

# The Current - Monty Middle Newsletter

Volume # 20 January 20th, 2014

## CALENDAR OF EVENTS:

Monday,	Jan. 20 <sup>th</sup>	<b>Student Government:</b> Parliament Mtg. @ 2:00 <b>Athletics:</b> Gr. 7 Girls Bball Practice @ 7:30 Gr. 8 Girls Bball Practice @ 3:15 – 4:15 Wrestling Practice @ 3:15 – 4:15 Gr. 7 Boys Bball Practice @ 4:15 – 5:15
Tuesday,	Jan. 21 <sup>st</sup>	<b>French Presentation:</b> The Maple Man presents to all teams <b>Student Leadership Committee:</b> District Mtg. @ 12:30 <b>Athletics:</b> Gr. 8 Boys Bball Practice @ 7:30 Gr. 6 Boys & Girls Bball Practice @ 12:30 – 1:00 Lunch Gr. 7 Boys and Girls District Bball Game Day – Girls @ Hillcrest Boys @ Home
Wednesday,	Jan. 22 <sup>nd</sup>	<b>Clubs:</b> Me to We Leadership Team Mtg. @ 12:30 <b>Explorations:</b> Term 2 Rock Concert @ 1:15 <b>Athletics:</b> Gr. 8 Boys Bball Practice @ 7:30 Gr. 7 Girls Bball Practice @ 4:15 – 5:15 Gr. 8 Boys and Girls District Bball Game Day
Thursday,	Jan. 23 <sup>rd</sup>	<b>Explorations:</b> Term 2 Ends <b>Student Government:</b> MP training session on Rights Respecting School Focus @ 1:00 – 3:00 <b>Athletics:</b> Gr. 7 Boys Bball Practice @ 3:15 – 4:15 Wrestling Practice @ 3:15 – 4:15 District Wrestling Meets @ 3:30 – 4:30 <b>Ski and Snowboard Session # 2</b> – weather dependent please check the website for updates. <b>Late Montessori Open House</b> – Gr.5 students and parents interested in registering for Montessori next year are invited to Scott Creek Middle @ 7:00 for an info session
Friday,	Jan. 24 <sup>th</sup>	<b>Monty Middle Professional Development Day:</b> school closed <b>Gr. 8 School Tours of Secondary Schools Day</b> <ul style="list-style-type: none"><li>• <b>Centennial</b> - Arrive at 11:30am and meet in blue gym</li><li>• <b>Best</b> - Arrive at 11:30am and meet in gym ( MONTY STUDENTS ARE GROUP 1)</li><li>• <b>Port Moody</b> - Arrive in front of school at 9:10 am and go to MPR room ( MONTY STUDENTS ARE GROUP 8)</li><li>• <b>For all other Secondary School times please contact the high school directly</b></li></ul>
Monday,	Jan. 27 <sup>th</sup>	<b>School Planning Council (SPC) Mtg.:</b> @ 9:15 in Seminar Rm. <b>Explorations:</b> Term 3 Begins <b>Field Trip:</b> Team Quadra walking to Skating @ 9:00 – 11:30 <b>Athletics:</b> Gr. 7 Girls Bball Practice @ 7:30 Gr. 8 Girls Bball Practice @ 3:15 – 4:15 Wrestling Practice @ 3:15 – 4:15 Gr. 7 Boys Bball Practice @ 4:15 – 5:15

**Next Week:** Thurs. Jan. 30<sup>th</sup> Ski and Snowboard Session # 3 Fri. Jan 31<sup>st</sup> Admin Team Meets Gr. 6 Students @ 1:15

**Two Weeks:** Wed. Feb. 5<sup>th</sup> Early Dismissal – Student Led Conferences beginning @ 2:00/ Wed. Feb 5<sup>th</sup> Centennial Gr. 8 Parent Night Information @ 7:00; Thurs. Feb. 6<sup>th</sup> Early Dismissal – Student Led Conferences beginning @ 2:00 Fri. Feb. 7th Admin Team Meets Team Skye Students @ 1:15

### **Inside this Issue:**

McFaul's Chat and Chew:

- An FSA Mindset

Culture Beat:

- Gr. 8 Secondary School Articulations
  - Cross Boundary Process – link
  - District Secondary Programs for Gr. 9 Students
- Gr. 6 Late Montessori Information Session
- Monty Professional Development Day
- Student Led Conferences
- Multi-Cultural Luncheon
- Ministry of Education – FSA Process
- Satisfaction Surveys
- Martial Arts Opportunity
- Ski and Snowboard Club
- School Closure – Extreme Weather Info

PAC News:

- PAC Thank You's
- Mtg. Info and Thrifty Cards

Community News:

- Coquitlam Moody Minor League Baseball Registration
- Spring Break Legomation Camp Info
- Coquitlam Parks and Rec. Programs
- Learning, Land and Neighbourhoods Update
- Safe Schools Task Force
- Coquitlam Continuing Education
- CQMA – Martial Arts Programs
- Club Aviva - Gymnastics
- Elite 4 Basketball

## **McFaul's Chat and Chew: An FSA Mind Set**

It is that time of year, whereby we begin the age old debate and process of doing the government mandated Foundation Skills Assessment (FSA) that are held every year for all Gr. 4 and Gr. 7 students. You will hear conversations on radio talk shows, read about the challenges these assessments bring to young students, you may even participate in the discussions amongst neighbours and fellow citizens debating the pros and cons of such assessments. The bottom line is that our Gr. 7 students will participate and complete to the best of their ability a series of six tests two each in the areas of reading, writing and numeracy. The FSA's are truly meant to be used as a snapshot of where your child is functioning in these key domains on that given day. Your are not provided with a letter grade just a raw number that indicates whether your child is not yet meeting, fully meeting or exceeding expectations for the generally wide held learning outcomes for their age group.

Over the years I have had students have emotional breakdowns with tears and frustrations over whelming them to a point, whereby I took the test away and excused them from the assessments. For others I have had to encourage them to write more than a single line in order to motivate them to show their best work for which I know they had demonstrated great ability in other learning opportunities. Still, for others I have had to support them with some level of skill remediation because they showed that they were so close to fully understanding that a guiding hand example may help them show their true level of comprehension. In all cases I considered what was best for that individual student as we help to prepare them for their future. As you can see the options for best preparation are wide and expansive as each student needs a different approach.

I was told by my Gr. 4 teacher that I had serious challenges with my ability to form proper paragraphs and that I was extremely timid and would in the words of Mrs. Xz#1z, (to protect the shameful), "I would never do well in public speaking!" I harken back to these words of emotional impact and think that if she could see me now, as all I do is talk, too much. The point being that these FSA's are just a simple checkpoint along the long and winding road of your child's education and that they may reveal some challenges and some successes of which you may have known or you may have been unaware of up until this point. In either situation of strengths or needs it can be a good starting point of conversation with your child and their classroom teachers. I still have my 23 year old son's Gr. 4 FSA score sheet that revealed at the time that he scored a 0 – Not Yet Meeting, on his writing skills. After some shared inquiry it was told to my wife and I that he got a zero because the question asked him to write about his favourite pet and how he took care of this pet. A seemingly simple subject matter to address; however, my son by Gr. 4 never had a pet ( yes as parents we were unkind, uncaring) so he decided that since he had no pet; therefore, he had no story to share and thus choose not to write about something he did not know about or experience. He graduated with Honours from UBC Engineering last year. So, do not fret when your child writes a test that they have been prepared for them to experience from their years of public education. They will respond in the manner that best suits their mental mind set on that day; good or bad, tired or alert, emotional or stable the FSA's are just a one day snapshot mixed in amongst the detailed and quality work that they have opportunities to perform using different learning modalities all throughout the year.

## **Culture Beat: Events and Activities.**

**Gr. 8 Articulation to Secondary School** – This Friday all Gr. 8 students will have an opportunity to attend a tour of their catchment assigned secondary school. Email attached info went out last week informing you and your child of their address based neighbourhood catchment school. We have posted the info of times for our key feeder high schools of Centennial, Charles Best and Port Moody in our newsletter calendar (above) and on our website under Gr. 9 School Tours. We encourage each parent/guardian to have a clear framework as to where and when each of your children will be going this Friday. For some parents who are seeking a Cross-Boundary transfer to any of our other district secondary schools we ask that you contact the school directly to seek out exact time and instructions for that particular high school and their tour times. Please note that some students require a little more care and attention for servicing their transition to their next educational level and our teachers are more than willing to facilitate extra supports in helping with transitions for students with various academic, emotional or behavioural challenges. For this support we ask that you contact your child's advisory teacher in order for us to discuss the supports that we recommend for transition.

Most of our students know exactly what school they will be attending and they will over the next few weeks begin course selection information sessions with counsellors from the nearby feeder high schools. This first step has already started with our students assigned to Dr. Charles Best and will soon be happening with our students assigned to Centennial and Port Moody. For those students that are attending other district high schools we will be supporting them with the course selection documentation and helping them review their course options as they will not have one to one time with the counselling team from the many secondary schools.

Please note some of the key dates below:

### **TOURS**

The tours for January 24th are:

Centennial- arrive at 11:30am and meet in blue gym (Students have been pre-assigned small groups)

Charles Best- Arrive at 11:30am and meet in gym (MONTY STUDENTS ARE GROUP 1)

Port Moody- Arrive in front of school at 9:10 am and go to MPR room (MONTY STUDENTS ARE GROUP 8)

For other District Secondary School Tours – we ask that each parent/student contact that school directly

### **COURSE SELECTION & PROGRAMMING**

Charles Best - Counsellors Presentation – Tues Jan 14<sup>th</sup> - Course selection forms due to Monty counsellor by Tues. January 28th

Centennial - Counsellors come in to discuss course selection - Wed. February 12th

Port Moody Secondary - Counsellors come in to discuss course selection – Thurs. February 13th @ 1:10pm

Centennial - Course selection forms due to Monty counsellor – Mon. February 24th

PMSS - course selection forms due Monty counsellors – Thurs. February 27th

**X- Catchment/ Boundary Information** – Please see the embedded link below to learn more about the dates and schedule for Cross Catchment Applications.

[Cross Catchment Application Process](#)

### **DISTRICT SECONDARY SCHOOLS**

Programs of Choice, Advanced Placement (AP) & Other Specialty Courses

2013-2014 are detailed and wide ranging. For more information on all the possible course opportunities for secondary school settings and programs extending into the senior years of Gr. 10/ 11/ 12 we encourage all parents to access the following website for further explorations of choices.

<http://www.sd43.bc.ca/Programs/Pages/default.aspx>

---

**Gr. 6 Late Montessori Program Information** - District # 43 will be hosting an informational meeting on Thursday Jan. 23<sup>rd</sup> @ 7:00 @ Scott Creek Middle for interested families seeking more information on the two middle school Montessori programs that operate at Scott Creek Middle and Montgomery Middle. Administration, teachers and students from the two programs will be sharing information about the middle school program and registration forms for both schools will be available to families. Please let families and neighbours know about this opportunity to inquire about educational programming in our school district.

**Monty Professional Development Day** - This coming Fri. Jan 24<sup>th</sup> our school will be closed as our staff work together for their 2<sup>nd</sup> school based professional development day. We have sessions coordinated with our support team from the John Humphrey Centre for Peace and Human Rights in Edmonton working on our Rights Respecting School focus along with our Social Emotional Learning Goal and a session with our District Learning Support Team to help us in our journey of Project/ Inquiry Based Learning. We value these days, whereby we can as a whole team meet to plan, debate, implement and structure our school learning culture so that we feel we are meeting the needs of our academic, behavioral and social skills learning for all of our students.

**Multicultural Luncheon Friday February 14<sup>th</sup>** – We are setting up plans for our Multicultural Luncheon that will involve all members of our community as we look to celebrate the heritage and ethnic diversity that exists within our own community. We are looking for parent volunteers to help on the date of Friday Feb. 14<sup>th</sup> at 9:00 am to begin our day by helping set up our creative food dispersal process. The key points of the day are:

1. Every student will bring and help create a special food item that is significant to their family and their family's heritage cultural background.
2. These food items must be pre-cooked and portable, require no refrigeration or heating as space is limited in our school cooking areas. Items must in a state of being ready to serve. Finger foods, dessert in slices, pieces of main course items, everything in small sizes is best.
3. All food items and serving trays, serving utensils to be brought in containers marked with student name and or best with disposable containers.
4. Small financial contributions of \$5.00 - \$10.00 can also work as this will allow us to purchase items from our local restaurants. For some families this might also be a huge time saver.
5. Each food item will have an attached card sent home in last week's letter, to be completed by the parent explaining: food item name, key ingredients, possible food allergens – salt/ wheat/ dairy/ meat/shellfish, country of origin This information will be displayed in front of the dish and it will help the adults to organize food items in to food safe zones.
6. Students will bring with them their own reusable plate, cup, bowl, utensils so we will not add to environmental waste with paper plates and plastic utensils. These items should arrive in a plastic bag and return home to you on a plastic bag to be cleaned and reduce mess in their backpacks.
7. Leading up to this event each students will be asked to identify their key countries of their heritage/ ethnic background and they will be provided with a paper template to produce a replica of their own flag or flags representing their family history.
8. We need **PARENT VOLUNTEERS** to be available at points in time from the hours of 9:00 – 1:00. If you can provide the gift of time for an hour within that time frame to help with the initial set up and to support in the final clean up then your time would be greatly appreciated. **We need to rely on the strength of our community to help in this complex but worthy endeavour. If you can volunteer please return the information on the letter form coming home this week stating your times for support or simply just phone 604-939-7367 or email: [084-Office@sd43.bc.ca](mailto:084-Office@sd43.bc.ca) the office to connect and support our luncheon.**

We look forward to a cornucopia of food times to experience and enjoy sharing a meal with our whole community

---

**Student Led Conferences** – Each team has two days of Student Led Conferences and for one day each set of teachers will have an extended day in order to accommodate the times of parents. In the next week your child will be bringing home their SLC Time Selection Form please ensure that your child return it to their advisory teacher to secure a pre-scheduled time for your conference. For all students we look forward to seeing you in your conferences sharing and dialoguing with parents about your successes and your challenges as we prepare for the final five months for this year.

**Foundation Skills Assessment (FSA) for Gr. 7 Students** - A letter from our Superintendent Mr. Tom Grant was emailed home to all parent/guardians of students in Gr. 7 last week and the letter is also posted on our website under Publications. The FSA process begins and at Monty we will start with the FSA during the weeks of Jan. 20<sup>th</sup> – Feb. 14<sup>th</sup> with a schedule that allows all of our Gr. 7 students to try and show their best ability levels with no pressure to study or perform extra duties, but simply to work through the questions with support from their teacher. All students are expected to write the FSA, however there are exemptions identified by the Ministry.

These include:

- Students who have previously written the FSA
- Students who have IEPs documenting a disability that significantly impacts their performance in reading, writing or numeracy and who cannot meaningfully participate in all or part of the assessment, even with adaptations
- Students with IEPs who would need extensive adaptations or who would need such extended periods of time as to create a hardship for the individual students; or
- Those students who are reported and funded as receiving EAL support who have not yet reached a level of proficiency sufficient for them to provide meaningful responses to the reading or writing or numeracy sections of the FSA

Furthermore, a parent/guardian may request that a student be excused from participating in the 2014 FSA under the following exemptions as set out by the Ministry of Education:

- Family emergency
- Illness
- Extenuating circumstance

If you have any concerns and questions please feel free to contact your child's classroom teacher, Mr. McFaul or Ms. Holden for further support.

**Satisfaction Surveys** - Each year, the Ministry of Education asks that all grade seven students complete a satisfaction survey. There is also an opportunity for parents to take the 5-10 minutes necessary to complete the online satisfaction survey. While we have plenty of time to complete these surveys (the deadline is March 31st), we will be sending information home to parents in the near future (with individualized passwords – required in order to take part). Completion of this survey is voluntary for parents.

**Martial Arts Training Comes to Monty** – Last week we will pleased to offer additional support and instruction in the martial arts through a gift of time provided to us by the Coquitlam Martial Arts Academy. This is a group starting up in Coquitlam and they asked if we could share with you their information brochure and the schedule for classes and programs. Please see towards the end of the newsletter in the Community News Section their program information. We thank the presenters from the CQMA for their help in working with our students.

---

Coquitlam Martial Arts academy (CQMA) is a premiere martial arts club owned by brothers Master Blake Lurette, Sensei Dean Lurette and Sensei Curtis Harriott.

Programs and Private Classes at CQMA are: Starting from white belt you will strengthen your mind, and develop a solid technical foundation; by being diligent, you can achieve your black belt and beyond.

Each student is required to learn specific techniques: stances, defense, moving, and striking. All classes include stretching, technique practice, and conditioning. Martial arts training strengthens core muscles and will keep you lean, flexible, and strong! Martial arts will increase your overall fitness level and sense of well-being. With consistent practice, you will, without a doubt:

- strengthen your mind
- improve your physique
- learn effective self-defense
- increase your flexibility
- increase your balance
- increase your coordination
- increase your self-discipline
- meet great people
- enjoy a positive learning environment

For more information about the programs offered through CQMA please see their website:  
[www.coquitlammartialarts.com](http://www.coquitlammartialarts.com)

**Ski and Snowboard Club Info** – We were able to get our first session in last Thursday and the skies were clear and there was enough snow combo ice to accommodate the snowboarders and skiers on the slopes. We keep our fingers crossed for more good luck and some snowfall over the next few days to help build on the base for all of our mountain athletes Please check our website and ask you child to be listening to the daily announcements for any new changes in our weather situation. For more information please contact Mrs. Sheila Hutchinson for cost and details at: [shutchinson@sd43.bc.ca](mailto:shutchinson@sd43.bc.ca)

### **School Closure in the Event of Extreme Weather**

In the event of heavy snow, ice or extreme temperatures, a decision on school closures will take place as soon as possible after 6:00 a.m. that day.

- Check the district website at [www.sd43.bc.ca](http://www.sd43.bc.ca) beginning shortly after 6:00 a.m.
- Be sure to hit Refresh when checking back
- The district website posting is official – there is no need to call the school or the Board office after viewing
- Tune in to CKWX 1130 AM, CKNW 980 AM or CBC 690 AM for updates

### **PAC News and Events: Our Next PAC Mtg. is on Wed. Feb. 12<sup>th</sup> @ 7:00**

Thanks tour PAC Executive members for maintaining their commitment and energy to help our school stay focused and vibrant with their organizing, fund raising and support of our many programs. We always welcome some more attendees to come join us at our next PAC mtg. and starting of the New Year would be a great way to extend your support to your child's school community.

---

**Thrifty's Smile Card Fundraising** - Montgomery PAC has received approval for this year's Smile Card Fund Raising. All pre-existing cards are ready to load for this school year. 5% of \$\$ loaded at any Thrifty Foods will be paid to Montgomery Middle PAC.

Cards can be obtained by e-mailing Elaine at [equereng@hotmail.com](mailto:equereng@hotmail.com). Ordered cards will be left at the office for pick-up.

## **Community News:**

Please see the following list of community events.

**Coquitlam-Moody Minor Baseball Association has been around for just over 50 years and our registration is now open for the 2014 season**

We have 3 levels of baseball to suit every player's needs:

- 1) For the player looking high level competition
- 2) For the player looking to improve their skill level
- 3) For the player who mostly enjoys the social aspect of the game of baseball

**Prices are very reasonable - - great value for your money!**

Division	YOB	Fee
Rally Cap	2009	Free
Mini Tadpole	2007-08	\$125.00
Tadpole	2005-06	\$135.00
Mosquito	2003-04	\$170.00
Pee Wee	2001-02	\$180.00
Bantam	1999-00	\$210.00
Midget	1996,97,98	\$245.00

Give it a try and register now at [www.cmmiba.com/home.php](http://www.cmmiba.com/home.php)

## **Spring Break LegoMation Classic camp.**

The date for the camp is March 17-21. You can find all the information concerning the camp on our site:

[http://mediafinearts.com/legomation\\_classic.html](http://mediafinearts.com/legomation_classic.html)

We will only be running the one camp at Spring Break, and, with the new Lego Movie coming out, we do expect to sell out quickly. So don't wait too long to register. ☺ We will also be running our full camp program this summer

## **Coquitlam Parks and Recreation Programs: Poirier Rec Centre:**

### **Art Drawing ( 11 – 14 Years)**

Date: Feb 20 –Mar 13

Time: 6:30-7:30 pm

Barcode: 446570

Cost: \$20.80

Description: - Explore the various methods and techniques of drawing using different tools and materials each week. No prior experience needed.

### **Tennis (10-14 yrs.)**

Date: Feb 16 – Mar 09

Time: 1:20 – 2:20 pm

---

Barcode: 447626

Cost: \$20.80

Description: Have a ball learning fundamental tennis skills and develop self-confidence by playing games.

---

**School District No. 43 Safe Schools Task Force  
An invitation to the School District Community**

**Tuesday Feb. 4<sup>th</sup> from 7-9 pm**

**Coquitlam Alliance Church, 2601 Spuraway Ave, Coquitlam, B.C.**

**Parenting our Kids in the 21<sup>st</sup> Century**

**Presented by Kevin Cameron**

**Director: Canadian Center for Threat Assessment and Trauma Response**

**The 2<sup>nd</sup> of a Three Series Event sponsored by The Ministry of Education,**

**School District No. 43 and the partner groups listed below.**

Peer dynamics, school dynamics, and broader social dynamics can have a tremendous influence on our children and youth and the greatest evolving force of all is the role of technology from texting, social networking (Facebook, Twitter, Instagram, Snapchat) and the Internet in its totality.

The factors that can negatively influence child and adolescent behaviours are far more prevalent now than when most parents were children themselves. The strategies to manage those risk factors have not necessarily changed; we just need to do more of it.

This presentation will look at some of the common and evolving problems faced by children, families and schools in this generation, and strategies used to deal with some of North America's most complex cases from high profile suicides and violent incidents to the quiet personal tragedies known only by those who have endured them.

**Please plan to attend at this event at the Coquitlam Alliance Church, 2601 Spuraway Ave, Coquitlam, B.C. Seating is limited to 700.**



**Learn in the Tri-Cities** **Face-to-face** **www.ce43.com**



**Study English. FREE learning opportunities!**  
Join our Foundations English classes for adults which focus on basic reading, writing, speaking and listening skills.

---

**REGISTRATION AT MONTGOMERY ADULT LEARNING CENTRE**  
Thursdays ONLY until December 19 . . . . . 4:00 - 7:00 PM  
Thursdays January 9 - ongoing . . . . . 4:00 - 7:00 PM

**PLEASE BRING:**  
**① Proof of Canadian Status    ② Photo ID    ③ Two proofs of BC residency**

MONTGOMERY ADULT LEARNING CENTRE  
380 Montgomery Street, Coquitlam  
British Columbia, V3K 5G2

FOR MORE INFORMATION CALL OR VISIT  
604.936.4261 | [www.ce43.com](http://www.ce43.com)



Be part of an amazing community of members at  
**CQMA!**

We invite you to experience our club!

**Enjoy two complimentary introductory classes!**

please email or call us to schedule  
your first trial class

[info@coquitlammartialarts.com](mailto:info@coquitlammartialarts.com)

or call

**604-351-1551**

109 - 2922 Glen Dr. Coquitlam



Martial Arts  
For Kids Age 3+



Martial Arts for Men, Women, and Teens



Cardio Kickboxing for  
Men, Women, and Teens



Brazilian Jiu-jitsu Programs  
for Kids, Teens, and Adults

**[www.CoquitlamMartialArts.com](http://www.CoquitlamMartialArts.com)**



## CQMA Full Class Schedule

Effective January 1st, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-12:00 Adult Cardio Kickboxing		11:00-12:00 Adult Cardio Kickboxing		11:00-12:00 Adult Cardio Kickboxing		
12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training			
3:30-4:00 Pre School Age 3-6 Wht+		3:30-4:00 Pre School Age 3-6 Wht+			11:00-12:00 Adult Cardio Kickboxing	
4:00-5:00  Youth 7-12 Wht-Yel		4:00-5:00  Youth 7-12 Wht-Yel			12:00-1:30 Adult Judo	
5:00-6:00  Youth 7-12 Orange+	5:00-6:00  Teen 13-16 White+	5:00-6:00  Youth 7-12 Orange+	5:00-6:00  Teen 13-16 White+		1:30-3:00 Adult BJJ Open Roll	
6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing		
7:00-8:00 Adult Stand up White+	7:00-8:00 Adult BJJ White+	7:00-8:00 Adult Stand up White+	7:00-8:00 Adult BJJ White+	7:00-8:00 Adult Rolling & Sparring		
8:00-9:00 Adult Stand Up Orange+	8:00-9:00 Adult BJJ Blue+	8:00-9:00 Adult Stand Up Orange+	8:00-9:00 Adult BJJ Blue+	8:00-9:00 Adult Rolling & Sparring		

11:00-12:00 Adult Cardio Kickboxing		11:00-12:00 Adult Cardio Kickboxing		11:00-12:00 Adult Cardio Kickboxing		
12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training	12:30-2:00 Adult MMA Team Training			
3:30-4:00 Pre School Age 3-6 Wht+		3:30-4:00 Pre School Age 3-6 Wht+			11:00-12:00 Adult Cardio Kickboxing	
4:00-5:00  Youth 7-12 Wht-Yel		4:00-5:00  Youth 7-12 Wht-Yel			12:00-1:30 Adult Judo	
5:00-6:00  Youth 7-12 Orange+	5:00-6:00  Teen 13-16 White+	5:00-6:00  Youth 7-12 Orange+	5:00-6:00  Teen 13-16 White+		1:30-3:00 Adult BJJ Open Roll	
6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing	6:00-7:00 Adult Cardio Kickboxing		
7:00-8:00 Adult Stand up White+	7:00-8:00 Adult BJJ White+	7:00-8:00 Adult Stand up White+	7:00-8:00 Adult BJJ White+	7:00-8:00 Adult Rolling & Sparring		
8:00-9:00 Adult Stand Up Orange+	8:00-9:00 Adult BJJ Blue+	8:00-9:00 Adult Stand Up Orange+	8:00-9:00 Adult BJJ Blue+	8:00-9:00 Adult Rolling & Sparring		



\*Promoting Physical, Spiritual, and Emotional Well Being\*

## Gymnastics

98 Brigantine Drive, Coquitlam

Clubaviva.ca

604-526-4464

Family Owned and Operated Since 1986



## REGISTRATION OPEN NOW!

IN PERSON OR ONLINE AT [clubaviva.ca](http://clubaviva.ca)

## COME IN TODAY FOR A FREE TRIAL CLASS!

### SPECIALISTS IN

#### PRESCHOOL GYMNASTICS

18 months & up

#### TRAMPOLINE GYMNASTICS

#### ARTISTIC

All levels-Beginner to International

#### RECREATIONAL GYMNASTICS

Ages 4 & up

#### COMPETITIVE WOMEN'S

Interclub, precompetitive to International

**BIRTHDAY PARTIES, PARENTS NIGHT OUT, DROP IN & SLEEP OVERS**

**SPECIAL SD 43 DISRICT PRO D DAY DROP IN'S, FIELD TRIPS,  
SPRING DAY CAMPS AND SPECIAL EVENTS!**



## EMPOWERING STEPS™

COPYRIGHT 2008

### EMPOWERING STEPS MOVEMENT THERAPY (ESMT)

Award winning program for children living  
with autism and other mobility challenges

**GYM THERAPY, AQUA THERAPY, GROUP SESSIONS AND DROP IN AVAILABLE**



**BRING THIS COUPON  
TO A FREE TRIAL CLASS AND  
RECEIVE 1 FREE DROP IN PASS!!!**

**(VALUE UP TO \$50.00)  
VALID FROM JANUARY 2014 – FEBRUARY  
28, 2014**



## **GRADE 3-8 CO-ED SPRING BREAK CAMP**



### ABOUT US

O4E was created for players who want compete against their peers in a high-level of competition in an environment that will help push them to get better every single day. It will give younger players an opportunity to go against older more experienced players in a safe encouraging environment. This will help prepare players coming from middle school get used to the high-level of intensity required to play at the next level and will give the high school players a place where they can play and train during the off-

### CAMP DETAILS

This is a grade 3-5 and 6-8 Camp, **ONLY 20 SPOTS PER GRADE!!**. We wish to have everyone registered online on our website by February 2<sup>nd</sup> (for our clothing order) We will be running the camp out of Centennial Secondary School's Red gym, from **March 17th-21<sup>st</sup>**. **Grade 3-5 from 10AM-12PM and grade 6-8 from 12-2PM** A fee of \$85.00 by cash or cheque (to Mike Higham) at the door. **More information on our website** [www.o4eliteathletics.webs.com](http://www.o4eliteathletics.webs.com)



## OUR VISION

"We envision our players to one day become key contributors on college campuses across the country. Someday there will be alumni who are collegiate athletes, teachers, doctors, businessmen, coaches, politicians, scientists, or maybe even NBA stars; our hope is that all these alumni share one

Our stand out Senior from Centennial Justin Buren, dual sport athlete heading to Simon Fraser University for football

## THE FAMILY RESOURCE CENTRE



## WHAT WE PROVIDE

- Individual skill development
- Team concept development
- Team/ individual rebounding
- Team transition principles
- How to move without the ball
- How to set screens
- Shooting
- Finishing at the rim
- How to play man-to-man defense
- Plans for success on and off the

## OUR VISION

We envision our players to one day become key contributors on college campuses across the country. Someday there will be alumni who are collegiate athletes, teachers, doctors, businessmen, coaches, politicians, scientists, or maybe even NBA stars; our hope is that all these alumni share one commonality-they are humble, giving men of integrity.