

*My First*<sup>&</sup>

MONTESSORI SCHOOL

— ONLINE —

**Winter 2022**

**Extracurricular Guide**



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[onlinelearning.myfirstmontessori.ca/](https://onlinelearning.myfirstmontessori.ca/)



● Toddler

● Casa

● Elementary

## Languages

- ● ● Introductory Spanish
- ● ● Introductory French
- ● ● English as a Second Language
- Principles of Handwriting
- Principles of Handwriting

## Arts

- ● The World of Art
- Mini Creative Hands
- ● ● Martial Arts
- ● ● Zumba Dance Sessions
- ● ● Mini Chef Cooking Class
- ● Introduction to Piano
- ● Introduction to Ukulele

## Mindfulness

- ● ● Mindful Parent & Me

## Other

- ● Parent & Me Circle Time
- ● Montessori At Home
- ● Coding

*My First* x **THE STEAM PROJECT**  
MONTESSORI SCHOOL ONLINE

# Toddler

● 16 Months - 3 Years

DAY	--- CLASSES ---	
<b>monday</b>	<b>Zumba Dance</b> 4:30pm - 5:00pm	<b>Introductory French</b> 5:00pm - 5:30pm
<b>tuesday</b>	<b>Parent &amp; Me Circle Time + Montessori</b> 10:00am - 11:00am	<b>Introductory Spanish</b> 4:30pm - 5:00pm
<b>wednesday</b>	<b>Martial Arts</b> 4:30pm - 5:00pm	<b>Mindful Parent &amp; Me</b> 5:00pm - 5:30pm
<b>thursday</b>	<b>Mini Creative Hands</b> 4:30pm - 5:00pm	<b>English as a Second Language</b> 5:00pm - 5:30pm
<b>friday</b>		
<b>saturday</b>	<b>Parent &amp; Me Circle Time</b> 10:00am - 10:30am	<b>Montessori At Home</b> 10:30am - 11:00am
<b>sunday</b>		

# Casa

● 3 - 6 Years

DAY	--- CLASSES ---		
<b>monday</b>	<b>Zumba Dance</b> 4:30pm - 5:00pm	<b>Introductory French</b> 5:00pm - 5:30pm	
<b>tuesday</b>	<b>Introductory Spanish</b> 4:30pm - 5:00pm	<b>Coding</b> 4:30pm - 5:30pm	
<b>wednesday</b>	<b>Introduction to Ukulele</b> 4:30pm - 5:30pm OR 5:00pm - 5:30pm	<b>Martial Arts</b> 4:30pm - 5:00pm	<b>Mindful Parent &amp; Me</b> 5:00pm - 5:30pm
<b>thursday</b>	<b>The World of Art</b> 4:30pm - 5:00pm	<b>Introduction to Piano</b> 4:30pm - 5:30pm OR 5:00pm - 5:30pm	<b>English as a Second Language</b> 5:00pm - 5:30pm
<b>friday</b>	<b>Mini Chef Cooking Class</b> 4:30pm - 5:00pm		
<b>saturday</b>	<b>Parent &amp; Me Circle Time + Montessori</b> 10:00am - 11:00am	<b>Principles of Handwriting</b> 9:00am - 9:30am	
<b>sunday</b>			

# Elementary

● 6+ Years

DAY	--- CLASSES ---		
<b>monday</b>	<b>Zumba Dance</b> 4:30pm - 5:00pm	<b>Introductory French</b> 5:00pm - 5:30pm	
<b>tuesday</b>	<b>Introductory Spanish</b> 4:30pm - 5:00pm	<b>Coding</b> 4:30pm - 5:30pm	
<b>wednesday</b>	<b>Introduction to Ukulele</b> 4:30pm - 5:30pm OR 5:00pm - 5:30pm	<b>Martial Arts</b> 4:30pm - 5:00pm	<b>Mindful Parent &amp; Me</b> 5:00pm - 5:30pm
<b>thursday</b>	<b>The World of Art</b> 4:30pm - 5:00pm	<b>Introduction to Piano</b> 4:30pm - 5:30pm OR 5:00pm - 5:30pm	<b>English as a Second Language</b> 5:00pm - 5:30pm
<b>friday</b>	<b>Mini Chef Cooking Class</b> 4:30pm - 5:00pm		
<b>saturday</b>	<b>Principles of Handwriting</b> 9:30am - 10:00am		
<b>sunday</b>			

# Class Details

 Toddler

 Casa

 Elementary

## Languages

### Introductory Spanish

**Teacher:** Ms. Val (RECE)

Hola Amigos! This program introduces basic Spanish vocabulary through story-time, rhymes, verbal and written activities. Children will learn phonetics, respond to questions, learn to count, write and sing all in Spanish!

Dates	Day	Time	Fees
Mar 01 - Mar 29	Tue	4:30pm - 5:00pm	\$50/5 weeks

### Introductory French

**Teacher:** Madame Stephanie (MACTE)

Bonjour Mes Amis! This program introduces basic French vocabulary through story-time, rhymes, verbal and written activities. Children will learn phonetics, respond to questions, learn to count, write and sing all in French!

Dates	Day	Time	Fees
Feb 28 - Mar 28	Mon	5:00pm - 5:30pm	\$50/5 weeks

### English as a Second Language

**Teacher:** Ms. Val (RECE)

Hi friends! This program will teach beginner-level English using the Montessori + ESL curriculum. Children will engage in songs, story-time, and many other activities to strengthen their written and verbal English!

Dates	Day	Time	Fees
Mar 03 - Mar 30	Thurs	5:00pm-5:30pm	\$50/5 weeks

# Class Details

● Toddler

● Casa

● Elementary

## Principles of Handwriting ●

**Teacher:** Ms. Rashmi (MACTE)

Encourage your little one's fine motor skills, all the way from mastering the pincer grip to cursive handwriting. Discover fun ways to motivate your child into writing words, together, in a neat and orderly manner. Casa course includes sandpaper letters – upper case and lower case, tracing alphabets, associate alphabets with sound, improve the pencil grip, pincer grip activities, string letters together to create words.

Dates	Day	Time	Fees
Mar 05 – Apr 02	Sat	9:00am – 9:30am	\$50/5 weeks

## Principles of Handwriting ●

**Teacher:** Ms. Rashmi (MACTE)

Encourage your little one's fine motor skills, all the way from mastering the pincer grip to cursive handwriting. Discover fun ways to motivate your child into writing words, together, in a neat and orderly manner. Elementary course includes pincer grip activities, string letters together to create words, Cursive sandpaper letters, cursive handwriting, levels of pencil shading – light to deep.

Dates	Day	Time	Fees
Mar 05 – Apr 02	Sat	9:30am – 10:00am	\$50/5 weeks

# Class Details

 Toddler

 Casa

 Elementary

## Arts

### The World of Art

**Teacher:** Ms. Meera (BCOMM, MACTE)

Young artist dabble in the versatile world of arts and crafts. Create artistic keepsakes each week using various mediums and materials. Through the relaxing art process, develop creative expression and improve fine motor skills

Dates	Day	Time	Fees
Mar 03 - Mar 31	Thurs	4:30pm - 5:00pm	\$50/5 weeks

### Mini Creative Hands

**Teacher:** Ms. Camille (RECE, MACTE candidate)

Join Ms. Camille for some fun arts and crafts sessions! Children will build on refining fine motor skills, all while enhancing creativity and artistic intelligence.

Dates	Day	Time	Fees
Mar 03 - Mar 31	Thurs	4:30pm - 5:00pm	\$50/5 weeks

### Martial Arts

Join our Martial Arts class to learn about the traditional art of Shotokan Karate-Do!

Dates	Day	Time	Fees
Mar 02 - Mar 30	Wed	4:30pm - 5:00pm	\$50/5 weeks



# Class Details

● Toddler

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## Zumba Dance Sessions ● ● ●

Teacher: Ms. Josefina (MACTE)

This cool cardio workout is a fun way for your child to be introduced to international dance moves!

Dates	Day	Time	Fees
Feb 28 - Mar 28	Mon	4:30pm - 5:00pm	\$50/5 weeks

## Mini Chef Cooking Class ● ●

Teacher: Ms. Camille (RECE, MACTE candidate)

Cook it up with our Montessori Cooking class! Aside from Practical Life experience, your child will gain independence, and enhance their fine motor skills. Give your child a journey towards self-confidence and discipline, all while making delicious food!

Dates	Day	Time	Fees
Mar 04 - Apr 01	Fri	4:30pm - 5:00pm	\$50/5 weeks

## Introduction to Piano \* ● ●

### Rockstar Music

Children will learn to play the piano with an accredited instructor, performing modern songs, all while learning applied rhythm, solfège & basic chords. Students will develop confidence, learn to perform the music they love & experience the positive effects of music collaboration (Piano Keyboards acceptable).

Dates	Day	Time	Fees
Mar 03 - Mar 31	Thurs	4:30pm - 5:00pm 5:00pm - 5:30pm	\$100/5 weeks

\* Semi-Private lessons. If you'd like to take a few lessons before purchasing your own instrument, please let us know and we can provide you with an affordable rental. Purchasing a new instrument can get expensive - so we've made it easy to rent a practice instrument.  
Rental Fees: \$15/month for Ukulele and \$55/month for Piano  
Scheduled time slots are expected to expand if demand rises.

# Class Details

 Toddler

 Casa

 Elementary

## Introduction to Ukulele \*



### Rockstar Music

Children will learn to play the ukulele with an accredited instructor, performing modern songs, all while learning applied rhythm, solfège & basic chords. Students will develop confidence, learn to perform the music they love & experience the positive effects of music collaboration (Ukulele required - rentals available).

Dates	Day	Time	Fees
Mar 02 - Mar 30	Wed	4:30pm - 5:00pm 5:00pm - 5:30pm	\$100/5 weeks

\* Semi-Private lessons. If you'd like to take a few lessons before purchasing your own instrument, please let us know and we can provide you with an affordable rental. Purchasing a new instrument can get expensive - so we've made it easy to rent a practice instrument.

Rental Fees: \$15/month for Ukulele and \$55/month for Piano

Scheduled time slots are expected to expand if demand rises.

## Mindfulness

### Mindful Parent & Me



Teacher: Ms. Zaheeda

Join Ms. Zaheeda for a Yoga, Mindfulness and Self-reg class! Following the simple self-regulation strategy RAIN (Recognize, Allow, Investigate, Non-Identification) tailored for children, each class will be a blend of movement, breath, mindfulness and rest that will soothe your child's anxiety and teach them resiliency in our prolonged pandemic world.

Dates	Day	Time	Fees
Mar 05 - Mar 26	Wed	5:00 - 5:30	\$80/4 weeks

# Class Details

● Toddler

● Casa

● Elementary

## Other

### Parent & Me Circle Time ● ●

**Teacher:** Ms. Zeenat (RECE, MACTE)

Join us every Saturday morning for Circle Time with Ms. Zeenat. We will focus on a new theme each week and include favourite songs, a story, games and an activity. This is a great way for little ones to join in on a small group activity with or without their care-givers.

Dates	Day	Time	Fees
Mar 05 - Apr 02	Sat	10:00am - 10:30am	\$50/5 weeks

### Toddler Parent & Me Circle Time ●

**Teacher:** Ms. Camille (RECE, MACTE Candidate)

Join us every Tuesday morning for Circle Time with Ms. Camille. We will focus on a new theme each week and include favourite songs, a story, games and an activity. This is a great way for little ones to join in on a small group activity with or without their care-givers.

Dates	Day	Time	Fees
Mar 01 - Mar 29	Tue	10:00am - 10:30am	\$50/5 weeks

### Montessori At Home ● ●

**Teacher:** Ms. Zeenat (RECE, MACTE)

Engage in half an hour of Montessori activities. The program will bring the real life Montessori classroom into your home. Practice what we teach at home!

Dates	Day	Time	Fees
Mar 05 - Apr 02	Sat	10:30am - 11:00am	\$50/5 weeks

# Class Details

● Toddler

● Casa

● Elementary

## Toddler Montessori At Home ●

**Teacher:** Ms. Camille (RECE, MACTE Candidate)

Engage in half an hour of Montessori activities. The program will bring the real life Montessori classroom into your home. Practice what we teach at home!

Dates	Day	Time	Fees
Mar 01 – Mar 29	Tue	10:30am – 11:00am	\$50/5 weeks

## Coding \* ● ● (ages 4 and up)

 x 

Learn about coding and building electronic projects in a beginner-friendly environment. Our Create N Code: Smart House program teaches the fundamentals of electricity & circuits, programming, and fabrication, serving as an introduction to how these three maker skills can be integrated to form fun cohesive projects. Throughout the course, students will build their own "smart" house and wire it up to a mini-computer that they can code to open a skylight, make fun sounds and even light their name on an LED display. Their projects will be built around the Micro:bit system, a beginner-friendly circuit board that can be programmed for all sorts of uses.

Dates	Day	Time	Fees
Feb 22 – Apr 26	Tue	4:30pm – 5:30pm	\$395/10 weeks

- \* All material costs are included EXCEPT shipping fees. Curbside-Pickup at MFMS will not incur shipping fees. Domestic Shipping (Ontario): \$15 Shipping outside of Ontario and Canada will be calculated during purchase of equipment.

# Program Policies

## Equipment / Materials Required

- All participants must be able to sign into the Zoom application and have video/audio capability
- If certain programs require supplies, the instructor will email the families of all participants and provide a supply list of commonly found household items (in advance)
- For programs where supplies are provided, such as coding, prepared supply kits are included in the cost of the class.
  - Kits will be made available for curbside pick-up at our Brampton school location or delivery (at an additional cost)
  - Instruments are required for Piano and Ukulele classes. Rentals are available at an additional cost.

## Parent/Guardian Assistance

- Due to the ongoing pandemic, all extracurricular activities will be virtual.
- We strongly suggest that parents/guardians act as guides to provide the optimal experience for their child.

## Refund/Withdrawal Policy

- Payment is due one week prior to the beginning of classes
- Fees can be E-transferred to [info@myfirstmontessori.ca](mailto:info@myfirstmontessori.ca)
- There will be no refunds provided one week prior to the start of classes \*not applicable to coding classes.
- A refund, less a \$20 administration fee, is payable, or a credit may be left on your account only if a cancellation request has been administered prior to one week before classes begin.
- Requests for refunds and withdrawals must be submitted via email to [info@myfirstmontessori.ca](mailto:info@myfirstmontessori.ca) \*not applicable to coding classes

# How To Register

We've made registration as simple and convenient as possible. Simply follow the link below and fill out the quick form.

- More details on classes, class materials, and fees will be emailed to you upon registration

<https://forms.gle/5GWGA7tcNHEXUC2QA>

Thank you for your time!



# March Break Programs

## Montessori Work Periods

**Toddler Montessori Class**

**Casa Montessori Class**

**Elementary Montessori**

# Daily Class Schedule

● ● ● **Toddler, Casa, and Elementary**

<b>TIME</b>	<b>--- ACTIVITY ---</b>
<b>9:00am</b>	<b>Morning Circle</b> Children will participate in morning circle with a Certified Montessori teacher. Circle Time will include activities like Oh! Canada, calendar, songs, and story
<b>9:30am</b>	<b>Montessori Work Period</b> Children will engage with their Montessori teacher in Practical Life, Sensorial, Culture, Language, and Math presentations that can later be practiced at home.
<b>10:15am</b>	<b>Break</b> Short break for washroom, snacks, or outdoor play.
<b>10:30am</b>	<b>Culture or Science</b> Children will engage with their Montessori teacher as they learn about various topics within the culture or science field.
<b>11:00am</b>	<b>Art</b> Children will create an art project led by their Montessori teacher.
<b>11:30am</b>	<b>Specialty Program</b> Children will engage in a range of specialty program activities including yoga, dance, music, karate, or French.
<b>12:00pm</b>	<b>End of The Day!</b>