

## Eric Langton Elementary: Fall 2020

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

The Family Education and Support Centre in partnership with School District No. 42, is thrilled to present "I am Awesome." This course is designed to help young people with communication styles, emotional triggers, "I" statements, looking at their unique 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, their capabilities are endless.

*Monday, 2:30 pm – 4:00 pm, in the music portable*

*October 19 – November 9*

*Registration Fee: \$40*

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

*For more info: Drea Owen, 604.346.9815 or*

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

### UNITED WAY SCHOOLS OUT PROGRAM: CULTURE SHARING AND EXPERIENCE (K-GR. 7)

Encouraging natural curiosity about culture is an essential skill for children in developing an inclusive growth mindset. This Schools Out program begins with a look into what it means to be Canadian and then explores Indigenous-themed content created in collaboration with our local Indigenous communities. Students will then choose five cultures that they are interested in discovering. Each week will feature a different culture, and students will taste traditional foods and participate in an experiential activity that allows them to explore and discover more about each culture or country.

*Tuesdays, 2:20 pm – 4:00 pm, in the gym*

*October 27 – December 15 (8 Sessions)*

*Registration Cost: FREE*

*To register: Call Grace at The Family Education & Support*

*Centre, 604.467.6055 (ext. 1010), or visit*

*[www.familied.bc.ca](http://www.familied.bc.ca). \*Financial support available upon request*

### ADVENTURES IN GRATITUDE (GR. 3-6)

Join us each week for various activities such as yoga, Zumba, outdoor play and arts and crafts with an overarching theme for the week around gratitude and mindfulness. Students will learn mindfulness practices they can do at home or school

and create a "Calm Box" with items that will help reduce nervousness. The purpose of the program is to engage and encourage kids with personal wellness, gratitude, and physical activities that will help them excel in their everyday life.

*Fridays, 2:30 pm – 4:00 pm, in the gym*

*October 30 – December 14*

*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)*

### CREATIVE ARTS (GR. 2-7)

Join Ms. Laura as she guides you in fun, hands-on art activities each week. Expand your creativity and curiosity by engaging in various drawing, painting and collage projects. Materials such as graphite, oil and chalk pastels, coloured pencils, watercolour, and acrylic paint will be explored and discussed. Class sizes are restricted to facilitate social distancing and individual materials will be used.

*Tuesdays, 2:30 pm – 4:00 pm*

*October 20 – December 8*

*Registration Fee: \$110*

*Course Code: 20688*

*To register: Please contact Maple Ridge Parks and Leisure at*

*604.467.7422 or visit [www.mapleridge.ca/1484](http://www.mapleridge.ca/1484)*

*More info: Call Lori at 604.476.2792*

*Please note: All SD42 After-School Programs operate under the provincial COVID-19 Public Health Guidance for K-12 School Settings.*

