

Golden Ears Elementary



REGISTRATION IS OPEN FROM MARCH 5 AT NOON TO APRIL 7 AT 11 P.M.

SCHOOL'S OUT PROGRAM (K-7)

The School's Out Program offers safe, supportive after-school spaces where children receive academic help, physical activity, mentoring, and social-emotional support during the critical hours after school.

**No sessions on Pro-D days or holidays*

To register for this program, email Nikki Kasravi at n.kasravi@familyed.ca. Please include your child's name and school.



Tuesdays & Thursdays
April 21 to June 4
2:30 p.m. to 4:00 p.m.
Location: Gym/MPR
Free

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!



Fridays
2:20 p.m. to 3:30 p.m.
April 24 to June 5
Location: Gym
\$120

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.