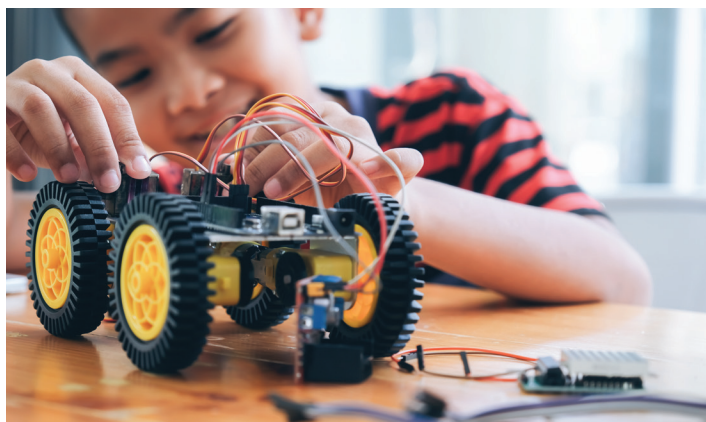


Albion Elementary: Winter 2020



MINDFUL MOVEMENTS YOGA (GR. 2-7)

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, Portable 71
January 13 – February 24 (no class Feb. 17)

Registration fee: \$45

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

More info: Drea Owen 604.346.9815 or drea_owen@sd42.ca

MICROBIT:BIT GAME CREATION AND CODING (GR. 4-7)

Create a Wii-like motion-controlled game with the micro:bit, which students will take home with them at the end of the course. The micro:bit is an easy to use, pocket-sized, codeable minicomputer that gives kids confidence in digital literacy. This is the perfect course for creative kids with an interest in digital technology. The \$100 fee is reduced from \$150 thanks to grant funding. All materials included.

<https://www.kidsinnovative.com/>

Mondays, 2:30pm – 4:00pm, Portable 6
January 20 – March 9 (no class Feb. 17)

Registration fee: \$100

Course Code: 12522

To register: Please call Maple Ridge Parks and Leisure at 604.467.7422

More info: call Lori at 604.476.2792

WILD & IMMERSIVE (GR. 4-7)

Wild & Immersive is a nature and science-based program created to help youth understand and appreciate the world around us. Wild & Immersive understands that in order for youth to care about and protect the environment, they need to enjoy spending time outdoors and be curious about nature. Therefore, the programs are created with "PEACE" in mind, with each session encompassing the following elements: (P)lay, (E)ducation, (A)ppreciation, (C)uriosity, and (E)xplore. The program includes four sessions that cover different topics: water, soil and plants, pollination, birds and wildlife, and trees.

Tuesdays, 2:30pm – 4:30pm, Portable 6

January 14 – February 4

Registration fee: \$20

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

More Info: Drea Owen 604-346-9815 or drea_owen@sd42.ca

BRICKS4KIDZ (GR. K-7)

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage – you are about to enter Jurassic Brick Land! Each week students will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T. Rex and more! We will learn about amazing dinosaurs that lived during the Jurassic period, and other extinct, prehistoric animals that roamed the earth and swam the seas during that era and many millions of years later. Show us your building skills using our specialized project kits! Come learn, build and play at our Jurassic Brick Land class.

Tuesdays, 2:30pm – 3:45pm, Room 1560

February 18 – March 10

Registration fee: \$40

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

More info: Drea Owen 604.346.9815 or drea_owen@sd42.ca



HOME ALONE (AGE 10+ PARENT PARTICIPATION)

This two-hour course is a chance for parents who want to prepare their 9-year-old child for staying at home alone when they turn 10 and are legally allowed to do so. The course is also great for any parents who want to gain skills and information for their 10-year-old child about being safe and making good decisions when home alone. The course is designed for both parent and child together and is facilitated by The Family Education and Support Centre. Topics covered include: dealing with emergencies, answering the door, snack/cooking and gauging your child's readiness to be home alone. Please do not bring younger siblings.

Tuesday, April 7, 2020

6:00pm – 8:00pm in the library

Registration fee: \$25

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

More info: Drea Owen 604.346.9815 or drea_owen@sd42.ca

I AM AWESOME (GR. 4-7)

The Family Education and Support Centre, in partnership with SD42, is thrilled to present “I Am Awesome.” This course is designed to help young individuals with communications styles, triggers, “I” statements, looking at their special inner qualities, how to deal with stress and how to be a friend. We believe that young people today have the knowledge and skills to believe in themselves then their capabilities are endless.

Please note: This is a skill-building course intended to equip students with valuable tools for social success and students will be required to read and write during the class.

Wednesdays, 2:30pm – 4:00pm, Portable 71

February 12 – March 4

Registration fee: \$25

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

For more: Drea Owen 604.346.9815 or drea_owen@sd2.ca