

Dear Sherwood Park Families,

PAC is pleased to inform you that we are offering some great Community Programs for Term 1 of the 2018-2019 school year. All activities are funded by participants and there is limited capacity. All activities are held in the School Gym, Multi-Purpose Room or Classrooms.

THE PROGRAMS

SOLE GIRLS

Grades: K – Grade 2 (Girls Only)

Dates: October 9 – November 27

Tuesdays 3:00 – 4:15pm

Cost \$197 for 8 Sessions

Location: Room 27 and Outside

Parents can register: <http://www.solegirls.org/program/sherwood-park-little-soles/>

Be a Little Sole Girl at the Little Soles Program this Fall and Release Your Inner Awesome! Little Soles is a fun program that combines empowering games, discussion and mentorship to build confidence! Girls learn life skills, confidence, being responsible and being healthy in a safe and interactive environment. They will also learn how to be a positive peer, make new friends and goal set as part of an active lifestyle. Register for Little Soles and see a positive change and transformation in your girl!

Here is what your registration includes:

- 8 weeks of Sole Girls curriculum + the run coach attended/led
- Professional coaching certified with CPR/First Aid
- Lesson Workbooks and all program materials
- Sole Girls T-shirt
- Afterschool snack
- Police screened coaches
- Ongoing support from the coaches
- 8th week recognition party
- Awards for all of the girls that recognize achievement, effort, and uniqueness!
- A fun, social, supportive and interactive atmosphere
- New self-confidence, new friends, positive and healthy living ideas, new problem solving skills!

Girls will meet once a week for nine weeks at Sherwood Park Elementary in Room 27. During the program, girls will mentally and physically prepare to run a Big Final fun run at the end of the season. (run registration not included)

GIRLS WITH GRIT

brain health + soul-resilience

Dates: Wednesdays Oct 10 - Nov 28

Grades: 3-5 girls: 3:00-4:00pm (except November 28 2:00-3:00pm)

Grades: 6-7 girls: 4:00-5:00pm (except November 28 3:00-4:00pm)

Cost: \$160 for 8 week workshop (scholarships are available - please feel free to ask us)

Location: Multipurpose Room

register here:

Grades 3-5 / 3:00-4:00pm (except November 28 2:00-3:00pm)

<https://www.eventbrite.com/e/girls-with-grit-at-sherwood-park-elementary-school-grades-3-5-wednesdays-oct-10-nov-28-tickets-50617167310>

Grades 6-7 / 4:00-5:00pm (except November 28 3:00 - 4:00pm)

<https://www.eventbrite.com/e/girls-with-grit-at-sherwood-park-elementary-school-grades-6-7-wednesdays-oct-10-nov-28-tickets-50617561489>

Let's raise a generation of girls who are mentally happy and healthy, who know it's okay to be strong and soft at the same time, who know how to deal with adversity, and who are totally in-tune with their unique awesome-ness.

At Girls with Grit, we use yoga to show how strong our bodies are, mindful meditation (aka #braintrain) to show how strong our spirits are, and awesome crafts to show how strong our creative sparks are.

We also talk about real topics like friendships, stress, pressure, anxiety + mental health, gender stereotypes, technology, compassion, empathy and what being an awesome girl is really all about.

Oh yeah - we also laugh a lot! And we'd love you to join us.

ARTS PROGRAM

North Vancouver Arts Community Council will be running two sessions, details are outlined below. Registration deadline: **October 8, 2018**

Please register online at <https://nvartscouncil.ca/education/sherwood-park/>

Registration questions? Please contact Todd Evanger, Arts Education Manager, North Vancouver Community Arts Council

604-988-6844

programmes@nvartscouncil.ca

follow us @nvartscouncil

Visual Art Journal

6 sessions | Grades: 3-7 | October 15 - November 26*

Mondays | 3:00-5:00pm

\$120

Instructor: Heather Prost

Artists often embrace a sketchbook as a process-driven approach to art making. Young artists will learn about visual journaling methods, including how to incorporate text elements, colour, form, found materials, and various textures into their sketchbooks. By embracing the process of art-making, each week will explore a new theme that encourages creative self-expression, reflection, and curiosity.

BC's New Curriculum, Arts Education, Big Ideas:

- Through art making, one's sense of identity and community continually evolves
- Experiencing art challenges our point of view and expands our understanding of others
- Visual art is a unique language for creating and communicating
- Engaging in the arts develops people's ability to understand and express complex ideas

*No class on statutory holiday November 12th

Studio Arts

7 sessions | Grades: K- 4 | October 11 - November 22

Thursdays | 3:00-5:00pm

\$140

Location: Multipurpose Room

Instructor: Cameron McLellan

Through painting, drawing, sketching and mixed media processes, young artists will learn about studio-based arts practices and techniques. Together students will be encouraged to express themselves and learn the fundamentals of mark making, texture, colour, value, line, and form.

BC's New Curriculum, Arts Education, Big Ideas:

- Creative expression is a means to explore and share one's identity within a community
- Artists experiment in a variety of ways to discover new possibilities
- Visual art is a unique language for creating and communicating
- Exploring works of art exposes us to diverse values, knowledge, and perspectives

UME ACADEMY

Video Game Design with UME

UME Academy focuses on empowering students to creatively explore their passion for games, design and technology. Participants will use the latest technology, the design process and computational thinking to solve a variety of game design challenges. Learn how to use Unity, the software that game developers, scientists and engineers use to create interactive games and explore ideas. Whether this is your first time working with awesome digital tools or you've done your share of coding classes and camps, this program will build your skills and get you thinking like a game designer and master content creator.

Grades 4-7

Fridays, Oct 12 - Nov 30 (*no sessions on Oct. 19 and Nov .2)

3pm – 4:30pm

\$180 for 6 x 1.5hr classes

Library

Registration: <https://ume.academy/ume-sherwood-park>

PARKOUR CLASSES

Journey Parkour Classes!

Parkour is a method of training to get over your obstacles as fast and efficiently as possible. In our introductory classes students will learn basic jumping, safe landing and rolling, movement, basic vaults, increase spatial awareness and more. We bring our modular wooden parkour specific obstacles to learn on. Each of our instructors has over 10 years of experience in parkour and coaching, with first aid and a wealth of knowledge of the movement. Parkour classes are offered by Journey Parkour and include a T-Shirt!

Wednesday October 10 – November 28

Grades 1 to 4: 3:15pm - 4:15pm (Nov. 28 2:15pm – 3:15pm)

Grades 5 to 7: 4:15pm - 5:15pm (Nov. 28 3:15pm – 4:15pm)

Location: Gym

Costs: \$165 including tax for 8 sessions

Please use the link to register now! <https://journeyparkour.ca/parkour-classes/>

The instructors will be onsite from 3pm, but setting up. If you are able to supervise your child during this time it would ensure a smoother running program and extra Parkour time for your child!

Have questions? Visit us at journeyparkour.ca or Email info@journeyparkour.ca

FALY SOCCER

Will be back for Term 2, provisionally scheduled for Thursdays!

REGISTRATION & INFORMATION

For registration and more information about the content and format of a class, please contact the instructors directly.

For any other questions related to these community programs or suggestions for new programs please contact Beth Rossiter at bethrossiter10@gmail.com.

Thank you very much for all your support.

Best Regards,

Beth Rossiter
Community Programs Parent-Leader