



# Bishop Hamilton

Montessori School

## AFTERSCHOOL ENRICHMENTPROGRAM

Term 2 - January 9th to April 5th

Winter 2012

Your essential guide to the activities and options for BHMS's after-school program.



## AIKIDO

This non-violent martial art comes from a long tradition of Japanese martial arts, stemming from Kendo, Judo and Samurai martial arts. This holistic activity aids students in developing flexibility and self-discipline while engaging in independent and physically-challenging exercise form. The instructor was trained in Japan and is a professional sensei and founder of several Aikido clubs.

INSTRUCTOR: KATSUMI IDOGAWA

## ART

Katsumi Idogawa, an accomplished artist who has won numerous awards and appeared in art shows around the world, will be returning to lead our art program. In conjunction with 3D drawing, water color painting, sculpture and dough, and developing creative projects, students will learn dry paper mache techniques and create sculptures. Students will also study and produce several styles of printing.

INSTRUCTOR: KATSUMI IDOGAWA

## APOTHECARY

Soaps, scrubbing salts, and body butters will be the theme of the Apothecary program. Students will learn how to harness some of nature's most useful herbs to create soothing and healing skin products as well as teas and other herbal remedies. Students will develop a new appreciation for nature by learning that plants serve multiple purposes.

INSTRUCTOR: INGRID BOHM

## CHESS

New to this term, Chess will be led by Roderick MacDonald, who is currently enrolled at Carleton University and has led chess camps through the City of Ottawa. In high school, Roderick represented the school at Chess tournaments. Students will learn how to play chess or improve their game with the assistance of a chess coach. Simple tactics like pins, forks, and skewers will be discussed. All skill levels welcome.

INSTRUCTOR: RODERICK MACDONALD

## DIGITAL PHOTOGRAPHY

Led by Mark Gustaffson of Henry's Photo-Video-Digital, students will become **familiar with their camera**: Understanding Menus, Buttons, Modes; **learn basic set up**: Image Quality & Size, Date & Time, Shooting Modes, Uploading Images; **how to overcome problem scenarios**: Autofocus, ISO, Exposure Compensation, White Balance; **creativity & composition**: Rule of Thirds, Framing the Subject, Angles of View. The session will include 2 possible "field trips" for practice of learned material and a presentation of pictures for the last class.

Students require any standard digital camera for this class.

INSTRUCTOR: MARK GUSTAFFSON

## SPORTS / BASKETBALL

Basketball will continue to be led by Kevin Tan on Tuesdays and by Andrea Stupak on Mondays. Andrea is no stranger to BHMS; she has basketball substituted on many occasions. Andrea has a Bachelor of Education and has coached several youth sports teams within Ottawa. Kevin is a Bachelor of Education student who has worked as a physical education instructor and coached little league sports. The motto of this program is that an active life is the key to good health and that with work and persistence any goal is attainable. Emphasis is on techniques, skills, team work, participation and fun.

INSTRUCTOR: KEVIN TAN (TUESDAYS)

ANDREA STUPAK (MONDAYS)

Rates include snack time care from 3:30-4:00 as well as enrollment in the selected program from 4:00-5:00 on regular school days. After 5:00 students can be picked up in Lady Slipper.

### JR. ELEMENTARY 1ST & 2ND YEARS SCHEDULE

Mon.	Tues.	Weds.	Thurs.	Fri.
Apothecary (Willow)	Basketball Basics (Gym)	Art (Lady Slipper)	Aikido (Gym)	Chess (Lady Slipper)

### JR. ELEMENTARY 3RD YEARS, SR. ELEMENTARY & JUNIOR HIGH SCHEDULE

Mon.	Tues.	Weds.	Thurs.	Fri.
Basketball (Gym)	Art (Lady Slipper)	Digital Photography (Willow)	Chess (Lady Slipper)	Aikido (Gym)

### REGISTRATION

To register for any of these programs, please complete the registration form and submit it to our office. Registration is limited based on availability.

# REGISTRATION FORM

For students not currently registered in after-school care.

Student Name: \_\_\_\_\_

The After School Enrichment Program is excited to open our unique variety of offerings to those students who are not yet registered and who may be interested in only one, or a few of them. If your child is interested in participating, you may choose to register him or her in individual programs based on availability.

Programs run from **January 9th to April 5th** except where noted. Rates include care from 3:30-4:00 and the selected enrichment program from 4:00-5:00.

Please place a check mark in the box to the right of the program for which you wish to register and sign below. Submit this form to the office to verify availability in the chosen programs and to remit payment. No spaces are reserved until payment has been received.

JR. ELEMENTARY 1ST & 2ND YEARS			
<b>Apothecary</b>	Mondays		Full
<b>Basketball</b>	Tuesdays (Kevin Tan)		Full
<b>Art</b>	Wednesdays	\$250	6 spaces available
<b>Aikido</b>	Thursdays	\$250	5 spaces available
<b>Chess</b>	Fridays		Full

JR. ELEMENTARY 3RD YEARS, SR ELEMENTARY & JUNIOR HIGH			
<b>Basketball</b>	Mondays (Andrea Stupak)		Full
<b>Art</b>	Tuesdays	\$250	4 spaces available
<b>Digital Photography</b>	Wednesdays	\$250	3 spaces available
<b>Chess</b>	Thursdays		Full
<b>Aikido</b>	Fridays	\$250	5 spaces available
<b>Total Due</b>			

Paid by:    Cheque    Debit    Credit Card      Amount: \_\_\_\_\_

Parent Signature: \_\_\_\_\_      Date: \_\_\_\_\_