



COMPLEMENTARY COURSE INFORMATION 2023-2024

Dear Parents of Junior High Students of Graminia,

We are excited to share with you information regarding your child's complementary course information that you selected through our google form. We do our best to align or choose one of the top three choices that a student and their family selected. Our full year course fees for Band and French as a Second Language are paid in September and changing from these courses is not supported throughout the year. All other courses will have a due date below for fee due dates.

Please reach out to your child's teacher if you have any questions. Changes need to be made prior to the third class and must be in writing, signed by parents. Forms are available in the office.

Teacher Name: Gloria Wolff

Course Name : Mindfulness Journaling

Course Description : Declutter your mind. If you are serious about improving your overall mental health, this is the option for you! It will incorporate some meditation techniques, gentle yoga, art, creative expression, music and more. This is a hands-on class that uses a variety of mediums. A Mindfulness Journal is physical in nature and those students who choose this course will have a wide variety of strategies and techniques to manage everyday stress.

Final Course Project or Presentation : Creating a Mindfulness journal that is used daily by the student.

Evaluation / Assessment Structure : Daily active participation in all aspects of the course will be a cornerstone for evaluation. Students enrolled in this course must be serious about learning strategies to manage everyday stress. This is a hands-on course and participants are required to demonstrate new techniques learning as well as evidence they have been using their Mindfulness Journal daily.

Course Cost : \$20.00

Due date for fees : 2023-09-29