

Spring Term Enrichment Options – Choose your favourite 3

Option Number	TEACHER	TERM	TITLE	DESCRIPTION
1	Ms. Hardy	Spring Term	Get Fit	Do you feel like you could be in better shape? Do you want to create a healthy life and lifestyle but you are finding it hard to know where to begin? Are you already in great shape but want to improve your running time and increase your speed, strength, and endurance before your summer sports begin? Come join us! We will explore goal setting, healthy diet, stretching and walk/running to improve your speed and endurance. You will only be competing with yourself each week and set goals for yourself to meet each week to improve your life and health! Higher intensity
2	Ms. Seitz	Spring Term	Power walking	Power Walking with Mrs. Seitz includes brisk walks exploring Mission Creek trails and the surrounding areas. A short break at one of the parks will be our halfway point. The last session will be a walk to get a treat! Join Mrs. Seitz if you would like a break from being inside and enjoy some nature and exercise. Moderate Intensity
3	Ms. Pouliot & Ms. Leone	Spring Term	Step to Healthier Living	This is a great way to meet new people, explore the Mission Creek trails, and enjoy the outdoors in your neighbourhood parks! We will walk and talk while enjoying nature together. Please bring a water bottle and look forward to a healthy snack, provided, to share in the park. Lower intensity.
4	Ms. Fiske	Spring Term	Girls United and on the Move	Girls United is a girls' group designed especially for middle schools and is delivered by a trained facilitator from the Elizabeth Fry Society. Every week, a different topic will be explored through various fun activities. Topics include Self Awareness, Self Esteem & Body Image, Media/Gender Issues, Healthy Relationships, Communication Skills, Boundaries, Social Media and Cyberbullying, Street Smarts, and Emotional Wellness. Snacks are provided. *If you have already taken part in Girls United, you may NOT take it a second time.
5	Mr. Krueger	Spring Term	Chess	If you are interested in chess or would like to learn chess games, or you are a beginner that wants to learn the game, join chess enrichment and discover the best strategic board game ever!
6	Ms. Tennant/ Ms. Culham	Spring Term	Social Justice	If you are interested in making the Hive/the Community and the world a better place for all, this may be the enrichment option for you. Students will be involved in helping to co-ordinate and plan events and activities throughout the year that benefit our community. Previous initiatives have included events such as Inn from the Cold, Food Hampers, Warm Wear Challenges, and Sponsoring Children from developing countries.

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16	Ms. Spink	Spring Term	Strategic Games 30	Join us for Catan, a strategic game where you challenge yourself and your friends to build and create your own civilizations. Included as well will be other games and activities such as Chess, Blockus, Exploding Kittens and more that require you to use your thinker/learner and innovator skills. A great opportunity to play real “mind games” with your friends.
17	Mr. Longman	Spring Term	Comic Book Club 25	We will discuss different authors and artists from Marvel and DC comics. The Enrichment Block will take a look at some deeper themes communicated through iconic issues from the 1950s to 2018. Also, we will examine current Marvel movies and their inspiration from comic books. In addition, you will have the choice of creating comic books or silently reading from Mr. Longman's collection.
18	Mr. Piasentin	Spring Term	Stay Calm and Play Cards 30	Try your <i>hand</i> at playing cards! In this Enrichment class, I will introduce to you a new card game every week. Games may include Crib, Speed, Spoons, Crazy Eights, War, Snap, and more! Come with your friends and enjoy a fun, warm (indoor), relaxed environment! Open to everyone! Bring your 'best' hand!
19	Mr. Flood and Mr. Bulach	Spring Term	Floor and Road Hockey 36	Have you ever wondered what it would be like to play with Connor McDavid or Austin Mathews? Look no further and join Mr. Bulach and Mr. Flood in the gym for floor hockey. NOTE: Connor McDavid and Austin Mathews will not actually be participating...
20	Ms. Nygaard & Ms. Buchanan	Spring Term	Creative Writing	Are you interested in writing? Do you want to explore your creative side? Join creative writing to tap into your imagination and take a shot at creatively expressing yourself through different types of writing. We will explore poetry, blogging, storytelling and many more!
21	Ms. Angle	Spring Term	Jazz Band	Try something a little different – let Jazz Band bring out the creative musician in you. Experience playing your musical instrument (or previous musical training) is a requirement.
22	Mr. Aeckersberg & Mr. Taylor	Spring Term	Mountain Biking 30	If you like to shred on your mountain bike or BMX bike then this enrichment is for you. During this enrichment, we will be exploring Mission Creek Park, the Greenway, and spending lots of time at the bike park. You'll also learn some basic bike repair skills. This is what you'll need: a mountain or BMX bike in SUPER good working order (not the bike at the back of your garage that your mom or dad used to ride to school back when ABBA was the number 1 pop group on the planet); a brain bucket (that's mountain bike speak for a HELMET!). Get ready to RIDE!!