



# ELMWOOD SCHOOL

JUNIOR SCHOOL

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CO-CURRICULAR  
ACTIVITIES

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TERM ONE 2019 – 2020

## BREAKDOWN OF ACTIVITIES

JK	SK	1	2	3	4	5	Title	Number	Staff / Instructor
X	X						Outdoor Odyssey		Ms. Sjerven, Ms. Meadowcroft
X	X						Gross Motor		Ms. Sjerven, Ms. Meadowcroft
	X	X	X	X	X	X	Starr Gymnastics	20	Starr Instructors
		X	X				Un Rêve Perlé: Dreaming of Beads	12	Mme Rochon
		X	X				Yoga Club	10	Ms. Bartlett
		X	X	X			Jolie Voix: Lovely Voice	10	Mme Bourdeau
		X	X	X			Mandarin Class	15	Dr. Yu Ming Ye
		X	X	X	X	X	Trinity Drama		Children's Theatre
		X	X	X	X	X	Chess Club	12	Chess n' Math Association
				X	X	X	Artist Trading Cards Club	12	Mrs. Blackadar
				X	X	X	Drum-Fit	12	Mrs. Wu
				X	X	X	Introduction to Irish Dance	16	Sue Fay Healy, SFH Dance Studio
				X	X	X	Move to the Beat!	20	Ms. MacDougall
				X	X	X	Zumbafit	12	Mrs. Wu
				X	X	X	Lego Engineering & Robotics	12	Ian Dudley
					X	X	Athletic Council	15	Mr. Hodgins, Ms. MacDougall
					X	X	Elmwood Equestrian Club	12	Ms. Bartlett
					X	X	Exploring Graphic Novels	15	Ms. Eades
					X	X	Fibonacci Math Club	12	Ms. Wiegand
					X	X	In Stitches!	12	Mrs. Luard
					X	X	Ukulele Club	12	Mrs. Pike
					X	X	West African Drumming Circle	12	Mrs. Pike
					X	X	Young Entrepreneurs	14	Mr. Hodgins
					X	X	Archery Adventure	12	Ms. Holmes
						X	House Council ( <i>application process</i> )	---	Mrs. Blackadar

# Co-Curricular/Enrichment Activities Handbook

## Junior School

### Term One 2019-2020

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

\* Cost associated with this activity. Details to follow.

## JUNIOR KINDERGARTEN

### **OUTDOOR ODYSSEY (Junior & Senior Kindergarten)**

Get outside, get into nature and make your own discoveries! Inspired by Forest Kindergartens, Elmwood's Outdoor Odyssey offers Junior and Senior Kindergarten 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: 12:10 - 1:00, Tuesday**

**Lead teacher: Vanessa Sjerven, Kate Meadowcroft**

### **GROSS MOTOR (Junior & Senior Kindergarten)**

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 when coping with a full day of school. Plus, it's fun!

**Time of day: 12:10 - 1:00, Thursday**

**Lead teachers: Vanessa Sjerven, Kate Meadowcroft**

## SENIOR KINDERGARTEN

### **OUTDOOR ODYSSEY (Junior & Senior Kindergarten)**

Get outside, get into nature and make your own discoveries! Inspired by Forest Kindergartens, Elmwood's Outdoor Odyssey offers Junior and Senior Kindergarten 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: 12:10 - 1:00, Tuesday**

**Lead teacher: Vanessa Sjerven, Kate Meadowcroft**

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**Time of day: 12:10 - 1:00, Thursday**

**Lead teachers: Vanessa Sjerven, 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, Thursday**

**Number of students: 20**

**Lead instructors: Starr Gymnastics**

## GRADE ONE

### **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, Tuesday**

**Number of students: 12**

**Lead instructor: Dave Gordan, Chess and Math Association**

### **JOLIE VOIX: LOVELY VOICE (Grades 1 - 3)**

A wonderful opportunity to learn and perform a variety of French music from traditional folk songs to current popular music. Come and sing en français avec Mme Bourdeau! All are welcome, no previous experience required.

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 10**

**Lead teacher: Chanel Bourdeau**

### **MANDARIN CLASS (Grades 1 - 3) \***

During weekly lessons, participants will explore cultural stories, poetry, and movement. Students will also develop reading, writing, listening and speaking skills in Mandarin. This class is ideally suited to students who have a love for languages, or who will thrive in an academically-focused activity.

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 15**

**Lead instructor: Dr. Yu Ming Ye**

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### **TRINITY DRAMA PROGRAM (Grades 1 - 5) \***

Now in its fifth 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 builds group and solo skills, Trinity Drama gives participants the option of participating in internationally accredited drama exams at the end of the year. Trinity Drama is taught by inspiring, skilled instructors from the Ottawa Children's Theatre.

<https://www.ottawachildrenstheatre.net/trinity>

**Time of Day: 3:45 - 4:45, Tuesday**

**Lead instructors: Children's Theatre**

### **UN RÊVE PERLÉ: DREAMING OF BEADS (Grades 1 - 2) \***

With instruction offered entirely in French, participants will learn to create stylish and on-trend pieces of jewelry by stringing colorful 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, Thursday**

**Number of students: 12**

**Lead teacher: Catherine Rochon**

**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, Thursday**

**Number of students: 10**

**Lead teacher: Alyson Bartlett**

## GRADE TWO

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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!

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**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 10**

**Lead teacher: Alyson Bartlett**

## GRADE THREE

### **ARTIST TRADING CARD CLUB (Grades 3 - 5)**

Artist Trading Cards (ATCs), are fun, miniature pieces of art that are created and traded with other artists. Just like Pokémon trading cards, they measure 2-1/2 x 3-1/2 inches. ATCs are an excellent way to share one's own art, and collect the art of others. Through a variety of workshops, we will explore different art materials and techniques, building individual collections until trading day!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 12**

**Lead teacher: Christine Blackadar**

### **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, Tuesday**

**Number of students: 12**

**Lead instructor: Dave Gordan, Chess and Math Association**

### **DRUM-FIT (Grades 3 - 5) \***

Experience this new Drums Alive class, (Drum-Fit) that combines the benefits of a cardio/core jam session with the brain-affected benefits of music and rhythm while drumming on a stability ball. It is a program that fosters healthy balance physically, mentally, emotionally and socially! Sign up now for this new enrichment class option, Drum-Fit! Come, have fun and drum to your favourite music while getting fit - The benefits are endless!

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 12**

**Lead teacher: Debra Wu**

### **INTRODUCTION TO IRISH DANCE (Grades 3 - 5) \***

Are you ready for a fast-moving and exciting dance class? Introduction to Irish Dance will get you up and moving 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 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, Tuesday**

**Number of students: 16**

**Lead instructor: Sue Fay Healy, SFH Dance Studio**

### **JOLIE VOIX: LOVELY VOICE (Grades 1 - 3)**

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**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 10**

**Lead teacher: Chanel Bourdeau**

### **LEGO ENGINEERING AND ROBOTICS (Grades 3 - 5) \***

Through hands-on projects and challenges, students will strengthen their LEGO building skills and learn to work effectively in a team of two. 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 a Mindstorms EV3 robot and control it with rotation, light and ultrasonic sensors. Students will use the LEGO EV3 programming app for tablet-based coding and they will perform mini challenges with their robots.

**Time of day: 3:30 - 4:30, Wednesday**

**Number of students: 12**

**Lead instructor: Ian Dudley**

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**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 15**

**Lead instructor: Dr. Yu Ming Ye**

**MOVE TO THE BEAT! (Grade 3 - 5)**

Come learn cool dance moves, jump rope skills and creative movements as we engage in a variety of movement activities to music. There will also be opportunities to create and perform your own dance, jump rope and creative movement routines. This is an excellent way to improve your coordination and rhythm skills, as well as your cardiovascular and overall fitness level. Be a "mover and a shaker " and join the Junior School 'Move to the Beat' Club!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 20**

**Lead teacher: Alli MacDougall**

**STARR GYMNASTICS (Senior Kindergarten - Grade 5) \***

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**Time of day: 3:30 - 4:15, Wednesday**

**Number of students: 12**

**Lead instructor: Debra Wu**

## GRADE FOUR

### **ARCHERY ADVENTURE (Grades 4 - 7) \***

When you hear the word 'archery,' what do you picture? Katniss Everdeen in *The Hunger Games*? Robin Hood? Archery is so much more - so much cooler - than what you see in the movies, and now you have the opportunity to learn the fundamentals of this fantastic activity. Archery is a sport that develops your sense of focus, your posture, and your sense of accomplishment, as you learn to nock, aim, and release. Over a 10-week period you will experience the excitement and sense of accomplishment that all novice archers feel. Moreover, you will also learn how archery is a form of "moving meditation" that will provide you with skills that you can transfer to other sports and even your academics.

**Time of day: 3:30 - 5:00, Thursday**

**Number of students: 12**

**Lead teacher: Allison Holmes**

### **ARTIST TRADING CARD CLUB (Grades 3 - 5)**

Artist Trading Cards (ATCs), are fun, miniature pieces of art that are created and traded with other artists. Just like Pokémon trading cards, they measure 2-1/2 x 3-1/2 inches. ATCs are an excellent way to share one's own art, and collect the art of others. Through a variety of workshops, we will explore different art materials and techniques, building individual collections until trading day!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 12**

**Lead teacher: Christine Blackadar**

### **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: lunch time, date TBD**

**Number of students: 15**

**Lead teachers: Ryan Hodgins and Alli MacDougall**

### **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!

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**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 12**

**Lead Teacher: Debra Wu**

### **ELMWOOD EQUESTRIAN CLUB (Grades 4 - 8) \***

The Elmwood Equestrian Club will be offered at Wynbrook Farm in Vars on Mondays. This is a wonderful opportunity for novice and experienced riders to learn from Taylor Brooks and her expert team of instructors. While at Wynbrook Farm, they would be taught the basics of horse care and of riding, with the level of instruction guided by their experience and skill.

**Time of day: 3:20 - 7:15, Monday**

**Number of students: 12**

**Lead teacher: Alyson Bartlett**

### **EXPLORING GRAPHIC NOVELS (Grades 4 - 5)**

In this exciting new club, we will use graphic novels to help build reading, critical thinking, and interpersonal skills that will benefit students throughout their lives. Each week, we will read and discuss a variety of works before ultimately creating our own graphic novels. Why graphic novels? For new and reluctant readers, graphic novels are more likely to be picked up, read and enjoyed. For advanced readers, they offer a new and expansive reading experience that will help bolster their existing love of books!

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 15**

**Lead teacher: Erica Eades**

### **FIBONACCI MATH CLUB (Grades 4 - 5)**

Are you good at solving riddles? 0, 1, 1, 2, 3, 5, 8, 13, 21, 34.... Do you recognize this sequence? Have you played with Tangrams? What about Pentominoes? Whether you know the puzzles above or not, if you love solving complex problems, then the Fibonacci Math Club is for you. This club offers challenging activities and enrichment opportunities in mathematics. We will develop your ability to think critically about a problem and learn a variety of strategies for tackling complex mathematical puzzles. The goal of this club is to prepare you to participate in a nationally recognized mathematics contest. No experience is needed, just a desire to be challenged and try your hand at some really difficult questions. Please note that students invited to participate as a member of an Olympiad Team will be charged a nominal amount for participation. There is no cost to participate in the Fibonacci Math Club.

**Time of day: 3:30 - 4:00, Wednesday**

**Number of students: 12**

**Lead teacher: Chandra Wiegand**

### **IN STITCHES! (Grades 4 - 5) \***

In this club, students will be introduced to a variety of handicrafts including: knitting, sewing, embroidery, and more! Discover these 'lost arts', unleash your creativity, and join the new generation of crafting masters. No experience required.

**Time of day: 3:30 - 4:30, Thursday**

**Number of students: 12**

**Lead teacher: Rachel Luard**

### **INTRODUCTION TO IRISH DANCE (Grades 3 - 5) \***

Are you ready for a fast-moving and exciting dance class? Introduction to Irish Dance will get you up and moving 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, Tuesday**

**Number of students: 16**

**Lead instructor: Sue Fay Healy, SFH Dance Studio**

**LEGO ENGINEERING AND ROBOTICS (Grades 3 - 5) \***

Through hands-on projects and challenges, students will strengthen their LEGO building skills and learn to work effectively in a team of two. 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 a Mindstorms EV3 robot and control it with rotation, light and ultrasonic sensors. Students will use the LEGO EV3 programming app for tablet-based coding and they will perform mini challenges with their robots.

**Time of day: 3:30 - 4:30, Wednesday**

**Number of students: 12**

**Lead instructor: Ian Dudley**

**MOVE TO THE BEAT! (Grade 3 - 5)**

Come learn cool dance moves, jump rope skills and creative movements as we engage in a variety of movement activities to music. There will also be opportunities to create and perform your own dance, jump rope and creative movement routines. This is an excellent way to improve your coordination and rhythm skills, as well as your cardiovascular and overall fitness level. Be a "mover and a shaker" and join the Junior School 'Move to the Beat' Club!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 20**

**Lead teacher: Alli MacDougall**

**STARR GYMNASTICS (Senior Kindergarten - Grade 5) \***

Calling every budding Simone Biles! 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, Thursday**

**Number of students: 20**

**Lead instructors: Starr Gymnastics**

**TRINITY DRAMA PROGRAM (Grades 1 - 5) \***

Now in its fifth 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 builds group and solo skills, Trinity Drama gives participants the option of participating in internationally accredited drama exams at the end of the year. Trinity Drama is taught by inspiring, skilled instructors from the Ottawa Children's Theatre.

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**Time of Day: 3:45 - 4:45, Tuesday**

**Lead instructors: Children's Theatre**

**UKULELE CLUB (Grades 4 - 5)**

Ukulele Club gives students the chance to learn a new instrument, or build on skills learned last year. The goal of this group is to have fun making music together in a relaxed setting, with lots of singing and collaborative learning. Students are welcome to bring their own ukulele or they may use a school ukulele during enrichment sessions.

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 12**

**Lead teacher: Evelyn Pike**

**WEST AFRICAN DRUMMING CIRCLE (Grades 4 - 5)**

Drumming is a great way to learn, collaborate and enjoy making music together! Students will actively engage with rhythms and songs unique to West African culture, as they explore and then layer the sounds of the different drums and percussion instruments (provided by the school). Drumming group members will have the opportunity to perform at several school events.

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 12**

**Lead teacher: Evelyn Pike**

**YOUNG ENTREPRENEURS (Grades 4 - 5)**

Have you ever thought about starting your own business? Young Entrepreneurs will develop a product, obtain a loan from the bank (parents), purchase supplies, create inventory, inquire into cost vs. profit, create a price-point, build a marketing strategy, and then open your business to customers (Elmwood students) - Young Entrepreneurs, we are open for business!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 14 students**

**Lead teacher: Ryan Hodgins**

**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 Zumbafit classes for Grade 3-5 students who are interested in improving their fitness. All fitness levels welcome – nor previous experience required!

**Time of day: 3:30 - 4:15, Wednesday**

**Number of students: 12**

**Lead instructor: Debra Wu**

## GRADE FIVE

### **ARCHERY ADVENTURE (Grades 4 - 7) \***

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**Number of students: 12**

**Lead teacher: Allison Holmes**

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**Lead teacher: Christine Blackadar**

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**Number of students: 12**

**Lead instructor: Dave Gordan, Chess and Math Association**

### **DRUM-FIT (Grades 3- 5) \***

Experience this new Drums Alive class, (Drum-Fit) that combines the benefits of a cardio/core jam session with the brain-affected benefits of music and rhythm while drumming on a stability ball. It is a program that fosters healthy balance physically, mentally, emotionally and socially! Sign up now for this new enrichment class option, Drum-Fit! Come, have fun and drum to your favourite music while getting fit - The benefits are endless!

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 12**

**Lead instructor: Debra Wu**

### **ELMWOOD EQUESTRIAN CLUB (Grades 4 - 8) \***

The Elmwood Equestrian Club will be offered at Wynbrook Farm in Vars on Mondays. This is a wonderful opportunity for novice and experienced riders to learn from Taylor Brooks and her expert team of instructors. While at Wynbrook Farm, they would be taught the basics of horse care and of riding, with the level of instruction guided by their experience and skill.

**Time of day: 3:20 - 7:15, Monday**

**Number of students: 12**

**Lead teacher: Alyson Bartlett**

### **EXPLORING GRAPHIC NOVELS (Grades 4 - 5)**

In this exciting new club, we will use graphic novels to help build reading, critical thinking, and interpersonal skills that will benefit students throughout their lives. Each week, we will read and discuss a variety of works before ultimately creating our own graphic novels. Why graphic novels? For new and reluctant readers, graphic novels are more likely to be picked up, read and enjoyed. For advanced readers, they offer a new and expansive reading experience that will help bolster their existing love of books!

**Time of day: 12:10 - 1:00, Tuesday**

**Number of students: 15**

**Lead teacher: Erica Eades**

### **FIBONACCI MATH CLUB (Grades 4 - 5)**

Are you good at solving riddles? 0, 1, 1, 2, 3, 5, 8, 13, 21, 34.... Do you recognize this sequence? Have you played with Tangrams? What about Pentominoes? Whether you know the puzzles above or not, if you love solving complex problems, then the Fibonacci Math Club is for you. This club offers challenging activities and enrichment opportunities in mathematics. We will develop your ability to think critically about a problem and learn a variety of strategies for tackling complex mathematical puzzles. The goal of this club is to prepare you to participate in a nationally recognized mathematics contest. No experience is needed, just a desire to be challenged and try your hand at some really difficult questions. Please note that students invited to participate as a member of an Olympiad Team will be charged a nominal amount for participation. There is no cost to participate in the Fibonacci Math Club.

**Time of day: 3:30 - 4:00, Wednesday**

**Number of students: 12**

**Lead teacher: Chandra Wiegand**

### **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.

**Time of day: lunch time, date TBD**

**Lead teacher: Christine Blackadar**

### **IN STITCHES! (Grades 4 - 5) \***

In this club, students will be introduced to a variety of handicrafts including: knitting, sewing, embroidery, and more! Discover these 'lost arts', unleash your creativity, and join the new generation of crafting masters.

No experience required.

**Time of day: 3:30 - 4:30 Thursday**

**Number of students: 12**

**Lead teacher: Rachel Luard**

### **INTRODUCTION TO IRISH DANCE (Grades 3 - 5) \***

Are you ready for a fast-moving and exciting dance class? Introduction to Irish Dance will get you up and moving 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, Tuesday**

**Number of students: 16**

**Lead instructor: Sue Fay Healy, SFH Dance Studio**

### **LEGO ENGINEERING AND ROBOTICS (Grades 3 - 5) \***

Through hands-on projects and challenges, students will strengthen their LEGO building skills and learn to work effectively in a team of two. 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 a Mindstorms EV3 robot and control it with rotation, light and ultrasonic sensors. Students will use the LEGO EV3 programming app for tablet-based coding and they will perform mini challenges with their robots.

**Time of day: 3:30 - 4:30, Wednesday**

**Number of students: 12**

**Lead instructor: Ian Dudley**

### **MOVE TO THE BEAT! (Grade 3 - 5)**

Come learn cool dance moves, jump rope skills and creative movements as we engage in a variety of movement activities to music. There will also be opportunities to create and perform your own dance, jump rope and creative movement routines. This is an excellent way to improve your coordination and rhythm skills, as well as your cardiovascular and overall fitness level. Be a "mover and a shaker" and join the Junior School 'Move to the Beat' Club!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 20**

**Lead teacher: Alli MacDougall**

### **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, Thursday**

**Number of students: 20**

**Lead instructors: Starr Gymnastics**

### **TRINITY DRAMA PROGRAM (Grades 1 - 5) \***

Now in its fifth 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 builds group and solo skills, Trinity Drama gives participants the option of participating in internationally accredited drama exams at the end of the year. Trinity Drama is taught by inspiring, skilled instructors from the Ottawa Children's Theatre.

<https://www.ottawachildrenstheatre.net/trinity>

**Time of Day: 3:45 - 4:45, Tuesday**

**Lead instructors: Children's Theatre**

**UKULELE CLUB (Grades 4 - 5) \***

Ukulele Club gives students the chance to learn a new instrument, or build on skills learned last year. The goal of this group is to have fun making music together in a relaxed setting, with lots of singing and collaborative learning. Students are welcome to bring their own ukulele or they may use a school ukulele during enrichment sessions.

**Time of day: 3:30 - 4:30, Thursday**

**Number of students: 15**

**Lead teacher: Evelyn Pike**

**WEST AFRICAN DRUMMING CIRCLE (Grades 4 - 5)**

Drumming is a great way to learn, collaborate and enjoy making music together! Students will actively engage with rhythms and songs unique to West African culture, as they explore and then layer the sounds of the different drums and percussion instruments (provided by the school). Drumming group members will have the opportunity to perform at several school events.

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 12**

**Lead teacher: Evelyn Pike**

**YOUNG ENTREPRENEURS (Grades 4 - 5)**

Have you ever thought about starting your own business? Young Entrepreneurs will develop a product, obtain a loan from the bank (parents), purchase supplies, create inventory, inquire into cost vs. profit, create a price-point, build a marketing strategy, and then open your business to customers (Elmwood students) - Young Entrepreneurs, we are open for business!

**Time of day: 12:10 - 1:00, Thursday**

**Number of students: 14 students**

**Lead teacher: Ryan Hodgins**

**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 ZumbaFit classes for Grade 3-5 students who are interested in improving their fitness. All fitness levels welcome – nor previous experience required!

**Time of day: 3:30 - 4:15, Wednesday**

**Number of students: 12**

**Lead instructor: Deb Wu**

## JUNIOR SCHOOL CO-CURRICULAR / ENRICHMENT PLANNING CHART

Times	Monday	Tuesday	Wednesday	Thursday	Friday
11:20 - 12:10	LUNCH	LUNCH	ASSEMBLY	LUNCH	LUNCH
<b>Enrichment</b> 12:10 - 1:00 <b>Grades 1-5</b>	Regular Classes	Outdoor Odyssey (JK/SK) Jolie Voix: Lovely Voice (Gr. 1-3) Mandarin * (Gr. 1-3) Drum-Fit * (Gr. 3-5) Introduction to Irish Dance * (Gr. 3-5) Exploring Graphic Novels (Gr. 4-5) Ukulele Club (Gr. 4-5)	LUNCH	Gross Motor (JK/SK) Un Rêve Perlé * (Gr. 1-2) Yoga (Gr. 1-2) Artist Trading Cards Club (Gr. 3-5) Move to the Beat! (Gr. 3-5) West African Drumming Circle (Gr. 4-5) Young Entrepreneurs (Gr. 4-5)	Regular Classes
3:30 - 4:00			Fibonacci Math Club		
3:30 - 4:15		--	Zumbafit *	--	---
3:30 - 4:30			Lego Robotics *	In Stitches! *	
3:35 - 4:35 <i>(times may vary)</i>	Equestrian Club * (3:20-7:15)	Chess Club * Trinity Drama * (3:45-4:45)		Archery Adventure * (3:30-5:00) Starr Gymnastics *	

\* This activity involves a fee that will be charged to your daughter's account. Further details to follow after registration.