

LORD TENNYSON ELEMENTARY SCHOOL
NOON HOUR PROGRAMS



FALL 2018

REGISTRATION

OPENS: 7:00 PM Tuesday, **Oct 2nd**

CLOSES: 10:00 PM Tuesday, **Oct 9th or when classes are full**

Register early. Programs are popular and fill up quickly!
If you don't get a spot, email noonhourprograms@gmail.com to get on the waitlist.

DATES

Each activity will have 8 classes.

Mondays	Oct 15 – Dec 10 (no class Nov 17)
Tuesdays	Oct 16 – Dec 4
Wednesdays	Oct 17 – Dec 5
Thursdays	Oct 18 – Dec 6
Fridays	Oct 12 – Dec 14 (no classes Oct 19 & Nov 9)

INSTRUCTIONS

Registration will be done through the Munchalunch website (just like the Hot Lunch program, you can use your same Hot Lunch account info). You can find a link for Munchalunch on the Tennyson website along with course descriptions for the classes. Please set-up your Hot Lunch / Noon Hour account at www.munchalunch.com if you do not have one.

Once you log into Munchalunch, click on the yellow "Fundraising" tab to find the Noon Hour offerings. Please note that these programs are not for fund-raising. The goal is student enrichment and the PAC relies on volunteer coordination to run the program.

If Fundraising appears CLOSED after the registration open date and time, try refreshing the webpage, or log out of Munchalunch and then log back in.

All payments are due by **Friday, Oct 12th 2018.**

Please keep in mind that no refunds will be issued after the first week of classes.

Questions? Send an email to: noonhourprograms@gmail.com

MONDAY CLASSES

YOUNG COMMANDER Chess: Learning Life Strategies With Fun (Grades 1 – 7)

\$59

Instructor: Joe Soliven

Location: Library

Maximum 24 participants



Playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Join Instructor Joe in a Sherlock Holmes world of chess where art meets science and math with fun.

MONDAY CLASSES

Junior Yoga (Grades 1 – 3)

\$78

Instructor: Angela Lopez

Location: Toss

Maximum 15 participants (minimum 7)



Let's play and do Yoga!

Introducing yoga to children will assist them in developing their mental and physical strength.

Group yoga classes are a combination of age appropriate yoga postures, yoga dance, yoga games, songs, lecture, and mindfulness.

TUESDAY CLASSES

Lego Lunch Club (Grades 1 - 5)

\$83

Instructor: Bricks4Kidz

Location: Toss

Maximum 16 participants (minimum 4)



STEAM up your lunch hour with LEGO! Children can enjoy a variety of activities from creative play to motorized model building and practice their STEAM skills in a fun and collaborative environment. All go home with a custom-made Minifigure.

TUESDAY CLASSES cont'd

Senior Choir (Grades 4-7)

\$55

Instructors: Catherine Campolin, Vancouver Bach Children's Chorus
Conductor
Yihan Zhang, Accompanist

Location: Yellow Portable (Mme Arnold's classroom)

Maximum 40 participants (minimum 15)



Learn new songs in French and English, gain vocal confidence, and share your voice! No experience necessary! Ms. Catherine & Ms. Yihan are excited to offer this program and share their love of music.

Parents are invited to attend a performance on **Tuesday December 4th** in the Gym.

WEDNESDAY CLASS

Guitar (Grades 4 – 7)

\$123

Instructor: Marc Wild

Location: Library

Maximum 15 participants (minimum 6)



Join Marc for noon hour guitar! By exploring a range of popular and classic rock songs Marc will teach students the names of the guitar strings, the different frets, basic rhythm and strumming, finger picking, basic chords, simple note reading and tablature, some easy riffs, and most importantly how to have fun and enjoy music. Beginner students welcome. Although it is recommended to have a guitar at home to practice, guitars will be provided by the school for class time.

WEDNESDAY CLASS

Creative Expressions (Grades 1 - 3)

\$52

Instructor: Shauna Farrell

Location: Yellow Portable (Mme Arnold's classroom)

Maximum 12 participants (minimum 6)



Dance! Art! Drama! Music! Play! Create! Learn! The group will collaborate to produce individual and group work centered on a theme. Although a variety of arts techniques will be introduced—music, creative writing, movement, visual art—other important learning/life skills such as problem solving, cooperation, collaboration, leadership and communication will be an essential part of creating the work. Each child will have a chance to contribute to every part of the production and/or display regardless of his or her skill level or previous experience.

WEDNESDAY CLASS Cont'd

Sewing (Grades 3-7)

\$67

Instructor: La Movida

Location: Toss

Maximum 24 participants (minimum 10)



We will be making hanging mobiles, we'll have different templates and the kids will be able to choose their own themes. They will learn how to cut, lay patterns and hand stitch. Please find images attached for reference

THURSDAY CLASSES

Junior Choir (Grades 1-3)

\$55

Instructors: Catherine Campolin, Vancouver Bach Children's Chorus
Conductor
Yihan Zhang, Accompanist

Location: Gym

Maximum 45 participants (minimum 20)



Learn new songs in French and English, gain vocal confidence, and share your voice! No experience necessary! Ms. Catherine & Ms. Yihan are excited to offer this program and share their love of music.

Parents are invited to attend a performance **Thursday Dec 6th** in the gym

THURSDAY CLASSES

Senior Yoga (Grades 4 - 7)

\$78

Instructor: Angela Lopez

Location: Toss

Maximum 15 participants (minimum 7)



Let's play and do Yoga!

Introducing yoga to children will assist them in developing their mental and physical strength.

Group yoga classes are a combination of age appropriate yoga postures, yoga dance, yoga games, songs, lecture, and mindfulness.

FRIDAY CLASSES

POP!Thoughts (Grades 1 – 4)

\$ 103

Instructor: Shauna Farrell

Location: classroom 102 (Mme Lichimo)

Maximum 8 participants (minimum 5)



POP! Thoughts is designed to boost emotional resilience and improve overall social-emotional development. Using well-researched mindfulness techniques and play-based Cognitive Behavioural Therapy activities, students learn to calm their anxieties, strengthen mind-body connection, transfer negative thoughts into positive — and become experts in adapting to any number of challenges life sends their way!

What happens during a POP! Thoughts class:

A wide range of positive coping and anxiety management strategies, including:

- Mindful breathing
- Movement to strengthen mind-body connection and concentration
- Play-based activities to practice changing a negative thought to a positive one
- Brain anatomy to understand how your thoughts and emotions work together
- Art for creative expression

If you have any questions about POP! Thoughts, please email us at noonhourprograms@gmail.com.