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# Parent - Child Guide

August/September 2017 Vol. 23 - No. 3 Est.1995

**Optimal Nutrition  
for School Aged  
Children**

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What's so  
special about  
a Specialist?



**Beyond  
Crayons  
and Pencil**

**NEW! Senior  
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Page 16**

**BACK TO SCHOOL EDITION WITH FALL REGISTRATION GUIDE**

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# Optimal Nutrition for School Aged Children

By Jane Boutilier, RHN, Reiki Master, with Enigma

Children six to twelve years require nutrient dense unprocessed, additive free whole foods to maintain their wellness. For most children it's a good general rule to eat 3 nutritious meals per day, as well as two snacks. Snack ideas can include banana with 1T peanut butter, peanuts with raisins or other dried fruit, salsa with a few tortilla chips, veggies and hummus, celery with almond butter, homemade muffin, nuts, seeds, homemade protein bars and turkey or chicken sandwich. After school snack choices are important, as they may contribute to about one third of your child's daily caloric intake.

In order to foster healthy atti-

tudes towards eating well, it can be helpful to get your child involved in menu planning, shopping and food preparation, when possible. When children are involved in the process they are more likely to eat and enjoy their food choices. Eating at the table as a family is recommended instead of, for example, in front of the TV.

Breakfast continues to be the most important meal of the day, protein is important. A good brain booster breakfast includes a balance of protein, carbs, and good fats. Try smoothies with nut butter or hemp hearts, cheese on whole grain toast, whole grain organic cereals with no more than 7 gm of sugar, bagel with nut but-

ter, eggs and fresh fruits or vegetables.

If your child requires a packed lunch, try to help them make it fun, nutritious and delicious. Try Tuna Rolls: you will need 1 can of tuna, 1-2 T mayo or alternative, large lettuce leaves, pita or sliced bread, optional; fresh parsley, 1 T chopped apple, 1 T raisins, grated carrot, sunflower seeds. Or salads made of quinoa or whole grain pasta with veggies, olive oil and beans added.

It is important to always limit your child's intake of junk foods and foods containing sugars for optimal health. Some alternative sweeteners may include honey or maple syrup in small quantities or stevia.

An excellent way to foster good eating habits is to be conscious of your own eating habits and choices, having a junk food free grocery cart and lots of fresh fruits and veggies in your home will ensure healthier choices!

All the Best for a Healthy Happy Year.

For more information go to [www.carolshirley.ca](http://www.carolshirley.ca) or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301

## I N S I D E


- 4 **Optimal Nutrition for School Aged Children**  
By Jane Boutilier, RHN, Reiki Master, with ENIGMA
- 9-12 **Fun Places To Go**
- 13 **Prepare for the School Year**  
By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists
- 13 **What's so special about a Specialist?**  
By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group
- 13-16 **Health & Wellness**
- 16 **Senior Living Care**
- 17-21 **Fall Registration**
- 23 **Back to School is a Lot Like Team Tryouts**  
Submitted by Oxford Learning
- 23-25 **Education**
- 26 **Craft Corner - Keeping Clean**  
By Jenny Joan Larisey  
Craft Consultant for Maritime Hobbies Crafts



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*Education is not filling a pail but the lighting of a fire. ~WB Yeats*

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## Parent-Child GUIDE

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As one of the owners, Stewart Adams, states; 'we wanted to make the party as easy as possible for those who have to organize it. The idea is that they bring the cake and the kids and

we take care of everything else.'

Private parties are also available after normal opening hours. Anyone who is considering holding a party at The Play Box is more than welcome to go for a look around and chat to the owners.

With two bright party rooms, a fantastic play structure and a café offering a range of snacks, meals and espresso based drinks, there is something for everybody.

The Play Box also offers great rates for HST registered organizations. Day cares and Summer Camps can bring their children along and enjoy the facility.

In addition to offering

admission discounts to military, fire and police, The Play Box also operates a loyalty card system. Punch cards for multiple visits and individual play passes are also available and ideal for presents.

The Play Box is located at 104-105 Evergreen Place (opposite Penhorn Mall/ Sears) 530 Portland Street, Dartmouth. Catering for 0-12 years of age; opening hours are Mon-Sat 9.30 - 5.30, Sunday 10.00-4.00.

For more information The Play Box can be contacted on (902) 463 0034; e-mail: [theplaybox@outlook.com](mailto:theplaybox@outlook.com); facebook: [theplayboxltd](https://www.facebook.com/theplayboxltd); website: [www.funattheplaybox.ca](http://www.funattheplaybox.ca); twitter: [@theplaybox1](https://twitter.com/theplaybox1)

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# FUN

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For more information on hop! skip! jump! Indoor Play Space, visit: [hopskipjump.ca](http://hopskipjump.ca), like on Facebook: /hopskipjumphfx, follow on Twitter: /hopskipjump\_HFX, and on Instagram: hopskipjump\_hfx or please call 902-406-4406.

## Parent-Child Guide

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# FUN

## Places To Go!



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- Interactive Corn Maze: opening August 26th
- U-Pick Apples and Pumpkins: starting September 16th
- The Haunted Halloween Weekend: October 27th - 30th
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Group Packages Available:  
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For more information please contact us:  
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Book Ice Online [centennialarena.ca](http://centennialarena.ca)

## Parent-Child Guide

### Why Parent-Child Guide?

### Readership!

Reach 50,000 HRM adults:

55% of *women* between  
ages 18 & 73

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300 high traffic locations.  
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# Health & Wellness



Dr. Negin Ghiabi

**\* Dental trauma...**

If a baby tooth knocked out please contact your pediatric dentist as soon as possible. Quick action can lessen a child's discomfort and prevent infection. Rinse the mouth with water and apply cold compresses to reduce swelling. Spend time to comforting the child rather than looking for the

tooth. Remember the baby tooth should not be replanted because of potential damage to developing permanent teeth.

If a permanent tooth is knocked out find the tooth. Rinse it gently in cool water. Do not scrub it or use the soap. Replace the tooth in the socket and hold it there with clean gauze or a washcloth. If you can not put the tooth back in socket place the tooth in a clean container preferably with cold milk. If milk is not available put it in a container with the child's saliva but not in water. Take the child

and the tooth to a dental office or emergency room.

If a tooth is chipped or broken contact your pediatric dentist immediately. Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment. Rinse the mouth with water and apply the cold compresses to reduce swelling. If a broken tooth fragment can be found take it to the dentist as well.

**\* Snacks...**

Fruit juice are convenient to pack however having a piece of fruit instead of that

provide a sweet treat without added sugar and preservative.

Candy and sweets are ok in moderate however sticky caramel can coat the teeth and cause the decay. Instead of that try a square of dark chocolate which it contains the anti oxidants and does not stick to the teeth.

Instead of sport drink try the tap water.

Potato chips can get stuck between teeth. Whole grain Crackers and pretzels provide the same salty crunch and less build up.

## Prepare For the School Year

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists



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*Did you know the first dental visit  
for a child begins at age 1?*

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants,

children and adolescents. We welcome new patients as young as 1 year old. For more information please call 902-407-7377.



## What's so special about a Specialist?

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group

Have you ever found yourself faced with a referral to a dental specialist only to hear that your neighbour's dentist does everything at their own office? Have you wondered why?

The field of Dentistry is complex from the outside but is important to understand. A dentist is a person who completes four years of dental school where they undergo special training in the head and neck region. Typically, a student entering dental school will already have completed at least one degree. Before attaining the designation of Dentist (DDS after their name) all dentists in Canada must complete all requirements of their individual programs but also pass a National Board Exam for competency.

A practicing dentist has a broad scope of practice, meaning they can do a wide range of procedures from fillings, to crowns to root canals, and orthodontics. Some dentists find themselves particularly passionate about a certain niche and focus their time and energy in that area. They often do continuing education courses to help build their

expertise in a certain area. Dentists who choose this path often refer to their practices as "limited" to a certain area. However specialized they choose to make their practice though, it is still different from a Specialist's practice.

Confused yet?

True dental specialists are dentists who complete dental school and then go on to study an additional number of years (typically 2-6) in one particular area of dentistry. For example, an Orthodontist is someone who studies for three additional years focusing entirely on tooth movement with braces and Invisalign as well as growth modification. An orthodontist no longer practices any other aspect of Dentistry and instead works with your general dentist to deliver you complete care. Students in these specialist programs are referred to as "residents" much like a medical resident. Often times they are also called a graduate student as these additional years of study can lead to a Masters degree. Upon completion of these extra years of study, these residents are tested by yet another set of board exams to achieve the designation of Board Certified Specialist. In Canada, specialists that have the designation FRCDC have completed this

exam process. There are 9 nationally recognized dental specialties in Canada. You can verify that the person you are seeing is a registered dental specialist by visiting NSdental.org.

So all specialists are dentists but not all dentists are specialists. The bottom line is that you need to be informed about the level of

expertise of the person who is treating you. As a general rule, as the complexity of a case increases, so does the necessity of having a specialist provide the treatment. That said, understanding case complexity is something that can be very hard to determine. Talk to your dentist and if you have more questions, don't

be shy to inquire about a specialist's perspective.

When it comes time to choosing care for the special ones in your life, consider the specialized knowledge and training of a board-certified dental specialist!

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist

with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.



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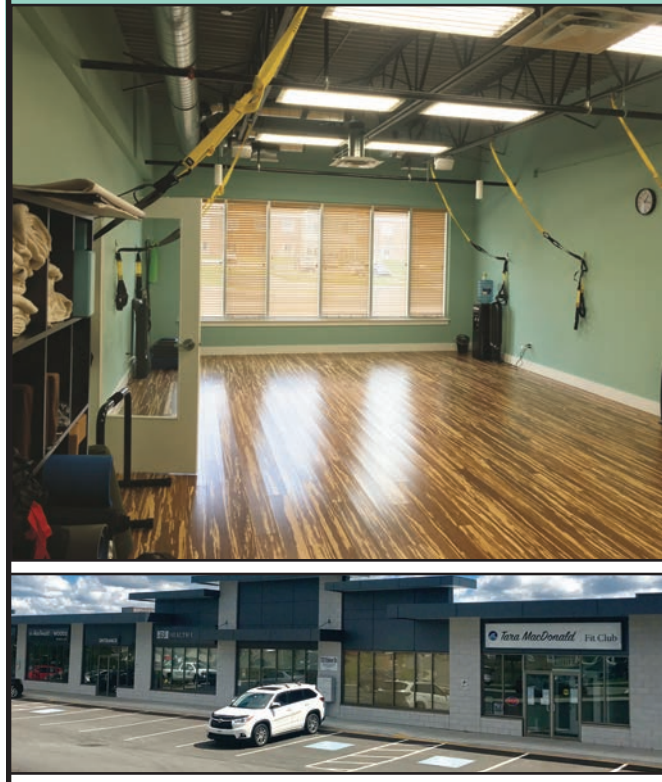
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# Tara MacDonald Fit Club

Putting the fun in fitness one person at a time.

At our personal training studio we concentrate on one person at a time. This means we've discussed, evaluated and devised a program for each person who comes in our door. Everyone gets a free consult with movement assessment and then a free personal training session. This is our "try before you buy" policy. We've had success. We've seen your challenges. Thanks to our own challenges with fitness, we know what you're going through. We get it. We live it. Put your trust in us and let us show you how to get to your goals in health!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 - 12 FUNCTIONAL FITNESS 55+ Victoria	11 - 12 CHAIR YOGA Pat	11 - 12 FUNCTIONAL FITNESS 55+ Victoria	11 - 12 HATHA YOGA Pat		11-11:45 FITNESS KICKBOXING Mat (No drop ins)
				12:15 - 1 WALK 15 Tara M (Cancelled Sept 1)	12 - 1 NIA Amy
				1:15 - 2 FITNESS KICKBOXING Rayanne & Siobhan Starts Sept 1st! (No drop ins)	1:15 - 2 TRX Amy
	5:15 - 6:15 NORDIC POLE WALKING Ian FREE		5:15 - 6:15 NORDIC POLE WALKING Ian FREE		
	*1 5:15-6 KICKBOXING Tom	6:00 RUN CLUB Nate (Starts Aug 23, optional donation to Girls Gone Gazelle)	6:00 RUN CLUB Arlene (Optional donation to LLS)		
6 - 6:45 OPEN GYM FREE		6:15 - 6:45 TRX HIIT Tara M	6 - 6:45 KETTLEBELL BOOTCAMP Rayanne		
7 - 7:45 TRX Rayanne	7-7:45 WILD CARD BOOTCAMP Tom	7 - 7:45 ZUMBA Amanda	*2 7-7:45 CARDIO KICKBOXING Amanda		

- ✓ All classes cancelled Labour Day Monday, September 4 2017.
- ✓ Monthly Unlimited Classes \$49.95 (tax in). Drop In \$11.50 (tax in).
- ✓ NO DROP IN OPTION FOR FITNESS KICKBOXING (does not apply to \*1 and \*2)
- ✓ All group fitness classes included with a Personal Training membership.
- ✓ Only 10 spaces in TRX classes. Call ahead to reserve your spot!
- ✓ ParQ and waiver to be filled in before class if you are new to the studio.

## Class Descriptions:

### Functional Fitness (Age 55+)

The goal of this class is to improve functional fitness, increase independence and strengthen the activities of daily living. We will be performing body weight exercises and light stretching for the mature adult. Beginners welcome.

### Chair Yoga

Deepen flexibility and strengthen body awareness with this gentle Hatha-style Yoga, practiced either sitting in a chair or using the chair for support. Designed for those who are unable to do traditional yoga postures or have difficulty getting up and down from the floor, ideal for office workers, people with chronic illness or for post surgery. Beginners welcome.

### Hatha Yoga

This gently paced class focuses on foundational poses, alignment, and breathing techniques to build strength, confidence and flexibility. Learn opening, standing, shoulder and hip poses as well as twists, forward and backward bends gradually building to sun salutations. Designed to be enjoyed by all levels, whether just starting out or a seasoned yogi.

### Kettlebell Bootcamp

A Kettlebell is a cast iron ball with a handle which provides an effective full body strength and cardio workout. Build strength, muscle tone, endurance, balance and stability in this all-levels class. All levels, beginners welcome.

### Kickboxing and Fitness Kickboxing

Learn the fundamentals of kickboxing in a safe and friendly environment. This class moves at a high pace, progresses weekly and pre-registration is required. You'll get a great workout, while learning and having fun. All levels, beginners welcome. No drop in option for Friday and Saturday classes.

### Cardio Kickboxing

Feel empowered and get moving in this non-contact, cardio kickboxing class. Choreographed kicks/punches/blocks, fun music and Amanda's infectious energy will keep you motivated in this upbeat class. All levels, beginners welcome.

### Nia

"Love your body, Love your life!" Treat yourself to an hour of "me time" to nurture your Body, Mind & Spirit. This holistic movement practice combines movements from the Dance Arts, Martial Arts & Mind/Body Healing Arts and can help improve balance, coordination, strength, flexibility, agility, mobility. All levels, beginners welcome.

### Nordic Pole Walking

Join Nordic Pole Instructor, Ian MacDonald, for free Nordic Pole Walking around the Portland Hills and Freshwater Trails twice weekly. Nordic Poles provided and also available for purchase at the fit club.

### Open Gym

Come in and workout on your own with the equipment available in our the Group Fitness Room; Trx, punching bags, mats for body weight exercises and a list of suggested exercises with various equipment from the studio. This 45 minute, open gym time is specifically for the group fitness room and excludes the personal training area and cardio equipment.

### TRX

Born in the Navy SEALs, TRX Suspension Training bodyweight exercise helps to improve strength, balance, flexibility and core stability simultaneously. Hundreds of exercises can be modified to any level using the suspension bands, gravity and your bodyweight. All levels, beginners welcome.

### Walk 15

Walk 15 is a group exercise class for all ages and all fitness levels, a fitness program that virtually anyone can do...For ALL WALKS OF LIFE!!! Come try this walking based, low impact workout inside the comfort of our studio. All levels, beginners welcome.

### Wild Card BootCamp

Battle ropes, Kettlebells, TRX, Bosu, Bodyweight Exercises, Dumbbells, Agility, Athletic Drills and more! You never know what cards Tom is going to pull out for this bootcamp class, but you can count on a full body workout while having an awesome time. All levels, beginners welcome.

### Zumba with Amanda

This fun, easy to follow cardio dance party will get you moving, working up a sweat and put a smile on your face. Hip Hop, Soca, Samba, Salsa, Merengue, and Mambo are just some of the rhythms that will get you kicking your heels up. All levels, beginners welcome.

Everyone Welcome At  
Tara MacDonald Fit Club!

Our best Personal Trainers achieve results injury free!

## Contact Us!

133 Baker Drive, Suite 103 Dartmouth, NS B2W 0M6  
www.taramacdonaldfitclub.com  
902-407-7502  
taramacfitclub@gmail.com

## Hours of Operation

Monday - Thursday 9:30am - 8:00pm  
Friday - Saturday 9:30am - 4:30pm  
Sunday - Closed



# Reading programs that reboot the brain

By Marcia-Lisa Dennis, OT Reg. (N.S.)



**T**utoring a child with dyslexia or a reading disability can be like letting a track and field coach force your child to sprint on a sprained ankle. They will get a lot further if you let the ankle heal. For some children tutoring works well but if you find that they are not progressing any further it may be time to look at solutions that can work directly on strengthening brain connections (neuroplasticity). Here are some interventions that can help.

## Cellfield

Straight from Australia, the Cellfield program is a brain based 12 week intervention reading disability program that helps rehabilitate and strengthen the auditory and the visual processing skills that cause difficulty for these readers. This program gets to the root cause by using visual exercises to stimulate visual attention, visual processing and working memory, as well as acoustically modified sound to assist auditory perception. In doing so, it develops stronger connections in parts of the brain which are involved in reading. Available in English and French.

## Fast ForWord

Fast ForWord was developed by world-renowned neuroscientists and is a computerized reading intervention that intensively address the brain's ability to process, discriminate, and identify sounds while cross-training grammar, listening comprehension, and vocabulary. It addresses specific areas of weakness such as working memory, attention, processing, language, and phonological awareness thereby preparing the brain for fast reading improvement. From any computer or iPad®, learners complete a variety of exercises that look like reading or pre-reading games. This gives students the foundation to be able to acquire basic reading and spelling skills.

## Visual Stress

Does your child complain of words or letters appearing to jump or move on a page, or

complain of eyestrain from reading, computer work or fluorescent lighting? There is a very high possibility that Visual Stress is a part of the problem. Visual Stress is a neurological condition characterized by hyperactivity of the brain's visual cortex causing difficulty with processing visual information properly interfering with reading, attention, and coordination. It is possible that coloured spectral filters can help. Spectral filters reduce sensitivity to triggers by neutralizing the wavelengths of light causing the overexcitement, resulting in a calming of the visual cortex. By working with your optometric team, filters are available as custom, precision tinted lenses which is a blend of coloured tints to obtain the optimal hue and saturation.

Lisa's Holistic Rehab offers all of these interventions. Call today to find out which one is right for you or your child.

**Wouldn't it be great if you could treat the root cause of your or your child's learning disability and not just focus on the symptoms?**

Cutting edge programs.  
 Improve brain function by forming new pathways (neuroplasticity).  
 Treating ADHD/ADD, FASD, Concussions, PTSD, Dyslexia, Autism,  
 Auditory processing disorder, sensory issues, learning disabilities, etc.  
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# Senior Living Care

## The Power of Community

Submitted by The Berkeley

**O**ver a lifetime, people might belong to communities for many reasons – shared interests, companionship, the opportunity to add depth to life experiences and for support. The community that acts as a support network can be irreplaceable. Change is inevitable, however, and support networks and communities can shrink just when they are needed most. As people age, and their independence gradually declines, they naturally require more support. When it's

absent, for whatever reason, the result is often stress, anxiety and a premature decline in physical health.

Jerry and Sid met at The Berkeley Gladstone, and very quickly a friendship evolved. They have many shared interests and enjoy each other's company. Sid, who has been wheelchair-bound for about a year, says there is no question he is better off living in a retirement residence. 'I have



## Love Where You Live

Embrace fresh beginnings and new friends!

Friendships – both new and old – are the foundation of communities. At The Berkeley, we recognize the importance of community and we believe that maintaining strong connections to others is vital to enjoying life to the fullest! Our monthly social calendar is chockful of activities designed to keep our residents active and engaged. Of course, enjoying quiet pursuits in their own apartment is always an option. Come for a tour and see for yourself the many benefits of retirement living!

For more information, call (902) 802.0346 or visit [theberkeley.com](http://theberkeley.com).



The Berkeley

[/TheBerkeleyNS](https://www.facebook.com/TheBerkeleyNS)  
[www.theberkeley.com](http://www.theberkeley.com)



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## The Power of Community

continued from page 16

much greater mobility because I live at The Berkeley! And, Jerry stays busy helping Sid wheel around. It is a win-win situation – Sid gets where he needs to go and Jerry is pleased to be of assistance – and both feel blessed for the companionship.

Shirley and Jean moved into The Berkeley Gladstone with their cats. Sharing a love for felines, they too became fast friends. Jean admits she would only move to The Berkeley if she could bring her cat. The dynamic companions are very active in the community, par-

taking in every activity The Berkeley offers.

For seniors, retirement living – with its built-in support network – can be the perfect antidote to loneliness, stress and anxiety. It can also lead to a greater sense of independence. Not having to depend on family and friends' visits, simply knowing there are many people to rely on daily, offers peace of mind. It is equally as important to have a community of people with whom to regularly engage, share your memories from a generational perspective and with whom you have common interests. Friends, new and old, add joy to life at any age.

For more information and to book a tour, call 902-802-0347 or visit [www.theberkeley.com](http://www.theberkeley.com)



## ATLANTIC FUNERAL HOMES

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[atlanticdartmouthfh@arbormemorial.com](mailto:atlanticdartmouthfh@arbormemorial.com)

# Fall Registration



## Back to School 2017!

"What can I do to support and enrich my child's French over the school year?" There are lots of activities and resources to be found through CPF Nova Scotia and the Francophone network in HRM.

### French for Parents Classes

Feeling overwhelmed that your French skills need a serious reboot? CPF Nova Scotia will be running two French for Parents courses in Bedford and Dartmouth this October. Registration form is on our website. French classes are also offered at Alliance Francaise, Université Sainte-Anne, the Military Family Resource Centre and the Nova Scotia Community College. [ns.cpf.ca](http://ns.cpf.ca)

### FrancoFest

FRANCOFEST celebrates the diversity of the Acadian, Francophone and Francophile cultures of the Halifax Regional Municipality. Francofest highlights talents from the French-speaking community through cultural, artistic, sportive and social events. There are many events from a Salon de Livre (French Book Fair), gastronomic dinner, workshops and concerts! The FrancoFest events will be announced on September 22. Activities take place in October to November. [www.francofest.ca](http://www.francofest.ca)

### Alliance Française in the Hydrostone

Alliance Francaise offers French courses for all ages, but is also a source of French culture and resources. Become a member! As a member, you will be able to borrow from the Mondiatheque and access to their online library for free. The library includes more than seven thousand documents – books, magazines, CD's and DVDs – for all ages. This is a perfect way to practice your French, discover new cultures and have some fun!

Alliance Française Halifax organizes cultural events open to the public throughout the year, such as film and documentary screenings, traditional French celebrations (galettes des rois, crêpes bretonnes) and special must-see events. [www.afhalifax.ca](http://www.afhalifax.ca)

### Centre Communautaire du Grand-Havre

The community centre in Dartmouth is open to all HRM Francophones and Francophiles. 2017-2018 programming will be announced in September. There are many activities for parents and kids, such as badminton nights, bowling league, concerts and holiday events; all in French! [www.ccggh.ca](http://www.ccggh.ca)

### Atlantic Film Festival

Each year, the Atlantic Film Festival offers international and Canadian movies in French. September 14-21. [www.finfestival.ca](http://www.finfestival.ca)

### Oui 98.50 Halifax

We have a French radio station in HRM! They have programming to suit all tastes in Francophone music. There are many options for listening to French radio in your car, at home and on the internet! Check it out! [www.oui98.ca/show-schedule/](http://www.oui98.ca/show-schedule/)

### French resources at your local library

Your local library has books and movies in French! You can also use your library card to order French resources and have them delivered to your local branch. [www.halifaxpubliclibraries.ca](http://www.halifaxpubliclibraries.ca)



## BASIC FRENCH CLASSES FOR PARENTS/ADULTS

Join us for an opportunity to improve your French with other adults

This course is suited to beginner and intermediate students who want to be more comfortable using French, and have a better grasp on the basic rules of the language.

**French Classes for Adults BEDFORD: TUESDAY; Oct. 3, Oct. 10, Oct. 17, Oct. 24, Nov. 7, Nov. 14, Nov. 21 and Nov. 28**  
**Location:** Boardroom, Bedford-Hammonds Plains Community Centre, 202 Innovation Drive, Bedford. **Time:** 7:00 – 8:30 pm

**French Classes for Adults DARTMOUTH: THURSDAY; Oct. 5, Oct. 12, Oct. 19, Oct. 26, Nov. 2, Nov. 9, Nov. 16 and Nov. 23**  
**Location:** Starr Room, Alderney Gate Public Library, 60 Alderney Drive, Dartmouth. **Time:** 7:00 – 8:30 pm

**\$180 + tax** | Canadian Parents for French membership is required  
For more information on our courses, visit [ns.cpf.ca](http://ns.cpf.ca)  
To register, contact Canadian Parents for French Nova Scotia  
Phone: 902-453-2048 | E-mail: [cpf@ns.sympatico.ca](mailto:cpf@ns.sympatico.ca)  
Classes are capped to 12 students, register early to avoid disappointment.



## Invites you to our FALL OPEN HOUSE

50 Queen Street, Dartmouth  
Saturday, September 9th  
10:00am-2:00pm

### ALL WELCOME!

Explore and register for **2017-18 Programs!** Learn about **volunteer opportunities!**

We empower youth between the ages of 12-19 by connecting passion with purpose through the arts.

check us out at [macpheecentre.ca](http://macpheecentre.ca) @macpheecentre





# Fall Registration

## MakerSpace coming to Creative Kids Education Centre this Fall!

By Pamela Streeeter, Executive Director

**T**oday's students require flexibility and adaptability in a way that hasn't been seen before.

Recent advances in technology are creating environments that change at an accelerated pace not seen in my 30 years of teaching. I am constantly reminded that for many of today's elementary students the jobs of tomorrow haven't been invented yet.

Students need to engage meaningfully with activities that support their ability to move fluidly from subject to subject and develop critical thinking, problem solving skills and innovation. They need to see linkages and ways to integrate subject areas to be prepared for whatever their future workplace and jobs will look like.

At Creative Kids Education Centre in Hammonds Plains providing experiences to support children's development and foundations for future success is the backbone of our programs.

This fall we are introducing STEAM (science, technology, engineering, arts, and math) programs to our after school line up. We believe in the importance of integrating art and design with STEM subjects to encourage flexibility and creativity, as well as the role human emotions and social/cultural experiences play in determining how we interact with each other, our world, and how we approach solutions to the needs around us.

Children will be able to apply their knowledge in ways beyond memorization for deeper learning while having fun at the same time.

Programs will be 10 - 12 weeks in duration.

Visit our website at [www.creativekids.info](http://www.creativekids.info) to sign up for more information.



**MAKERSPACE coming to CREATIVE KIDS EDUCATION CENTRE this Fall!**

### Unlock your child's **CREATIVE** potential with STEAM.

**This fall we are introducing STEAM** (science, technology, engineering, arts, and math) programs to our after school line up. We believe in the importance of integrating art and design with STEM subjects to encourage flexibility and creativity, as well as the role human emotions and social/cultural experiences play in determining how we interact with each other, our world, and how we approach solutions to the needs around us.

Children will be able to apply their knowledge in ways beyond memorization for deeper learning while having fun at the same time.

For more information on MAKERSPACE programs and to register, visit our website at [www.creativekids.info](http://www.creativekids.info) or please call 902-832-5437.

Creative Kids Education Centre is an innovative, progressive, preschool and before and after school program licensed with the Department of Education and Early Learning.

**CREATIVE KIDS Education Centre**  
Engaging the Whole Child



JOIN US FOR  
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## As The Story Goes; Are You Looking For Quality, Affordable Child Care? Then Read On...

**A**s the story goes, one local family stopped by last week to say farewell (never goodbye) to Veith House. That is because once you are a part of the Veith House family you are always a part. They have three children between the ages of three and seven, all of whom benefited from our Preschool. The children were born and raised in the community but the family is now moving into a new home in the suburbs. They will now join a new community of schools and child care and leave Veith House to be cherished in their memories.



There were smiles and hugs all around along with a sense of gratitude on both sides that such connections would never be broken by time or distance. Such is the story of Veith House Preschool; small and family centered with something very special and unique woven into its fabric. That fabric hold forty seven years of tradition and memories for staff and families alike.

In existence for almost forty-seven years this near half-century best kept secret is still a fan favourite among parents looking for that personal experience for their wee ones. Veith House now is looking forward and planning to also offer quality affordable after school child care for children in the preprimary program as well as regular school aged kids from five to eleven.

If interested, please call us at (902)435-4320 for more information and join our Veith House family.

### Quality, Affordable Child Care

Preschool 9-12 Monday to Friday (Sept.-June)  
Summer Camp 9-3 Monday to Friday (Before/Aftercare avail.)  
After School Child Care coming this Fall

Visit us at [www.veithhouse.ns.ca](http://www.veithhouse.ns.ca) For Further Info  
or Call us at (902)453-4320



3115 Veith Street, Halifax



# Fall Registration

Add a Little Drama to your lives with Neptune Fall Classes

There's so much more to theatre than the act of putting on a great show. Students at Neptune's Theatre School are taught process-based learning where they build skills taught by some of Halifax's top professional actors and leaders in a safe learning environment that focuses on individual creativity and growth.

Neptune's upcoming Fall Classes are open to youth aged 4 to 18 with a range of classes that cater to each child's age and skill level. For the younger ones, they have the opportunity to form a strong foundation of acting and theatre through classes that allow them to explore the joys of music and storytelling (*Once Upon a Song*, ages 4-6), learn techniques to turn their favourite stories into plays (*Page to Stage*, 7-9), and create their own piece of theatre with character creation, setting and plot devices (*Collective Creation*, 10-12). The naturally comedic can perfect the art of thinking on their feet with *Make 'Em Laugh! Improv & Comedy* (10-12) as they explore those natural talents and focus it toward something greater

For older students, they can learn about the audition technique and etiquette of professional theatre (*Welcome to the World of Theatre*, 13-18), make Broadway their own by learning the Golden Age of Broadway up to more contemporary work (*Broadway Bound*, 13-18), or share their love of comedy and spontaneity (*Live from Halifax!*, 13-18).

Students who participate in our teen classes (*Broadway Bound*, *Live from Halifax!* or *Welcome to the World of Theatre*) receive the training needed to take their learning to the next level in our pre-professional programs including Neptune Prep, Youth Performance Company (YPCo) and Young Actors Company (YAC).

Neptune Theatre School Fall Class run Saturdays starting October 14 until December 9, concluding with a last-day performance for family and friends.

For more information or to register, please call 902-429-7300 or visit [neptunetheatre.com/havefun](http://neptunetheatre.com/havefun)

Neptune THEATRE SCHOOL

CLASSES START OCT 14  
AGES 4-18

**FALL CLASSES**

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**FALL 2017**  
Programs & Services

Fall 2017 Program Guide available online.

REGISTRATION DATES: (beginning at 8:00am)  
 Members: Online, August 8th  
 In-person, August 10th  
 Non-members: Online, August 15th  
 In-person, August 22nd

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# Fall Registration



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## Boost your child's STEM learning opportunities in the great outdoors



Back to school means great September weather in Nova Scotia. Try one of these enriching activities to help your children get in some high-quality STEM (science, technology, engineering, mathematics) learning into their outside time before the weekends get too cold.

### Stargazing

Contemplating the heavens can launch many conversations: how to chart the night sky to mark the passage of time, using math to calculate star distance, the technology

needed for space travel, the makeup of our stars and planets, and of course, there are the many myths and legends.

Dust off your childhood telescope, or pull out a pair of binoculars and host a night showing. Download a stargazing app for a quick reference to overhead constellations; all you have to do is point the tablet or phone to the specific area in the sky.

### Water exploration

Kids love the water, so it makes sense to take time to explore the natural wetlands

in your area, such as lakes, ponds, rivers and oceans. These offer plenty of tactile fun, while deepening their understanding of the world.

Wetlands are an ideal place to set up some outdoor science experiments. Make a homemade water scope to get a closer look at the creatures in the water, such as frogs, tadpoles, crawfish and minnows. Learn to identify creatures by looking at tracks in the mud. If you have a microscope at home, examine water samples from different bodies of water to begin a discussion

about single-celled organisms. Supplement the excursion with a trip to the NS Museum of Natural History.

### Build a stick fort

What better nature activity for kids is there than building a "den" in the woods, a little

structure made of branches, sticks and rocks? If that's not practical, how about giving them the materials to construct a stick fort alongside a special backyard tree or even next to the garage? The process feels a lot like playtime, but they'll also be

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## School of Music



## School of Dance



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## Are Vaccines Necessary for my Canine Companion?

Courtesy of Carnegy Animal Hospital

Yes! As a member of the American Animal Health Association, we follow the researched guidelines first published in 2011 and recently revised last year. While there is not a standard vaccine schedule, researchers have managed to formulate a classification scheme for different vaccines, based on their importance and epidemiological distribution of different diseases (e.g; geography). This classification includes, "core" and "non-core" dog vaccines, which should be administered according to local laws and the presence of certain risks in the environment. The goal is to individualize the dog vaccination schedule for each patient.

### Core Dog Vaccines

In a dog vaccine schedule, core dog vaccines are considered compulsory for each and every dog. These vaccines are administered for immunity against Canine Distemper, Canine Hepatitis, Canine Parvovirus and Rabies.

In general, the dog vaccination schedule is:

- Puppies 8, 12 and 16 weeks
- Repeat 1 year later
- Then repeat every 3 years

### Non-Core Dog Vaccines:

The requirements for immunization with non-core dog vaccines differ on the basis of factors such as breed, geography and epidemiology of a particular disease. Non-core vaccines become a mandatory part of a dog vaccination schedule only if exposure to certain disease is predicted.

The list of non-core dog vaccines may vary, but may include Canine Parainfluenza Virus, Lyme disease, Distemper/Measles, Respiratory form of Canine Adenovirus-2, Leptospirosis (not recommended for toy breeds unless risk is high), Canine Corona Virus (dogs older than 11 to 12 weeks not at risk for disease), Bordetella bronchiseptica, Canine Influenza Vaccine, Dog Rattlesnake Vaccine.

At this time, this is the most widely followed criteria for defining immunization programs throughout the world. Discuss your pet's needs with your veterinarian so that a vaccine protocol may be customized to maximize your dog's protection against disease.

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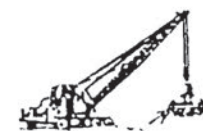
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# Education

## Back to School is a Lot Like Team Tryouts

Starting a new grade is like trying out for a sports team. That's because in order to be really ready to perform at their best, students need to prepare beforehand.

To make the team, kids know that they need to put in the time to practice their skills, to train their muscles to get into top shape, and to work with somebody else — a parent, a coach, or a friend — who will give them feedback and encouragement. Without these, the chances of making the team decrease.

Heading back to school is no different than trying out for a team. Just like hamstrings, biceps, and abs, the brain is a muscle. It needs practice and fine-tuning in order to function at the top of its game. And, just like hamstrings, biceps, and abs, the brain can get out of shape after a period of neglect. The brain needs a good workout before school starts so it can get back into shape and be ready for the year ahead. It needs to run the drills, take a few practice shots, and feel confident that it's up for the challenge.

So before heading back to class for a new school year, warm up the brain!

Here's how:

Start a few weeks beforehand and set aside time every day for kids to...

- Review last year's schoolwork.
- Try a few math problems.
- Re-read an old essay or book report.

- Write a paragraph.
- Watch a science video on the Internet.

You can also get their brains back into academic habits by re-establishing school-year routines such as bedtimes and wake-up times.

**To kick the school year off right...**

**1. Review last year's final report card.** This will give your family an academic refresher and a little reminder of the highs and lows of last year.

**2. Set some academic goals.** Now that you've reviewed the outcomes of last year, start considering what academic achievements could be reached THIS year. Both parents and children can identify changes that they'd like to make this school year.

**3. Overhaul your routine.** A new school year is an opportunity to deal with any and all bad habits that can get in the way of learning. These include morning and evening routines, eating habits, after-school routines, and homework and study habits. Fine-tune your family's routine from the first day of class and settle into a school year with better habits.

**4. Use an agenda for more than just school.** Agendas are more than just a place to write down homework, they are great for keeping track of to-do lists, questions to ask teachers, chores. Students can also use agendas to prioritize workflow, keep track of work hours, extracurricular activities, and countdown

until tests and exams.

**5. Consider getting extra support right off the bat.** School may not even be in session yet, (or it may have just begun) but it's not too soon to enlist in some extra support. Why wait to find out what will happen with grades this year? Get on top of any potential issues BEFORE they become a problem. Take the bull by the horns. Show this grade who's boss!

Of course, the best athletes know that there is no such thing as an off-season. Anyone who really wants to stay at the top of his/her game never stops training.

*Oxford Learning offers programs for children from 3 years old through university. We teach students the skills they need to be successful in school and in life. Oxford Learning has locations in Halifax and Bedford. For more information about our programs and services or to learn how to make this back-to-school season a success contact Lorelei Burgess at 423-4484 or halifax@oxfordlearning.com. Visit us at www.oxfordlearning.com*

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# Education

## What is the CSAP ?



The Conseil scolaire acadien provincial (CSAP) is Nova Scotia's French language school board created in 1996 at the reorganization of the province's school boards. CSAP had at that time 4 157 Francophone students of entitled parents.

Today, CSAP manages 22 schools across the province with 4 851 students. It also offers a francization program for 4 year old children preparing for education in French.

CSAP schools are committed to excellence in education. The dedicated staff employs innovative

teaching techniques that help students to gain an appreciation of the French language and the Acadian culture while studying such subject areas as languages, mathematics, science, and history. In general, English classes offered at CSAP schools follow the same curriculum as used by the English regional school boards. CSAP's mandate is to provide a French first-language education that is recognized for its excellence. French and English language universities are satisfied with the skill-set and knowledge demonstrated by students graduating from CSAP schools.

**Mission :** The Conseil scolaire acadien provincial offers the best quality French education while

respecting its cultural mandate, in order to contribute to the student's global development and to the identity building in the Acadian and Francophone context in Nova Scotia.

**Vision :** The Conseil scolaire acadien provincial works with its partners to ensure the academic and social development of each of its students, in order to develop proud and engaged citizens towards the French language, their culture and their community, with a sense of responsibility, competent in both official languages of the country and open to the world.

For information  
[www.csap.ca](http://www.csap.ca) or 1-888-533-2727

## Qu'est-ce que le CSAP ?

Le Conseil scolaire acadien provincial (CSAP) est le conseil scolaire de langue française en Nouvelle-Écosse créé en 1996 lors de la réorganisation des conseils scolaires de la province. Le CSAP avait à l'époque 4 157 élèves.

Aujourd'hui, le CSAP gère 22 écoles partout dans la province avec 4 851 élèves. Il offre aussi un programme de francisation pour les enfants âgés de 4 ans en vue de préparer les enfants pour l'éducation en français.

Les écoles du CSAP visent l'excellence en éducation. Le personnel prend son travail à cœur et utilise des techniques novatrices afin d'aider les élèves à apprécier la langue

française et la culture acadienne tout en apprenant les matières de base telles que les langues, les mathématiques, les sciences et l'histoire. En ce qui concerne les cours d'anglais, les écoles du CSAP respectent le même programme d'enseignement que les écoles des conseils scolaires anglophones.

Le mandat du CSAP est d'offrir une éducation en français langue première reconnue pour son excellence. Les universités francophones et anglophones reconnaissent le niveau de connaissances et de compétence des élèves qui sortent des écoles du CSAP.

**La mission :** Le CSAP offre une éducation en français de première

qualité, en tenant compte de son mandat culturel, afin de contribuer au développement global et à la construction de l'identité des élèves dans le contexte acadien et francophone de la Nouvelle-Écosse.

**La vision :** Le CSAP travaille avec ses partenaires pour assurer le développement académique et social de chacun de ses élèves afin de former des citoyennes et citoyens fiers et engagés envers la langue française, leur culture et leur communauté, ayant le sens des responsabilités, compétents dans les deux langues officielles du pays et ouverts sur le monde.

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Visit our Web site at: [www.csap.ca](http://www.csap.ca)



# Education

## Bridgeway Academy is a Specialized School

By Lisa Saunders, Director of Programs, Bridgeway Academy

Getting a diagnosis of any kind for your child can be a scary and unsettling event. Once the information has a chance to digest, a parent's attention turns to getting their child the help they need. The same is true when a child is diagnosed with a learning disability or ADHD.

It is no doubt the case that a child's struggles in the mainstream school system had been apparent up to the point of diagnosis. Usually, the difficulties a child has in their classroom is the reason a diagnosis is sought out. In a large, busy classroom where the teacher has multiple children's needs to attend to, it can be a challenge for a child with a learning disability or ADHD to get the skills they need to be successful and happy at school. So, where do you go for the help your child needs?

Bridgeway Academy is a specialized school that strives to create an environment where children can recapture their self-esteem and

feelings of being a successful learner. As well, Bridgeway puts tools in place designed to help children diagnosed with learning disabilities or ADHD; small class sizes, focused programming designed to meet each child's needs, social skills and behaviour support, specific classes teaching skills and a goal to return to the mainstream school system are just a few of the ways Bridgeway can help your child.

- Small Class Sizes - Each classroom that hosts a skill-based class has a limit of six children and one teacher.

- Individualized Programming and Skills-focused Classes - Upon acceptance into Bridgeway's program, an educational plan is put in place for each individual student; remedial and academic goals are set and accomplished through an individualized schedule that starts with a majority of skill-based classes and gradually builds to a full academic program.

- Return to Mainstream Schooling - The overall goal of a child's program with Bridgeway is for remediation to take place, building of academic skills to see each child return to the mainstream schooling system.

Throughout a child's time with Bridgeway, we engage the child and their family in discovering the strengths and needs within their unique learning profile. Getting a diagnosis of a learning disability or ADHD can be a scary thing and part of our job is to educate the student to become their own advocate, while teaching the family about how to support their child's learning during and after their time at Bridgeway.

For more information about Bridgeway Academy and/or their outreach programs and whether or not it may be right for your child, contact us at (902)-465-4800 or toll free at 1-888-435-3232.

## Beyond Crayons and Pencil

By Jo-Anne Bayers –  
Director, *The Growing Place*

Congratulations on your latest parenting milestone! Your child is about to start school for the very first time! As you browse the plethora of back to school ads, and shop for that classic first day of school outfit it's easy to lose track of what it is your child really needs to become a life long learner.

Beyond the basic crayons and pencils, the best "tools" you can give your child as they start school are self reliance, and self sufficiency which is a fancy way of saying that they are able to rely on their own resources or strengths, and are able to meet their own needs (at least to the best of their abilities). With only a few weeks remaining, I've come up with my own back to school list highlighting some ways you can encourage these skills in your child, and help ensure their first year is a great one:

- Practice decision making: letting children choose what they wear or want for snacks is a simple way of getting them used to not only making decisions for themselves, but to the consequences of their decisions as well.

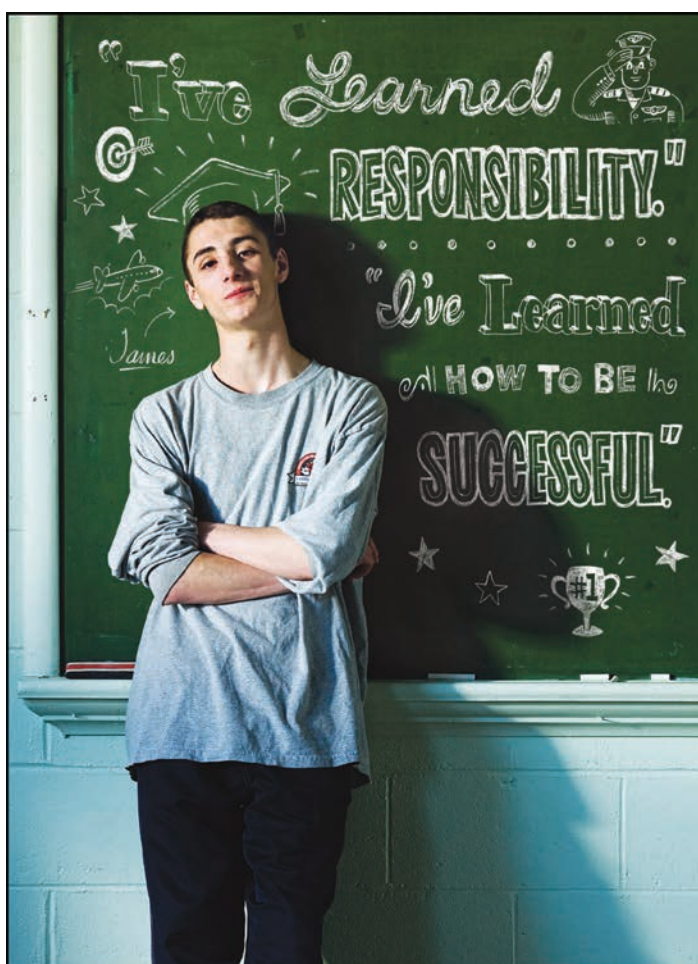
- Encourage independence: when shopping for school outfits it's important to keep function over look in mind as your child will need to independently zip, button or snap it, (this goes for their


backpacks, shoes, and boots too).

- Teach organization skills: by teaching your child to be responsible for keeping their toys, and other belongings tidy and organized it will be far easier for them to transfer this skill to their school books, and assignments when the time comes.

- Encourage creative thinking: creative thinking is the foundation of problem solving, and although primary grade children won't be asked to solve complex math problems they will be asked to problem solve in other areas of study. So, the next time something doesn't go as planned for your child try offering a few open-ended questions like "if it didn't work that way what could you try next?" or "is there something else you could use?" and watch as their creative thinking wheels start turning, after all, failure is one of life's greatest teachers!

Jo-Anne is currently the Director at *The Growing Place*, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at [www.thegrowingplace.ca](http://www.thegrowingplace.ca)



  
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# CRAFT CORNER

## Keeping Clean

By Jenny Joan Larisey  
Craft Consultant for Maritime Hobbies Crafts

Although we cannot see or feel microorganisms on our skin, they are always present, particularly on our hands. We all have moments when we feel vulnerable to germs, they are everywhere!!! While hand washing is best, sometimes I just can't get to a sink.

Because I use my hands for many different functions throughout the day that allows bacteria to bypass the skin's barrier, such as rubbing my eyes, shaking hands with other people, turning on lights, and using craft tools, I like to keep clean by using a hand sanitizer.

In my search for how to make a homemade hand sanitizer I found many recipes used rubbing alcohol but I wanted a recipe that smelled nice and doesn't dry out my skin.

Ingredients for a moisturizing hand sanitizer:

Witch Hazel - has many skin healing properties and is great to use as the base ingredient.

Carrier Oil - both a moisturizer to counterbalance the drying effect of the witch hazel and a way to safely dilute essential oils.

Essential Oils - antibacterial, antiviral, antimicrobial and antiseptic properties. Just make sure whichever oils you choose are safe to apply to the skin.

Vitamin E Oil - this is not necessary, but it will extend the shelf life of your hand sanitizer as well as add additional healing properties to your spray.

Glycerin - helps disperse essential oils throughout the witch hazel, moisturizes skin, and forms a protective layer.

When working with essential oils, it is very important to know how to dilute them so they are safe but still effective. Too little and the sanitizer won't sanitize, too much and it can be harmful for your skin. I am using a 2oz bottle so I feel it is safe to use 10-15 drops depending on the potency of the oils.

First add to the bottle 1 tsp carrier oil and your choice of essential oils. Then add 2-3 drops of vitamin E oil, 1/2 tsp glycerin and top up the bottle with witch hazel. The ingredients tend to separate between uses so give the bottle a shake before using.

A note about bottles: Use glass bottles as the essential oils can eat away at a plastic bottle rendering this formula useless.

Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 423-8870

Tired of old news? Read the Parent-Child Guide ...

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# The Joy of Value Village at Halloween

Did you know that Value Village in Halifax and Dartmouth pay Big Brothers Big Sisters of Greater Halifax, and Diabetes Canada for every donation received at their stores? Thanks to you and your donations of gently used clothing and household items, these great non-profits are able to provide mentorship to youth in our community, and help those with Diabetes live healthy lives.

Value Village also partners with many other non-profits in the community, donating items to those in need, and through fundraising programs designed to be as easy as possible - allowing organizations to raise funds without asking their members for cash donations.

Halloween is an exciting time of year at Value Village. Instead of walking into a normal looking thrift store, it is transformed into something completely different in order to be able to include thousands of new costumes, accessories, and

Halloween home décor. In every direction you look, you will see something different for your Halloween festivities. Was that a pirate that just walked by? Probably! Their staff loves to dress up for the season!

The joy of Value Village at Halloween? Everyone can get a costume within their budget. Unlike traditional Halloween shopping, where you are limited to brand new costumes at top dollar, at Value Village not only will you find those, but also a large selection of gently used costumes that may better suit your budget. Are you looking for something different and creative? Their costume consultants are here to help!

You really can't go wrong with Value Village at Halloween - from the amazing new and exclusive costumes available every year, to the great value in their used costumes, and the fun to be had in a DIY costume, why would you shop anywhere else?



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\* See dealer for details \*\* Comparison data sourced at time of printing - 2017 Toyota RAV4 FWD LE vs. 2017 Honda CR-V LX FWD, see dealer for complete comparison.