

MINNEKHADA MIDDLE SCHOOL

WINTER 2025 AFTER SCHOOL PROGRAMS

Registration Starts: Monday, December 16th at 8am

Program Dates: January 13–March 7, 2025

*Programs will NOT run on Pro-D Days, and Holidays

*** NO CLASSES ON Jan 31st or Feb 28th due to PRO D Days ***



BEYOND THE BELL: COOKING

Beyond the Bell: Cooking is an afterschool cooking program for Middle Schoolers, grades 6–8. In this program, students will pair up and follow simple recipes to complete a meal that they would be able to cook at home for themselves and their families. The goal of this program is to practice fundamental food preparation and cooking skills for independence and confidence in the kitchen.

Please bring a to-go container!

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	6–8	245–445pm	Jan 13–Mar 3	7	\$150	Healthy Living



Pottery level 1 & 2

A beginner–intermediate clay and sculpt after school program! This program is best suited for both beginners, as well as those who will be returning to pottery with us. Students will learn & develop their skill set in hand building ceramics, explore their creativity and be sure to have a great time. The class will work with firing clay, polymer clay (oven bake) & air dry clay. There will be step by step projects led by our instructor and on other days students will have creative freedom in what they would like to create!

<https://www.riseartscompany.com/>

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Mondays	6–8	245–415pm	Jan 13–Mar 3	7	\$170	Rm 141

If you have any questions please contact:

Silvia Jorge, Community Development Facilitator

📞 604-209-1424

✉️ sjorge@sd43.bc.ca



POCO KARATE

PoCo Karate is a traditional Karate & Kobudo dojo, with an unbroken lineage of certified instructors going back to the origins of Karate & Kobudo in Okinawa, Japan. Karatedo (空手道 in Japanese) literally translates to "The Way of the Empty Hand" and is rooted in non-violent philosophy focused on self defence, fitness, and character development. Every dojo is unique, and our primary emphasis at PoCo Karate is on developing healthy physical and mental habits for life while learning valuable self defence skills.

Our head instructor, Jascha Espley (4th degree Black Belt in Karate, 1st degree Black Belt in Kobudo) leads our programs here in Port Coquitlam. He is a Karate Canada and NCCP certified Karate instructor with over 37 years of experience in Karate & Kobudo.

Karate sessions at Minnehada will focus on the foundational skills in Karate, such as meditation, Japanese terminology, stance work, breakfalls, basic techniques, and traditional kata. The ultimate aim is to improve physical literacy and to instill lifelong motivation and passion for physical activity in our youth.

pocokarate.com

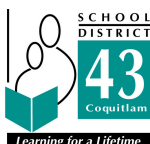
Day	Grades	Time	Dates	# of sessions	Price	Rm.
Mondays	6-8	245-345pm	Jan 13-Mar 3	7	\$90	MPR



SPECIAL FX MAKEUP: LEVEL 2

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: Frost bite, Healed scars, Dragon skin, Boils/bullet holes, Exposed finger bone/muscle, Gravel rash/scabs/ scratches, Cut off finger, Traiphobia. Please note that some lessons may be scary for your child to see. Please discuss these lessons with your child before signing up for the class.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesdays	6-8	245-445pm	Jan 14-Mar 4	8	\$165	MPR



Programs could be cancelled due to low registration.
All registrations are on first come, first serve basis.





DRAWING AND PAINTING

Students will learn various drawing, cartooning and painting techniques. Throughout the season, students will use various materials and paints to finish off pieces they will be proud to take home!

<https://www.riseartscompany.com/>

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesdays	6-8	245-415pm	Jan 15-Mar 5	8	\$172	MPR



FLAVORS OF THE WORLD WITH YANICK

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. Please bring a to go container.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesdays	6-8	245-445pm	Jan 15-Mar 5	8	\$175	healthy living

 westchess **LEARNING CHESS STEPS 1&2**

In this after school program, kids are learning chess, which is called the most intelligent game. Chess offers many incredible benefits to youth, such as critical thinking, objective assessment, analytical skill, patience, logical thinking, cause & consequence, decision making, time management, and many more. With a step-by-step method, we introduce chess to kids and improve their chess skills. Students are not required to have prior chess experiences.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursdays	6-8	245-415pm	Jan 16-Feb 20	6	\$125	MPR



HOMWORK HELP

Come and join us to get help with your homework from a College student. Registration is required. Students must bring school work each day.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursdays	6-8	245-415pm	Jan 16-Mar 6	8	\$50	commons



FOOTBALL

Our Youth Flag Football Program is designed to introduce kids in grades 6-8 to the basics of football in a fun, engaging, and non-contact environment. This program focuses on teaching essential skills, building confidence, and promoting teamwork through a mix of drills and game play.

Participants will learn: ****Basic Football Knowledge****: Understanding the fundamentals of the game, including rules, positions, and strategies. ****How to Throw and Catch****: Proper techniques for throwing a spiral pass and catching safely and effectively. ****Agility and Speed****: Agility ladder drills to improve footwork, coordination, and overall athleticism. ****Flag Football Games****: Non-contact, skill-focused games to practice what they've learned in a fun and safe setting.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursdays	6-8	245-415pm	Jan 16-Mar 6	8	\$165	sport field



Programs could be cancelled due to low registration.
All registrations are on first come, first serve basis.





BASKETBALL!



At RIZE Athletic Academy our mission is to help the next generation unlock their potential, whether you are a beginner or an experienced basketball player, we have specialized coaches dedicated to providing a skills training program that focuses on building foundational basketball skills as well as mentoring the youth. Our coaches have extensive experience producing athletes that have gone on to play at the college/university and professional level, however we are aiming to put a strong emphasis at the grassroots level to help develop middle school kids that are looking to enhance their skills and also help prepare them for high school. All levels are welcome, students will be split into groups according to their skill level. We will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises as well as help them fall in love with the game while having fun. 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 program encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement. Whether you're dreaming of making the starting lineup or just want to have fun and stay active, our program caters to all skill levels.
RIZE to your potential!

No class Jan 31st or Feb 28th

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	6-8	245-415pm	Jan 17-Mar 7	6	\$125	Gym



SEWING LEVEL 1

Discover the fundamentals of sewing. Students will learn the essential skills like stitching, cutting and marking while working on fun, simple projects perfect for budding designers.

No class Jan 31st or Feb 28th

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	6-8	245-415pm	Jan 17-Mar 7	6	\$125	commons



MPOWERED BEAUTY INSIDE & OUT

Discover how beautiful you can feel on the inside and out with these mpowering sessions. Build self-esteem, confidence, resiliency, and self-love in these mpowerment training and beauty sessions. You will learn basic martial arts/self-defense techniques, mental and physical awareness skills, social media safety strategies, healthy relationship communication, positive body image awareness and anxiety-reducing self-regulation techniques.

Jan 10, 17, 24, Feb 7, 14, 21, Mar 7, 14

No class Jan 31st or Feb 28th

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	6-8	245-415pm	Jan 10-Mar 14	8	\$25	MPR



Programs could be cancelled due to low registration.
All registrations are on first come, first serve basis.



PRO-DAY OPPORTUNITIES

JAN 31ST, 2025



Battle Archery

Experience Archery is a safe, fun, and educational setting. This camp is the perfect way to introduce students to Archery. Campers will train with Stellar Play's Archery Instructors using "Safe" foam tipped arrows. Students will build on their Archery knowledge and learn a variety of skills including: shooting sequence, form, mental preparation, anchoring, and much more! The day will finish with an exciting game of Battle Archery! This game is a fun combination of archery, dodgeball, and nerf, which campers can test their skills learned throughout camp. <https://stellarplay.ca/activities/battle-archery/>

Day	Ages	Time	Dates	# of sessions	Price	Rm.
Friday	Gr 6-8	9am-12	Jan 31, 2025	1	\$50	GYM



STAY HOME SAFE COURSE

Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe in a variety of different situations.

Comes with a course manual and certificate of completion from the Canadian Red Cross.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Friday	6-8	9AM-1PM	Jan 31, 2025	1	\$65	GYM



Cultural Cooking Class

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.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Friday	6-8	12-3pm	Jan 31, 2025	1	\$50	Healthy Living

Programs could be cancelled due to low registration.
All registrations are on first come, first serve basis.

Keep an eye on all Community programs offered at Minnehada 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 Minnehada 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

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.



MPOWERED Beauty Inside & Out Program



**Please Register
NOW
Cost: \$25.00
Program starts
Friday, Jan 10th**

9 week program

**Dates: Fridays Jan 10, 17, 24, 31, Feb 7, 14, 21, Mar 7, 14
(No class Pro- D Day Feb 28th)**

Location: Multi-Purpose Room

Time: 2:45pm- 4:15pm

***Snacks will be provided**

Discover how beautiful you can feel on the inside and out with these empowering sessions. Build self-esteem, confidence, resiliency, and self-love in these empowerment training and beauty sessions. You will learn basic martial arts/self-defense techniques, mental and physical awareness skills, social media safety strategies, healthy relationship communication, positive body image awareness and anxiety-reducing self-regulation techniques.



Practice yoga, martial arts/self-defense, fitness, and fun activities that will empower you to love yourself from the inside and out so you can feel strong, confident, and safe
Special sessions - Hair & Skin Care & Make-up

Instructor - Michelle Tremblay
www.mpowerlives.com

#selflove #resiliency #confidencebuilding