

LORD TENNYSON ELEMENTARY SCHOOL
NOON HOUR PROGRAMS



SPRING 2018

REGISTRATION

OPENS: 7:00 PM Thursday, March 8th

CLOSES: 10:00 PM Friday, March 16th or when classes are full

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

DATES

Each activity will have 8 classes.

Mondays	April 09 – June 4 (no class May 21)
Tuesdays	April 10 – May 29
Wednesdays	April 11 – May 30
Thursdays	April 12 – May 31
Fridays	April 06 – June 8 (no classes April 27 & May 18)

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, April 6th 2018.

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

Questions? Send an email to: NoonHourPrograms@lordtennyson.ca

MONDAY CLASSES

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

\$59

Instructor: Joe Soliven

Location: Library

Maximum 24 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.

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 (Monday June 4th 2018).

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 8)



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

Learn the art of self defense. Challenge yourself with break falling and fitness drills. Have fun while gaining confidence! Learn positive philosophy; develop 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. 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.

Creative Expressions (Grades 1 - 3)

\$52

Instructor: Shauna Farrell

Location: Classroom 211 E (Mme Christine Simister'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.

TUESDAY CLASSES cont'd

Senior Choir (Grades 4-7)

\$50

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

Location: Yellow Portable (Mme Jenna's classroom)

Maximum 35 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 June 5th in the Gym.](#)

WEDNESDAY CLASS

Guitar (Grades 3 – 7)

\$123

Instructor: Marc Wild

Location: Library

Maximum 16 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.

THURSDAY CLASSES

Junior Choir (Grades 1-3)

\$50

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 on Thursday May 31st in the Gym.](#)

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@lordtennyson.ca.

Sewing with La Movida

Unfortunately cancelled due to scheduling conflicts.