroo, monkey and more! Some even walk by themselves. We will discuss fascinating facts about different creatures and celebrate the wonders of the animal kingdom. Students will use bricks to create a different animal each week.

*Mondays, 2:30pm – 3:45pm*

*March 30 – April 27 (no class April 13)*

*Registration fee: \$25*

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

*For more info: Drea Owen 604.346.9815 or [drea\\_owen@sd42.ca](mailto:drea_owen@sd42.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.

*Tuesdays, 2:30pm – 3:30pm, Sensory Room*

*April 14 – May 5 (Session 1)*

*May 26 – June 16 (Session 2)*

*Registration fee: \$20 (per session)*

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

*More info: Drea Owen 604.346.9815 or [drea\\_owen@sd42.ca](mailto:drea_owen@sd42.ca)*

*See back page for more classes!*



### **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.

*Wednesdays, 2:20pm – 4:00pm*

*April 1 – May 20*

*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).*

### **CAPOEIRA (GR. K-7)**

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. It was developed by enslaved Africans in Brazil at the beginning of the 16th century. It is known for its acrobatic and complex maneuvers, often involving hands on the ground and inverted kicks.

*Fridays, 2:30pm – 3:30pm, in the gym*

*April 3 – May 15 (no class April 10)*

*Registration Fee: \$25*

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

*For more info: Drea Owen 604.346.9815 or [drea\\_owen@sd42.ca](mailto:drea_owen@sd42.ca)*

### **RED FOX (GR. 2-7)**

Red Fox's Active Play program gives kids the chance to be healthy, have fun and get inspired by positive youth role models from their own community. Red Fox youth leaders guide children through energetic group games, circus arts and other physical activities that cultivate self-confidence, social interactions and new skills.

*Tuesdays, 2:30pm – 4:00pm*

*March 31 – June 9, in the gym*

*Registration fee: FREE*

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

*For more info: Drea Owen 604.346.9815 or [drea\\_owen@sd42.ca](mailto:drea_owen@sd42.ca)*