

ALTA VISTA AFTER SCHOOL CLUBS

ALTA VISTA ON THE RUN

AV Running Club will educate and prepare students for a lifetime of self respect and healthy living. We will inspire program participants to be strong, confident and connected, and physically and emotionally prepared to face challenges and develop their ability to think critically – a skill that will serve them well for a lifetime. Some of the focuses along the way will include:

- choose your attitude
- loving your awesome self
- visualization
- positive self-talk
- balance
- pause and breathe
- empathy
- choosing friends/being friends
- working as a team

To get the most out of this club, students should wear comfortable active-wear, sports shoes and bring a water bottle! [**CLICK HERE TO SIGN UP FOR ALTA VISTA ON THE RUN**](#)

MATHEMATICAL OLYMPIADS

Students who participate in Mathematical Olympiads will be part of MOEMS, a nonprofit corporation [501(c)(3)] which provides opportunities for children to engage in creative problem solving activities while developing a child's ability to reason, to be logical, to be resourceful, and occasionally to be ingenious. The goals for MOEMS® participants include developing

- enthusiasm for problem solving and mathematics
- an understanding and ability to use mathematical concepts
- a new perspective to facing many kinds of challenges
- a stronger foundation for future mathematics studies

Your child will learn to solve math riddles each week in preparation for five monthly Olympiad contests which begin in November. Being able to solve a challenging riddle is one of the most satisfying experiences one may have and the effort shows students that they have found something worthwhile and new to learn. Learning problem solving through riddles and how to understand underlying mathematical concepts are the most important goals of mathematics. I guarantee that each Mathematical Olympiad session will be filled with challenge, competition, learning and laughter!

[**CLICK HERE TO SIGN UP FOR ALTA VISTA MATHEMATICAL OLYMPIADS**](#)

More after school clubs will be added to the list in Trimester 2 and Trimester 3