



CENTENNIAL SCHOOL

Grades 9-12

570 Poirier Street Coquitlam, B.C. V3J 6A8 Tel. 604-936-7205 Fax. 604-937-5933 School District #43 (Coquitlam)

Sept. 4, 2019

Dear Parents or Guardians:

The Grade 10 PE classes at Centennial will be taking two life-skill courses this semester.

The first course is a 5-hour (4 classes) self – defense course. This course includes self defense techniques with awareness and avoidance strategies, targets on the body, strikes and releases from grips.

The second course is an ACT Foundation CPR first aid course that upon successful completion will result in a “CPR A” certification.

An Activity cost will be applied to this course to cover the remuneration for the following activities: (* approximate cost – prices may vary. Transportation included)

Bowling - \$11.00 (\$5.00 transportation/ \$6.00 bowling cost)
First Aid - \$5.00 (Certificate cost)
Self Defense - \$ 25.00
Ice Skating &/or Billiards - \$4.00 each (includes facility rental & skate rental if required)
Total - \$45.00

This activity cost has already been included in your 2019/2020 school fees invoice. If this fee was been paid, please do not pay again. If this fee has not been paid, please do so online or at the office asap.

If your son/daughter does not participate in one or any of the selected activities, an alternate activity will be provided. This alternate activity must be completed in order to receive credit for the class time missed by not coming on the field trip.

If you have any concerns or questions regarding the Activity costs or method of payment, please contact your child’s teacher by email or at 604-936-7205.

Sincerely,

Alan Kaselj & Larry Moro
PE Department Heads