

LORD TENNYSON ELEMENTARY SCHOOL  
NOON HOUR PROGRAMS



**SPRING 2017**

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**REGISTRATION**

**OPENS:** 7:00 PM Wednesday, March 1st

**CLOSES:** 10:00 PM Wednesday, March 8th

**Register early. Programs are popular and fill up quickly!**  
**If you don't get a spot, email [NoonHourPrograms@lordtennyson.ca](mailto:NoonHourPrograms@lordtennyson.ca) to get on the waitlist.**

**DATES**

Each activity will have 8 classes.

|            |  |
|------------|--|
| Mondays    | Apr 3 – Jun 9 (No class Apr 17 and May 22) |
| Tuesdays   | Apr 4 – May 25                             |
| Wednesdays | Apr 5 – May 24                             |
| Thursdays  | Apr 6 – May 23                             |
| Fridays    | Apr 7 – Jun 5 (No class Apr 14 and May 5)  |

**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](http://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, March 10<sup>th</sup> 2017.**  
**Please keep in mind that no refunds will be issued after the first week of classes.**

Questions? Send an email to: [NoonHourPrograms@lordtennyson.ca](mailto:NoonHourPrograms@lordtennyson.ca)

## MONDAY CLASSES

### **CHI Kids: Happiness Tools for Life (Grades 1 – 4)**

\$ 103

Instructor: Shauna Farrell

Location: Room 102 (Mme Lichimo's classroom)

Maximum 8 participants (minimum 5)



*[Please wait until Fall 2017 to register again if your child participated in a Winter 2017 CHI kids class.]*

CHI Kids is an extraordinary program that will help your child overcome anxiety, shyness, or other common challenges and helps to build optimism and emotional resiliency for life!

Launched by child therapist and mental health journalist, Michele Kambolis, CHI Kids delivers well-researched methods based upon Mindsight and interpersonal neurobiology, mindfulness-based cognitive behavioural skills, brain development and positive psychology. Shauna Farrell is a trained CHI Kids facilitator.

#### **How will CHI Kids help my child?**

Reported benefits of CHI Kids include:

- Improved concentration
- Decreased anxiety
- Increased optimism
- Raised self-confidence
- Better sleep
- Improved academic performance
- Bolstered friendships
- Better emotional regulation

#### **During this time your child will receive:**

- A wide range of well researched positive coping and anxiety management strategies, including mindful breathing, Thought Busters, progressive muscle relaxation, and yoga;
- The space for positive interaction with peers and a safe space to share worries and successes;
- Parent newsletter updates after each session describing the CHI Kids tools your child learned, suggestions on how to incorporate the activities into life at home or school, and tips on how you can generate meaningful dialogue with your child based upon the CHI Kids lessons;
- A CHI Bag at the end of the 7 weeks stuffed full of all the kinetic tools that will remind and encourage him or her to use CHI Kids skills at home!

#### **What happens during a CHI Kids class?**

CHI Kids actively engages children with a visualized trip to the Land of CHI for total body relaxation and sensory awareness, yoga for mind-body strength and concentration, Thought Busters and cognitive reframing for the incredible power to change a negative thought into a positive one, art for creative expression, brain anatomy for a holistic understanding of emotions, and much more!

For more information, please visit the CHI Kids website [www.thechikids.com](http://www.thechikids.com). If you have any questions about CHI Kids, please email us at [NoonHourPrograms@lordtennyson.ca](mailto:NoonHourPrograms@lordtennyson.ca).

## MONDAY CLASSES cont'd

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

\$59

Instructor: Joe Soliven

Location: Library

Maximum 22 participants (minimum 12)



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.

## TUESDAY CLASSES

### **Purple Dragon Karate/ Jiu Jitsu (Grades 1 - 7)\*\*\***

\$59 for class (uniform is not included in this price)

Instructor: Sensei Amber and Senpai Jemma from the Purple Dragon Kitsilano Academy

Location: Gym

Maximum 22 participants (minimum 6)

### **\*\*\*PARENTS/GUARDIANS: PLEASE SEE MANDATORY WAIVER BELOW**

Kick! Block! Roll! Learn how to break fall and develop self-defense techniques while improving fitness, gaining confidence and having fun! Discipline taught helps instill focus and perseverance to achieve goals and excel. Please remember to bring your uniform to class.

New Students welcome! As part of the Purple Dragon program, all students should come to class in uniform. Purple Dragon can provide student uniforms at a cost of \$30 each.

After registering, new students can email a uniform request to the noon hour coordinator at [NoonHourPrograms@lordtennyson.ca](mailto:NoonHourPrograms@lordtennyson.ca). Please bring the \$30 uniform fee to the first class and the instructor will provide the uniform. Students get to keep the uniform for future classes.

Email the noon hour coordinator if you have any questions.

### **\*\*\*PARENTS/GUARDIANS: Please carefully read the following waiver regarding this course.**

Guardians / Parents give consent for their kids to attend Purple Dragon class for the noon hour programs at Lord Tennyson. The Guardians / Parents understand the risk of personal injury in attending Purple Dragon Classes. Purple Dragon, its employees or associates shall not be held liable for any damages arising from personal injury from participation under instruction, in use of equipment or facilities herein. Students / participants do so at his/her own risk. All participants are physically able to proceed with exercises, instructions, in the facilities provided. Any medical and physical disabilities have been disclosed to Purple Dragon prior to attending classes.

## TUESDAY CLASSES cont'd

### Creative Expressions (Grades 1 - 3)

\$52

Instructor: Shauna Farrell

Location: Classroom 211 E (Mme Christine'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

### Guitar (Grades 4 – 7)

\$103

Instructor: Marc Wild (new Instructor!)

Location: Library

Maximum 10 participants (minimum 5)



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.

## THURSDAY CLASSES

### Bricks 4 Kidz LEGO® Lunch Club (1 - 3)

\$71

Instructors: Julian Tomlin

Location: TOSS

Maximum 16 participants (minimum 7)



Bricks 4 Kidz offers hands-on, project-based curriculum that introduces elementary-aged children to basic concepts of engineering, architecture and mechanics using motorized LEGO bricks. Our program provides quality STEM learning (STEM: Science, Technology, Engineering and Math) in a positive and collaborative learning environment!

## THURSDAY CLASSES cont'd

### Junior Choir (Grades 1-4)

\$50

Instructors: Catherine Campolin, Vancouver Bach Children's Chorus  
Conductor  
Dr. Elinor Chambers, 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 & Dr. Chambers are excited to offer this program and share their love of music.

**Parents are invited to attend a performance on June 1<sup>st</sup>.**

## FRIDAY CLASSES

### Hip Hop & Jazz (Grades 1 – 5)

\$70

Instructor: Michelle Hersey - D'Hercy Dance Co.

Location: Gym

Maximum 18 participants (minimum 10)



Introduction to Hip Hop and Jazz dance for beginner and repeat students alike. Dancers will do Hip Hop and Jazz each lesson. Presentation on the last day, costumes provided. Wear stretchy, comfortable clothes and bring a water bottle to class.

**Parents are invited to attend a performance on the final day of class.**

### Sewing with La Movida Sewing & Design Studios (Grades 3 - 7)

\$59

Instructor: Laurie Franks from La Movida Sewing & Design Studio

Location: TOSS

Maximum 24 participants (minimum 10)

This term students will make hand-stitched monster stuffies. They'll get to choose fabric and features to personalize their creature. Students will learn to use a pattern, pin and cut fabric, and hand sew it all together.

