



ELMWOOD SCHOOL
CO-CURRICULAR
ACTIVITIES

JUNIOR SCHOOL TERM 2

**REGISTER ONLINE ON
TUESDAY, JANUARY 15, 2019**



BREAKDOWN OF CO-CURRICULAR ACTIVITIES

| JK | SK | 1 | 2 | 3 | 4 | 5 | Title | Number | Staff |
|----|----|---|---|---|---|---|--|--------|---------------------------------|
| | | | | | | | Mindfulness Club | 14 | Kate Meadowcroft |
| | | | | | | | Outdoor Math | 14 | Vanessa Sjerven |
| | | | | | | | Nature Explorers | 14 | Kate Meadowcroft |
| | | | | | | | Big Moves | 14 | Vanessa Sjerven |
| | | | | | | | Starr Gymnastics * | 20 | Starr Gymnastics Instructors |
| | | | | | | | Running and Fitness | 30 | Ryan Hodgins / Paul Labrosse |
| | | | | | | | Trinity Drama * | --- | Children's Theatre Instructors |
| | | | | | | | Chess Club * | 12 | David Gordon |
| | | | | | | | Mandarin Class | 12 | Pauline Rubarth and Joan Sun |
| | | | | | | | Book Club | 10 | Erica Eades |
| | | | | | | | Writer's Workshop | 10 | Rachel Campbell |
| | | | | | | | Storybook Engineers | 10 | Liz Pitfield |
| | | | | | | | Quelles belles histoires! | 14 | Paul Labrosse |
| | | | | | | | Yoga Club | 10 | Alyson Bartlett |
| | | | | | | | Introduction to Flag Rugby | 12 | Stephanie Chin |
| | | | | | | | Backstage Club | 8 | Evelyn Pike |
| | | | | | | | Introduction to Irish Dance * | 16 | Sue Fay Healy |
| | | | | | | | Lab Rats | 16 | Dr. Mahin |
| | | | | | | | Latin and the Roman World | 12 | Elizabeth Ellison / Evelyn Pike |
| | | | | | | | Multisport | 16 | Alli MacDougall |
| | | | | | | | Un rêve perlé * | 10 | Catherine Rochon |
| | | | | | | | Young Engineers: LEGO Robotics * | 16 | Ian Dudley |
| | | | | | | | Book Club | 10 | Erica Eades |
| | | | | | | | Write On! | 10 | Allison Holmes |
| | | | | | | | Sketchnoting | 10 | Christine Blackadar |
| | | | | | | | Zumbafit * | 12 | Debra Wu |
| | | | | | | | Athletic Council | 15 | Ryan Hodgins/Alli MacDougall |
| | | | | | | | Calypso Club | 15 | Evelyn Pike/Liz Pitfield |
| | | | | | | | Equestrian Club * | 9 | Alyson Bartlett |
| | | | | | | | Fibonacci Math Club | 12 | Chandra Wiegand |
| | | | | | | | Intermediate Golf | 10 | Ryan Hodgins |
| | | | | | | | Spanish Club | 10 | Jenika Alvarez |
| | | | | | | | House Council (<i>application process</i>) | --- | Christine Blackadar |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

* Cost associated with this activity. Details to follow.

**Elmwood Junior School
Co-Curricular Activities Handbook
January – June 2019**

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This year, step outside of your comfort zone and dare to try something different. Explore. Dream. Discover!

JUNIOR KINDERGARTEN CO-CURRICULAR ACTIVITIES

MINDFULNESS CLUB (JK - SK)

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. Mindfulness gives children the tools to help them fend off negative thoughts and behaviors, build self-confidence, focus, and treat others and themselves with respect and appreciation. There is a growing body of research that links mindfulness with increased concentration and self-regulation. In this club, Kindergarten students will develop their mindfulness through meditation games, yoga exercises, deep breathing and drawing to peaceful music.

Time of day: 11:40 - 12:10, Fridays (January - March)

Number of students: 14

Lead teachers: Kate Meadowcroft

OUTDOOR MATH (JK - SK)

What shape can we outline in the snow that is big enough to fit everyone inside? How many branches can you find hiding in the snow? If I place this picnic blanket on the ground, how many kids have space to sit and eat their snack? Who can find a pattern in the tree trunks? How long is it from this stump to the play structure? What can we use to measure this distance? How heavy is snow? Let's answer these questions and more, together, during Outdoor Math Club!

Time of day: 11:40 - 12:10, Fridays (January - March)

Number of students: 14

Lead teacher: Vanessa Sjerven

BIG MOVES! (JK - SK)

This is an active, whole body, core stabilizing and hand-eye coordination-focused program. Gross motor abilities have an influence on everyday functions. For example, a child's ability to maintain table top posture (upper body support) will affect their ability to participate in fine motor skills such as writing, drawing and cutting, as well as sitting upright to participate during class discussions, which then impacts academic learning. Improved gross motor skills will also have a positive impact on your child's endurance. Plus, it's fun!

Time of day: 11:40 - 12:10, Fridays (April - June)

Number of students: 14

Lead teacher: Vanessa Sjerven

NATURE EXPLORERS (JK - SK)

Get outside, get into nature and make your own discoveries! Inspired by Forest Kindergartens, Elmwood's Nature Explorers Club offers our youngest students the chance to explore their natural environment. Through hands-on inquiry, students will develop their understanding of how the world around them changes throughout the seasons.

Time of day: 11:40 - 12:10, Fridays (April - June)

Number of students: 14

Lead teacher: Kate Meadowcroft

SENIOR KINDERGARTEN CO-CURRICULAR ACTIVITIES

MINDFULNESS CLUB (JK - SK)

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. Mindfulness gives children the tools to help them fend off negative thoughts and behaviors, build self-confidence, focus, and treat others and themselves with respect and appreciation. There is a growing body of research that links mindfulness with increased concentration and self-regulation. In this club, Kindergarten students will develop their mindfulness through meditation games, yoga exercises, deep breathing and drawing to peaceful music.

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Time of day: 11:40 - 12:10, Fridays (April - June)

Number of students: 14

Lead teacher: Kate Meadowcroft

STARR GYMNASTICS (Senior Kindergarten - Grade 5) *

The expert coaches of Starr Gymnastics return to Elmwood again this year to introduce students to the fundamentals of gymnastics in a safe yet challenging environment. Focusing on building confidence through skill development, the Starr coaches encourage each participant to improve her gymnastics ability, regardless of her current skill level. An enjoyable, dynamic experience for all!

Time of day: 3:35 - 4:35, Thursdays

Number of students: 20

Lead teacher: Starr Gymnastics instructors

GRADE ONE CO-CURRICULAR ACTIVITIES

BOOK CLUB (Grades 1 - 2)

In this exciting club, children will be introduced to the wonderful world of words! Join us every Thursday as we read together, practice our writing, and learn what it takes to tell a great story. This is the perfect club for voracious readers and writers -- but it is also an excellent opportunity for more reluctant readers to explore the literary landscape in a fun and laid-back way!

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Erica Eades

CHESS CLUB (Grades 1 - 5) *

In this popular club, an expert chess instructor from the National Chess and Math Association will instruct the students in playing the ancient game of chess. Whether you are a beginner or a more advanced player, join this fun club to learn chess strategies and game rules, and participate in friendly competition with fellow students!

Time of day: 3:35 - 4:35, Mondays

Number of students: 12

Lead teacher: Chess and Math Association Instructor

MANDARIN CLASS (Grades 1 - 3) *

Participants in this class will develop reading, writing, listening and spoken skills in Mandarin through instruction in Pinyin and through weekly enjoyment of stories, poetry, activities and Chinese culture. This class is ideally suited to motivated students who already possess a basic foundation in Mandarin or who will thrive in an academically focused co-curricular activity.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 12

Lead teachers: Pauline Rubarth and Joan Sun

QUELLES BELLES HISTOIRES! (Grades 1 - 2)

Dans le but de promouvoir la lecture auprès de ses élèves et d'offrir un lieu de partage à ceux pour qui la lecture est une passion, venez nous rejoindre au club de lecture, Quelles belles histoires! Le club de lecture est un excellent moyen d'aider à développer les compétences sociales et en communication, tout en favorisant l'amour de la lecture.

In order to promote reading to our students and to offer a place of sharing to those for whom reading is a passion, come join us at the reading club, Quelles belles histoires! The book club is a great way to help develop social and communication skills, while promoting a love of reading.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 12

Lead teacher: Paul Labrosse

RUNNING AND FITNESS CLUB (Grades 1 - 5)

Grades 1 to 5 students love participating in our Running Club. Participants walk or run laps of the schoolyard at their own pace to build their fitness and experience the multi-faceted benefits of learning to run at a young age. Students love to earn "toe tokens" as they track their mileage and develop their stamina. During the winter season, participants will switch to snowshoeing to further develop their skills and their cardio strength.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 30

Lead teacher: Ryan Hodgins and Paul Labrosse

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Number of students: 20

Lead teacher: Starr Gymnastics instructors

STORYBOOK ENGINEERS (Grades 1 - 2)

In this fun and engaging club, participants will share classic stories that involve some sort of building challenge – for example, the houses built (with varying degrees of success!) by *The Three Little Pigs*. Participants will then work with a partner to design, build and test an alternative solution - challenging the traditional storybook ending with an engineering project of their own creation.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 10

Lead teacher: Liz Pitfield

TRINITY DRAMA PROGRAM (Grades 1 - 5) *

Now in its fourth year at Elmwood, Trinity Drama is a world-renowned program first established in the United Kingdom as a way of introducing students to all aspects of drama. An incremental program that gives participants the option of participating in drama exams at the end of the year, Trinity Drama is taught by inspiring, skilled instructors from the Ottawa Children's Theatre.

Time of day: 3:45 - 4:45, Tuesdays

Lead teachers: Children's Theatre Instructors

WRITOR'S WORKSHOP (Grades 1 - 2)

Calling all aspiring authors! What makes a story a story? How do you write a good one? Over the course of the term, we'll be learning all about different parts of stories through reading, thinking, and, of course, lots of writing! We'll create characters, build settings, explore plots, and more, finishing the term with publishing our very own stories. Get ready to get creative, have fun, and get writing!

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 10

Lead teacher: Rachel Campbell

YOGA CLUB (Grades 1 - 2)

An introduction to yoga movement for all fitness levels. During Yoga Club, students will learn how to stretch, relax and breathe – the fundamentals of stress reduction and a healthy lifestyle.

Time of day: 12:10 - 1:00, Thursdays

Maximum number of students: 10

Lead teacher: Alyson Bartlett

GRADE TWO CO-CURRICULAR ACTIVITIES

BOOK CLUB (Grades 1 - 2)

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Number of students: 12

Lead Teacher: Chess and Math Association Instructor

INTRO TO FLAG RUGBY (Grades 2 - 3)

Passing, running, kicking and scoring through teamwork! Flag Rugby Sevens has it all -- except the tackling. Flags replace tackling so players quickly learn the basics safely and put them into practice during games. Women's rugby is growing in popularity. Canada is among the top 5 in 7's. This is your chance to start learning the game at the grassroots level. Come join us!

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Lead teacher: Stephanie Chin

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Maximum number of students: 10

Lead teacher: Alyson Bartlett

GRADE THREE CO-CURRICULAR ACTIVITIES

BACKSTAGE CLUB (Grades 3 - 5)

Designing, building, painting, sewing—these are all part of the exciting backstage club experience as we prepare for the two upcoming musicals in April and May. After messing around with glue and paint and craft materials, you will love seeing your creations featured during the performances on the auditorium stage! Come and be part of the dynamic, creative backstage team.

Time of day: 3:30 - 4:30, Wednesdays (March - April)

Number of students: 8

Lead teacher: Evelyn Pike

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Time of day: 3:45 - 4:45, Mondays

Number of students: 12

Lead teacher: Stephanie Chin

INTRODUCTION TO IRISH DANCE (Grades 3 - 5) *

Are you ready for a fast-moving and exciting dance class? Our Introduction to Irish Dance Club is sure to banish those winter blahs with foot-tapping music and lively dance moves! A form of dance made popular in recent years by troupes such as "Riverdance", Irish dancing is a tradition that goes back centuries. This ten-week introductory program is offered by Sue Fay Healy, founder of the renowned SFH Dance Studio, which prepares dancers for competitions across North America.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 16

Lead instructor: Sue Fay Healy, SFH Dance Studio

LAB RATS! (Grades 3 - 5)

Get ready for some amazing reactions! In this fun and exciting club, Dr. Mahin will introduce students to the fascinating world of chemistry. Using a series of age-appropriate and engaging experiments, Dr. Mahin will help students to make and test hypotheses and explore chemical reactions, while learning about basic scientific method and lab safety.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 16

Lead teacher: Dr. Mahin

LATIN AND THE ROMAN WORLD (Grades 3 - 5)

Students participating in "Latin and the Roman World" will learn about the Latin language and how it led to the development of English and Romance languages. They will develop a basic introductory vocabulary, learn some fascinating Roman mythology, and explore some of the most amazing ancient Roman monuments through videos and virtual tours. Participants will also be able to learn through creativity, making replicas of Roman artistic artifacts.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 12

Lead teacher: Beth Ellison and Evelyn Pike

MANDARIN CLASS (Grades 1 - 3) *

Participants in this class will develop reading, writing, listening and spoken skills in Mandarin through instruction in Pinyin and through weekly enjoyment of stories, poetry, activities and Chinese culture. This class is ideally suited to motivated students who already possess a basic foundation in Mandarin or who will thrive in an academically focused co-curricular activity.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 12

Lead teachers: Pauline Rubarth and Joan Sun

MULTISPORTS (Grade 3 - 5)

Game On! These multi-sport sessions will improve your fundamental movement skills and sport-specific skills for a variety of recreational sports. Students will learn the ready position, execution and follow-through for many sport-specific skills. They will have the opportunity to experience game play in a non-competitive setting, improve their overall fitness and skill level and enjoy the fun of playing sports with friends.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 16

Lead teacher: Alli MacDougall

RUNNING AND FITNESS CLUB (Grades 1 - 5)

Grades 1 to 5 students love participating in our Running Club. Participants walk or run laps of the schoolyard at their own pace to build their fitness and experience the multi-faceted benefits of learning to run at a young age. Students love to earn "toe tokens" as they track their mileage and develop their stamina. During the winter season, participants will switch to snowshoeing to further develop their skills and their cardio strength.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 30

Lead teacher: Ryan Hodgins and Paul Labrosse

SKETCHNOTING (Grades 3 - 5)

Sketchnotes are rich visual notes created from a mix of handwriting, drawings, hand-drawn typography, shapes, and visual elements like arrows, boxes, and lines (Mike Rohde, The Sketchnote Handbook). Sketchnoting has all kinds of benefits for our brains, connecting images with information and significantly increasing our ability to remember what we've learned. We will start to build our skills using traditional methods and will also explore Sketchnoting with iPads and a stylus. Artists of all levels welcome!

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Christine Blackadar

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Number of students: 20

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Time of day: 3:45 - 4:45, Tuesdays

Lead teachers: Children's Theatre Instructors

UN RÊVE PERLÉ: DREAMING OF BEADS (Grades 3 - 5) *

The girls will learn to create stylish and on-trend pieces of jewelry by stringing colourful beads onto string. They will be encouraged to consider use of colour and pattern, while being introduced to fundamental beading tools such as bead layout boards for measuring and design.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Catherine Rochon

WRITE ON! (Grades 3 - 5)

Write On! is an enrichment activity for students who love to write short stories, novels, vignettes, personal essays, or poetry. Each week, participants will have the opportunity to develop their writing skills through exercises in character, setting, and plot development, as well as the use of dialogue, word choice, and many more elements of writing, all while continuing to compose their own works of creative fiction or personal reflection.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Allison Holmes

YOUNG ENGINEERS: LEGO ROBOTICS (Grades 3 - 5) *

For beginners and also for those with some robotics and programming experience. Through hands-on projects and challenges, students will strengthen their LEGO building skills and learn to work effectively in a team of two or three. Students will learn about strong and stable structures, as well as gearing and drive systems. Mechanical projects may include vehicles, bridges, tools, amusement rides, and steering mechanisms. Students will be introduced to robotics as they build LEGO Mindstorm robots that use rotation, light and ultrasonic sensors. Using tablet-based coding, they will control these robots with the LEGO EV3 programming app. Those with prior robotics and programming experience will be given more advanced challenges to build their skills and aptitude.

Time of day: 3:30 - 4:30, Wednesdays

Number of students: 16

Lead Instructor: Ian Dudley

ZUMBAFIT! (Grades 3 - 5) *

Back by popular demand! In this fast-paced, dynamic class, participants will incorporate fun dance moves and exercises to improve their overall cardio fitness and fitness skills. Debra Wu, highly experienced fitness instructor and Elmwood Parent will be offering a series of ten ZumbaFit classes for Grade 3-5 students who are interested in improving their fitness. All fitness levels welcome – no previous experience required!

Time of day: 3:30 - 4:15, Wednesdays

Number of students: 12

Lead Instructor: Deb Wu

GRADE FOUR CO-CURRICULAR ACTIVITIES

ATHLETIC COUNCIL (Grades 4 - 5)

Grade 4 and 5 students are invited to engage in Athletic Council as a leadership opportunity in the Junior School. Athletic Council members organize, lead, and participate in athletic activities and events throughout the school year. Examples include Spirit Day, Sports Day, Fitness Week, and Intramural Sports.

Time of day: 1:40 - 2:00, Wednesdays

Number of students: 15

Lead teachers: Ryan Hodgins and Alli MacDougall

BACKSTAGE CLUB (Grades 3 - 5)

Designing, building, painting, sewing—these are all part of the exciting backstage club experience as we prepare for the two upcoming musicals in April and May. After messing around with glue and paint and craft materials, you will love seeing your creations featured during the performances on the auditorium stage! Come and be part of the dynamic, creative backstage team.

Time of day: 3:30 - 4:30, Wednesdays (March - April)

Number of students: 8

Lead teacher: Evelyn Pike

BOOK CLUB (Grades 3 - 5)

In this exciting club, children will be introduced to the wonderful world of words! Join us every Tuesday as we read together, practice our writing, and learn what it takes to tell a great story. This is the perfect club for voracious readers and writers -- but it is also an excellent opportunity for more reluctant readers to explore the literary landscape in a fun and laid-back way!

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 10

Lead teacher: Erica Eades

CALYPSO CLUB (Grades 4 - 5) *

Calypso Club gives students the chance to explore the exciting rhythms and sounds of the Caribbean islands. As well as receiving instruction on the ukulele, students will sing, play steel pans, xylophones, drums and other percussion instruments as they engage in the joyful ensemble experience. There will be frequent opportunities to share our Calypso music throughout the year. Students may bring their own ukulele or purchase one through the school. Please note: This is a full-year club, and some commitment to practicing the ukulele at home will be encouraged.

Time of day: 3:30 - 4:30, Thursdays

Number of students: 15

Lead teachers: Evelyn Pike and Liz Pitfield

CHESS CLUB (Grades 1 - 5) *

In this popular club, an expert chess instructor from the National Chess and Math Association will instruct the students in playing the ancient game of chess. Whether you are a beginner or a more advanced player, join this fun club to learn chess strategies and game rules, and participate in friendly competition with fellow students!

Time of day: 3:35 - 4:35, Mondays

Number of students: 12

Lead Teacher: Chess and Math Association Instructor

ELMWOOD EQUESTRIAN CLUB (Grades 4 - 8) *

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Time of day: 3:45 - 7:30, Mondays (April - June)

Number of students: 9

Lead teacher: Alyson Bartlett

FIBONACCI MATH CLUB (Grades 4 - 5)

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Time of day: 3:30 - 4:00, Tuesdays

Number of students: 12

Lead teacher: Chandra Wiegand

INTERMEDIATE GOLF (Grades 4 - 5)

Tee off with the Intermediate Golf Club this spring with Mr. Hodgins! This program is aimed to help girls develop movement concepts and fundamental skills needed in golf. Students will learn how to: hold a golf club, putt, chip, and how to aim for that hole in one, all in a safe and friendly environment.

Time of day: 3:35 - 4:35, Thursdays (April-June)

Number of students: 10

Lead teacher: Ryan Hodgins

INTRODUCTION TO IRISH DANCE (Grades 3 - 5)

Are you ready for a fast-moving and exciting dance class? Our Introduction to Irish Dance Club is sure to banish those winter blahs with foot-tapping music and lively dance moves! A form of dance made popular in recent years by troupes such as "Riverdance", Irish dancing is a tradition that goes back centuries. This ten-week introductory program is offered by Sue Fay Healy, founder of the renowned SFH Dance Studio, which prepares dancers for competitions across North America.

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 16

Lead instructor: Sue Fay Healy, SFH Dance Studio

LAB RATS! (Grades 3 - 5)

Get ready for some amazing reactions! In this fun and exciting club, Dr. Mahin will introduce students to the fascinating world of chemistry. Using a series of age-appropriate and engaging experiments, Dr. Mahin will help students to make and test hypotheses and explore chemical reactions, while learning about basic scientific method and lab safety.

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Number of students: 16

Lead teacher: Dr. Mahin

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fascinating Roman mythology, and explore some of the most amazing ancient Roman monuments through videos and virtual tours. Participants will also be able to learn through creativity, making replicas of Roman artistic artifacts.

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Number of students: 12

Lead teacher: Beth Ellison and Evelyn Pike

MULTISPORTS (Grades 3 - 5)

Game On! These multi-sport sessions will improve your fundamental movement skills and sport-specific skills for a variety of recreational sports. Students will learn the ready position, execution and follow-through for many sport-specific skills. They will have the opportunity to experience game play in a non-competitive setting, improve their overall fitness and skill level and enjoy the fun of playing sports with friends.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 16

Lead teacher: Alli MacDougall

RUNNING AND FITNESS CLUB (Grades 1 - 5)

Grades 1 to 5 students love participating in our Running Club. Participants walk or run laps of the schoolyard at their own pace to build their fitness and experience the multi-faceted benefits of learning to run at a young age. Students love to earn “toe tokens” as they track their mileage and develop their stamina. During the winter season, participants will switch to snowshoeing to further develop their skills and their cardio strength.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 30

Lead teacher: Ryan Hodgins and Paul Labrosse

SKETCHNOTING (Grades 3 - 5)

Sketchnotes are rich visual notes created from a mix of handwriting, drawings, hand-drawn typography, shapes, and visual elements like arrows, boxes, and lines (Mike Rohde, The Sketchnote Handbook). Sketchnoting has all kinds of benefits for our brains, connecting images with information and significantly increasing our ability to remember what we’ve learned. We will start to build our skills using traditional methods and will also explore Sketchnoting with ipads and a stylus. Artists of all levels welcome!

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Christine Blackadar

SPANISH CLUB (Grades 4 - 5)

Dive into Spanish this semester! You will learn Spanish through songs, games, cooking, outdoor play and many more activities. We will explore authentic Spanish cultural practices, while also expanding our Spanish vocabulary and understanding of the language. Enjoy and meet new friends from different grades while learning about Spanish culture.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Jenika Alvarez

STARR GYMNASTICS (Senior Kindergarten - Grade 5) *

The expert coaches of Starr Gymnastics return to Elmwood again this year to introduce students to the fundamentals of gymnastics in a safe yet challenging environment. Focusing on building confidence through skill development, the Starr coaches encourage each participant to improve her gymnastics ability, regardless of her current skill level. An enjoyable, dynamic experience for all!

Time of day: 3:35 - 4:35, Thursdays

Number of students: 20

Lead teacher: Starr Gymnastics instructors

TRINITY DRAMA PROGRAM (Grades 1 - 5) *

Now in its fourth year at Elmwood, Trinity Drama is a world-renowned program first established in the United Kingdom as a way of introducing students to all aspects of drama. An incremental program that gives participants the option of participating in drama exams at the end of the year, Trinity Drama is taught by inspiring, skilled instructors from the Ottawa Children's Theatre.

Time of day: 3:45 - 4:45, Tuesdays

Lead teachers: Children's Theatre Instructors

UN RÊVE PERLÉ: DREAMING OF BEADS (Grades 3 - 5) *

The girls will learn to create stylish and on-trend pieces of jewelry by stringing colourful beads onto string. They will be encouraged to consider use of colour and pattern, while being introduced to fundamental beading tools such as bead layout boards for measuring and design.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teachers: Catherine Rochon

WRITE ON! (Grades 3 - 5)

Write On! is an enrichment activity for students who love to write short stories, novels, vignettes, personal essays, or poetry. Each week, participants will have the opportunity to develop their writing skills through exercises in character, setting, and plot development, as well as the use of dialogue, word choice, and many more elements of writing, all while continuing to compose their own works of creative fiction or personal reflection.

Time of day: 12:10 - 1:00, Thursdays

Number of students: 10

Lead teacher: Allison Holmes

YOUNG ENGINEERS: LEGO ROBOTICS (Grades 3 - 5) *

For beginners and also for those with some robotics and programming experience. Through hands-on projects and challenges, students will strengthen their LEGO building skills and learn to work effectively in a team of two or three. Students will learn about strong and stable structures, as well as gearing and drive systems. Mechanical projects may include vehicles, bridges, tools, amusement rides, and steering mechanisms. Students will be introduced to robotics as they build LEGO Mindstorm robots that use rotation, light and ultrasonic sensors. Using tablet-based coding, they will control these robots with the LEGO EV3 programming app. Those with prior robotics and programming experience will be given more advanced challenges to build their skills and aptitude.

Time of day: 3:30 - 4:30, Wednesdays

Number of students: 16

Lead Instructor: Ian Dudley

ZUMBAFIT! (Grades 3 - 5) *

Back by popular demand! In this fast-paced, dynamic class, participants will incorporate fun dance moves and exercises to improve their overall cardio fitness and fitness skills. Debra Wu, highly experienced fitness instructor and Elmwood Parent will be offering a series of ten ZumbaFit classes for Grade 3-5 students who are interested in improving their fitness. All fitness levels welcome – no previous experience required!

Time of day: 3:30 - 4:15, Wednesdays

Number of students: 12

Lead teacher: Deb Wu

GRADE FIVE CO-CURRICULAR ACTIVITIES

ATHLETIC COUNCIL (Grades 4 - 5)

Grade 4 and 5 students are invited to engage in Athletic Council as a leadership opportunity in the Junior School. Athletic Council members organize, lead, and participate in athletic activities and events throughout the school year. Examples include Spirit Day, Sports Day, Fitness Week, and Intramural Sports.

Time of day: 1:40 - 2:00, Wednesdays

Number of students: 15

Lead teachers: Ryan Hodgins and Alli MacDougall

BACKSTAGE CLUB (Grades 3 - 5)

Designing, building, painting, sewing—these are all part of the exciting backstage club experience as we prepare for the two upcoming musicals in April and May. After messing around with glue and paint and craft materials, you will love seeing your creations featured during the performances on the auditorium stage! Come and be part of the dynamic, creative backstage team.

Time of day: 3:30 - 4:30, Wednesdays (March - April)

Number of students: 8

Lead teacher: Evelyn Pike

BOOK CLUB (Grades 3 - 5)

In this exciting club, children will be introduced to the wonderful world of words! Join us every Tuesday as we read together, practice our writing, and learn what it takes to tell a great story. This is the perfect club for voracious readers and writers -- but it is also an excellent opportunity for more reluctant readers to explore the literary landscape in a fun and laid-back way!

Time of day: 12:10 - 1:00, Tuesdays

Number of students: 10

Lead teacher: Erica Eades

CALYPSO CLUB (Grades 4 - 5) *

Calypso Club gives students the chance to explore the exciting rhythms and sounds of the Caribbean islands. As well as receiving instruction on the ukulele, students will sing, play steel pans, xylophones, drums and other percussion instruments as they engage in the joyful ensemble experience. There will be frequent opportunities to share our Calypso music throughout the year. Students may bring their own ukulele or purchase one through the school. Please note: This is a full-year club, and some commitment to practicing the ukulele at home will be encouraged.

Time of day: 3:30 - 4:30, Thursdays

Number of students: 15

Lead teachers: Evelyn Pike and Liz Pitfield

CHESS CLUB (Grades 1 - 5) *

In this popular club, an expert chess instructor from the National Chess and Math Association will instruct the students in playing the ancient game of chess. Whether you are a beginner or a more advanced player, join this fun club to learn chess strategies and game rules, and participate in friendly competition with fellow students!

Time of day: 3:35 - 4:35, Mondays

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Lead Teacher: Chess and Math Association Instructor

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HOUSE COUNCIL (Grade 5)

Grade 5 students are invited to engage in House Council as a leadership activity. House Council members participate in decision-making and take a hands-on role in preparing for House activities and events in the School. Interested students are asked to apply each semester in homeroom.

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Lead teacher: Deb Wu

JUNIOR SCHOOL ENRICHMENT PLANNING CHART

Semester 2 – January to June 2019

| Times | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|---|
| 7:15 - 8:00 | Grade 5/6 sports (practices) such as volleyball and basketball | | | | |
| 11:20 - 12:10 | LUNCH | LUNCH | ASSEMBLY | LUNCH | LUNCH |
| 11:40 - 12:10 | | | | | JK-SK Clubs: - Mindfulness Club (Jan - March) - Outdoor Math (Jan - March) - Nature Explorers (Apr - June) - Big Moves (Apr - June) |
| Enrichment 12:10 - 1:00 Grades 1-5 | Regular Classes | Grades 1-2: - Storybook Engineers - Quelles belles histoires! - Writer's Workshop Grades 1-3: - Mandarin Class Grades 3-5: - Book Club - Introduction to Irish Dance* - Lab Rats - Latin and the Roman World | LUNCH 12:35-1:00 House Council (5) | Grades 1-2: - Book Club - Yoga Grades 1-5: - Running & Fitness Grades 3-5: - Multisports - Sketchnoting - Spanish Club - Un rêve perlé - Write On! | Regular Classes |
| 1:40 - 2:00 | | | Athletic Council (4-5) | | |
| 3:30 - 4:00 Grades 1-5 (10 maximum per group) | Skill Builders: - Word Building Strategies - Math Fact Skills (1-2) - French enrichment (3-5) | Skill Builders: - French enrichment (SK) | Skill Builders: - Cursive and Printing - Math Fact Skills (3-5) - Keyboarding | --- | --- |
| After School Club 3:30 - 4:30 <i>(times may vary)</i> | Chess Club* (1-5) Equestrian Club* (3-5) | Trinity Drama* (1-5) Fibonacci Math (4-5) | LEGO Robotics* (3-5) Zumbafit* (3-5) Backstage Club (3-5) | Starr Gymnastics* (SK-5) Calypso Club* (4-5) Intermediate Golf (4-5) | |
| After School Club 3:45-4:45 | Flag Rugby (2-3) | | | | |
| 3:26 - 5:45 | 3:26 Club | 3:26 Club | 3:26 Club | 3:26 Club | 3:26 Club |

* This activity involves a fee that will be charged to your daughter's account. Registration letters to follow in January 2019.