

# MINNEKHADA MIDDLE SCHOOL

## SPRING BREAK 2025 PROGRAMS

**Registration Starts: January 27th, 2025 at 8am**

**Program Dates: March 17-21 & Mar 24-28, 2025**

**<https://www.karelo.com/register.php?>**

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### Week 1 Options:

#### KIDS KITCHEN

Kids Kitchen helps middle school students learn how to make healthier choices for everyday meals. The goal is to show how simple swaps and creative cooking can lead to delicious, nutritious dishes. Students will explore how to use natural ingredients with healthier options while still making meals fun and tasty. Empower students to make healthy food choices, encourage creativity in the kitchen. promote teamwork and collaboration in cooking activities and foster an understanding of the importance of nutrition for overall health and well-being.



Dates	Grades	Time	# of Days	Price	Room:
Mar 17-21	Gr 6-8	9am-12	5 days	\$155	Healthy Living

#### BASKETBALL

Get ready to elevate your game at our RIZE basketball camp! Whether you're a seasoned player or just starting out, our camp offers a dynamic environment that will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises. We are dedicated to improving not only your child's basketball skills but also instilling important values such as discipline, teamwork and sportsmanship which is vital in unleashing the true potential of a student athlete. Our camp encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement. From dynamic skill building drills to exciting scrimmages, join us for a day of hoops, fun, and growth. Players will be split up according to age group and skill level. With expert coaching and a supportive environment, our camp equips players with the tools they need to succeed at all levels. RIZE to your potential!



Dates	Grades	Time	# of Days	Price	Room:
Mar 17-21	Gr 6-8	12-3pm	5 days	\$205	Gym

If you have any questions please contact:  
James Park Community School | Fall 2022  
Silvia Jorge, Community Development Facilitator



604-209-1424



[sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)





## Week 2 Options:

### STELLAR PLAY PRESENTS: SURVIVAL CAMP

Put your survival skills to the test! Campers will learn about the 10 essentials, navigation with a compass and GPS, shelter building, knot tying, and survival strategies. Campers will spend the week in the forest becoming confident adventurers, finishing the week with the "Race to Survive Challenge" where Campers will put their survival skills to the test!



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	9am-12	5 days	\$140	Gym/Outside

### CODING: MICROBITS

Get started on the elements of software and hardware programming. The mini computer-chip can be programmed to perform a number of fun tasks. We'll learn about the fundamentals of programming using block coding formats and build out our micro:bit car with extensions and wires. No experience necessary. Devices are used minimally for coding, optional to bring a computer/iPad device. Micro:bit wires and the motor extension are included.



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	12-3pm	5 days	\$195	MPR

### CULTURAL COOKING

Flavors of the world is an engaging, hands-on cooking program designed for middle school students to explore and expand their knowledge of different foods, ingredients, and cultural spices from around the globe. Through interactive cooking lessons, students will discover the history, significance, and unique flavors behind various traditional dishes, broadening their culinary horizons and fostering an appreciation for diversity in food.



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	12-3pm	5 days	\$155	Healthy Living

### MULTISPORTS

Join us for a variety of different sports such as basketball, soccer and more! Wear comfortable clothing (no jeans), running shoes and don't forget your water bottle.



Dates	Grades	Time	# of Days	Price	Room:
Mar 24-28	Gr 6-8	12-3pm	5 days	\$100	GYM

**Keep an eye on all Community programs offered at Minnekhada Middle School on our sd43 website! Follow the QR code below**



**Registration:**

Our Community School After School Programs Registration is online and will accept payment using Visa; MasterCard or Interac/Debit from most major banks. You will require an email address in order to receive your confirmation number and to be able print out a receipt for your payment.

To access the registration website please visit the Minnekhada School website or click on the direct link here:

**[CLICK HERE FOR LINK TO REGISTRATION PAGE](#)**

Any questions, please email Silvia Jorge at [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)  
Refund/Cancellation Policy: Refunds will only be available, for any reason, within the registration period. No refunds will be issued after the program starts date.

