

Pitt River Middle School

Working together to strengthen our community through our
Community Schools

Community Programs **WINTER 2017**



PROGRAMS: JANUARY - MARCH 2017

REGISTRATION DATES: December 9TH to January 15TH 2017

PROGRAM DATES: January 4TH to March 3rd 2017

School Closed:

Mondays, January 30th & Monday February 13th & Friday February 24th

COMMUNITY SCHOOL COORDINATOR:

HEATHER ROEMER

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Mondays:**SCIENCE AL!VE**

This after school program will introduce children to the amazing world of science and technology through hands-on and interactive activities and demos led by our energetic, creative, and expertly trained staff. Topics may include: chemistry, biology, physics, earth science, computer science and more!

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- M1	Gr. 6 – 8	Monday	3:15 -4:15	MPR	Jan 16- Feb 27	5	\$50

Tuesdays:**CODING & DESIGN****By Fusion Ed**

Through guided and instructed play, students will use the Engineering Design Process (EDP) in conjunction with coding software to create projects including games and solve challenges. By exploring, inquiring, generating ideas and testing them, students will understand EDP is a tool they can apply to all subjects and most situations. This after-school program is aimed at enhancing students' critical and creative thinking and problem solving through coding and design.

For returning students, they will be guided to create their own projects in a manner that is within the tools/knowledge they have acquired in the previous level. These students will be encouraged to share their plans and creations with their peers, and redesign and improve their projects according to the feedback they receive.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- T1	Gr. 6 – 8	Tues	3:15 -4:45	Comp RM	Jan 17- Feb 28	7	\$65

Wednesdays:**DRAWING AND PAINTING****IN PARTNERSHIP WITH PLACE DES ARTS**

Hone your skills in drawing and painting. The first half of the program will focus on drawing with an emphasis on shading and perspective, and exploring still-life, figure and portraits. The second half of the program will be dedicated to painting where you'll explore color theory and composition, with an emphasis on creating depth and mood in your artwork.

****All Materials are included.**

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- W1	Gr. 6 – 8	Wed	3:15 -4:45	MPR	Jan 18- March 1	7	\$90

YOGA & MEDITATION

Yoga is good for the body and mind. You will relax with 'warming up' exercises to music and you will learn the purpose of yoga poses. The program will include Yin stretching poses, Ashtanga Vinyasa to strengthen your muscles and improve your coordination. We will well as 'Laughing yoga'. The final poses will be Savasana to promote calmness and meditation. The goal of mindfulness and how yoga and meditation contribute to this relaxed, peaceful, joyful state will help participants to unwind and rejuvenate at the end of the school day.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- W2	Gr.6 – 8	Wed	3:15 -4:15	Library	Jan 18- March 1	7	\$50

Thursdays:

GAME READY

This is a fun and active program for everybody. All will improve speed, change of direction and agility. In addition to drills; a variety of workouts will be incorporated including in the gym and outdoors. Each session will combine a disciplined multi-sport focus balanced with fun and games, resulting in improved speed, agility and overall conditioning. The goal is to provide physical and mental confidence to play and participate in all sports and activities making it more fun and successful.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- TH1	Gr.6 – 8	Thurs	3:15 -4:15	MPR & SPIN RM	Jan 19- March 2	7	\$65

CULINARY CLUB

IN PARTNERSHIP WITH CITY OF PORT COQUITLAM

This 7 week culinary course allows participants to create different snacks, dishes and sweets throughout the weeks. This course will also cover proper hygiene, knife use, sharps, and oven and stove safety. Participants are empowered to work as a team to create a different menu items each week. No experience necessary.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- TH2	Gr.6 – 8	Thurs	3:15 -4:45	Foods RM	Jan 19- March 2	7	\$65

Fridays:**OPEN GYM**

In partnership with step-by-step, the United Way, and the School District #43, Port Coquitlam Youth Services provide fun, FREE, safe and supervised activities in various schools throughout the community. All programs strive to incorporate leadership, mentorship. Participants have the chance to play a variety of games and activities, regardless of skill or fitness level. This FREE program is open to all youth grades 6-8. Each program has different activity focus, so connect with the school directly or youth services for additional information contact 604-927-7962 or 604-927-7938.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- F1	Gr.6 – 8	Fri	3:15 -4:45	Gym	Drop-In Fridays	Ongoing	Free

SPECIAL FX - Level I**FILM INDUSTRY MAKE UP PROGRAM**

Explore and Learn through special effects makeup and tools used in the prestigious world of film industry. Through demonstration and hands on instruction, students will have the chance to create realistic quality special effects injuries such as broken nose, black eye, bruises, burns, deep cuts, severed finger, scratches, and abrasions. Also students will learn to create an authentic Creepy zombie makeup character, and aging makeup for stage/theatre. ****All materials are included – Prerequisite for Level II**

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- F2	Gr.6 – 8	Fri	3:15 -5:15	MPR	Jan 19- March 2	7	\$120

SPECIAL EVENTS

INTRODUCTION TO TRADITIONAL TAE KWON DO

PITT RIVER PAC FUNDRAISER

IN PARTNERSHIP WITH YUEN'S FAMILY MARTIAL ARTS & PITT RIVER COMMUNITY SCHOOL

After School Program – Introduction to Traditional Tae Kwon Do

Our unique after school programs use enjoyable and engaging teaching methods to attract the student's attention and introduce them to traditional Tae Kwon Do. Our qualified instructors are energetic and outgoing. They have a sincere interest in the student's self-improvement and enjoyment of our program. Positive self-image and pride, as well as courage to overcome fear are some of the benefits of this program. Studying the martial arts is an excellent way to enhance your pride. The motivating force of pride will help drive you to accomplish your goals and help you face your fears. ****ALL FEES ARE DONATED BY YUEN'S TO OUR PITT RIVER PAC AS A FUNDRAISER. COME OUT AND SUPPORT YOUR PAC!**

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- PAC1	Gr.6 – 8	Wed & Friday	3:15 - 4:00	MPR	Jan. 4 th /6 th /11 th /13 th	4	\$30

****Limited space available (maximum 20 students)****

BABYSITTER TRAINING COURSE

IN PARTNERSHIP WITH CITY OF PORT COQUITLAM YOUTH SERVICES

Want to learn about the business of babysitting? This fun, scenario based 8 hour course covers information on caring for babies and toddlers, risk management, emergencies, first aid, feeding, sleeping, games, problem solving, and communication. KidProof certification is provided upon successful completion of the tested material. ****Textbook included in cost. This course will run on Pro-D Day**

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
PR- ProD 1	Gr.6 – 8	FRI	8:30 -4:30	MPR	January 30, 2017	1	\$60

How to Register

Our **Community School After-School Programs Registration** is online and will accept payment using **Visa; MasterCard or Interac/Debit** from most major banks.

You can get instant confirmation of your spots in the programs you choose. You will require an email address in order to get your confirmation # and print out a receipt for your payment.

To access the registration website please **visit the Pitt River Community School Website then click on the "Community Programs" button on the homepage.**

If you do not wish to register online there is still an option to register by filling out the paper registration forms. They are located at the Pitt River Community School main office.

Please return complete forms and payments by cash or cheque made payable to Pitt River Community School.

All registrations are on first come, first serve basis.