

Online Zoom Classes for Parents and Students

Maple Ridge – Pitt Meadows School District No. 42 is offering evening online Zoom courses this year for both parents and students. Class materials will be emailed to you before the session, so please print the materials or have them available on another device during the class. Pre-registration is limited to one parent/caregiver as spaces are limited, however more than one parent/caregiver may participate in the Zoom meeting. A 24-hour cancellation notice is required for a refund.

CONFLICT RESOLUTION FOR PARENTS

Learn how to use ‘I’ statements, conflict management parenting styles, trigger scale, active listening, paraphrasing, and open questions for parenting.

Tuesday, March 9 (6 to 8 p.m.)

Tuesday, June 8 (6 to 8 p.m.)

Registration Fee: \$15

To register: <http://schooldistrict42.perfectmind.com>. For more information, please contact Drea Owen, program manager, at 604.346.9815 or drea_owen@sd42.ca.

PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families.

Tuesday, February 16 (6 to 8 p.m.)

Tuesday, May 4 (6 to 8 p.m.)

Registration Fee: \$15

To register: <http://schooldistrict42.perfectmind.com> For more information, please contact Drea Owen, program manager, at 604.346.9815 or drea_owen@sd42.ca.

HOME ALONE (PARENT/CAREGIVER PARTICIPATION IS MANDATORY)

This two-hour course is an opportunity for parents/caregivers who want to prepare their nine-year-old child for staying at home alone when they turn 10 years old and are legally allowed to do so. Topics covered include: dealing with emergencies, answering the door, snacks/cooking, and gauging your child’s readiness to be home alone. Our evening workshops are open to all families in Maple Ridge and Pitt Meadows.

Tuesday, January 19 (6 to 8 p.m.)

Tuesday, April 13 (6 to 8 p.m.)

Registration Fee: \$25

To register: <http://schooldistrict42.perfectmind.com>. For more information, please contact Drea Owen, program manager, at 604.346.9815 or drea_owen@sd42.ca.

DANCE PARTY JUNIORS (GRADES 1-3)

Join us for this fun and upbeat virtual dance class that will get your kids moving and burning off energy. No materials required, just a small space to dance in and comfortable clothes you can move in.

Tuesdays, 3:30 to 4 p.m., Jan. 19 to Feb. 9 (#22651)

Tuesdays, 3:30 to 4 p.m., Feb. 16 to Mar. 9 (#22656)

Registration Fee: \$32/4

To register call Maple Ridge Parks and Leisure at 604.467.7422 or go online at www.mapleridge.ca/1484. For more information call Lori at 604.476.2792.

DANCE PARTY SENIORS (GRADES 4-7)

In this virtual class for older children, students will become more expressive with their dance moves as they learn different skills and techniques. No materials required, just a small space to dance in and comfortable clothes you can move in.

Tuesdays, 4:10 to 4:40 p.m., Jan. 19 to Feb. 9 (#22655)

Tuesdays, 4:10 to 4:40 p.m., Feb 16 to Mar 9 (#22658)

Registration Fee: \$32/4

To register call Maple Ridge Parks and Leisure at 604.467.7422 or go online at www.mapleridge.ca/1484 For more call Lori at 604.476.2792.

PITT MEADOWS SHOTOKAN KARATE ONLINE

Pitt Meadows Shotokan Karate is offering online classes through Zoom. Shotokan is designed to teach self-defense, build self-confidence, stimulate a sense of well-being and provide a greater sense of self-awareness when faced with difficult situations. The primary goal of this program is to teach respect for one’s self and others, as well as basic self-defense techniques. This program is taught in French, English and Japanese, giving students the opportunity to develop basic language skills.

Mondays and Wednesdays, 5:30 to 6:30 p.m.

Registration Fee: \$70/month

To register call Amy Shaw at 604.314.5852 or theninjalady@gmail.com.

**Zoom class technical requirements: 2.5mbps internet download speed; a device that is HD video-capable, such as a smartphone (Android or iOS), tablet, laptop or computer; speakers and a microphone (built-in or USB plug-in or wireless Bluetooth). Optional: a webcam – built-in or USB plug-in.*