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Parent-Child Guide

FREE December 2023/January 2024 Vol. 29 - No. 5 Est. 1995 **FREE**

**Festive and Fun Ideas to
Keep Kids Engaged**

**The Benefits of
the Early French
Immersion Program**

**Visit Discovery
Centres and
Museums**

**Age 8 is
the BEST!**

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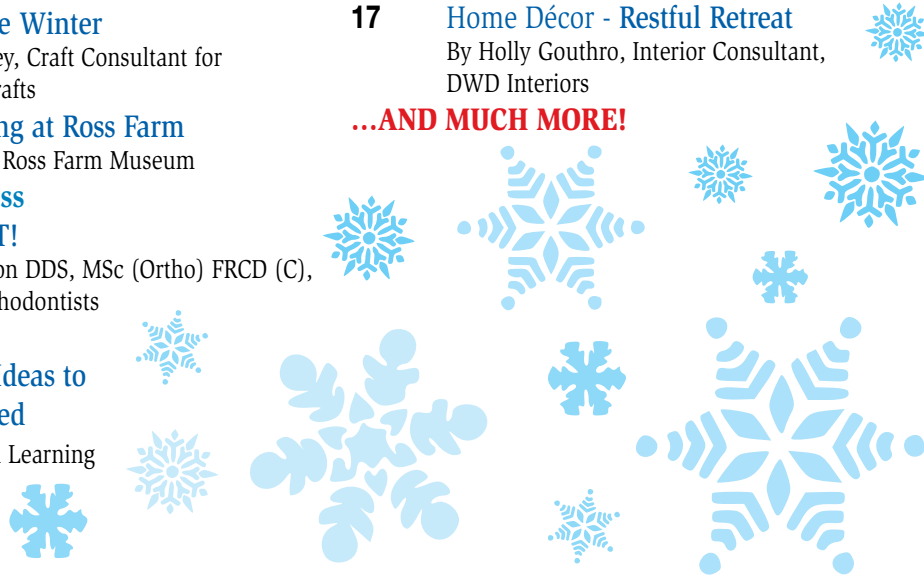


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Parent-Child GUIDE

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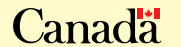
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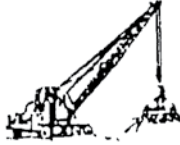
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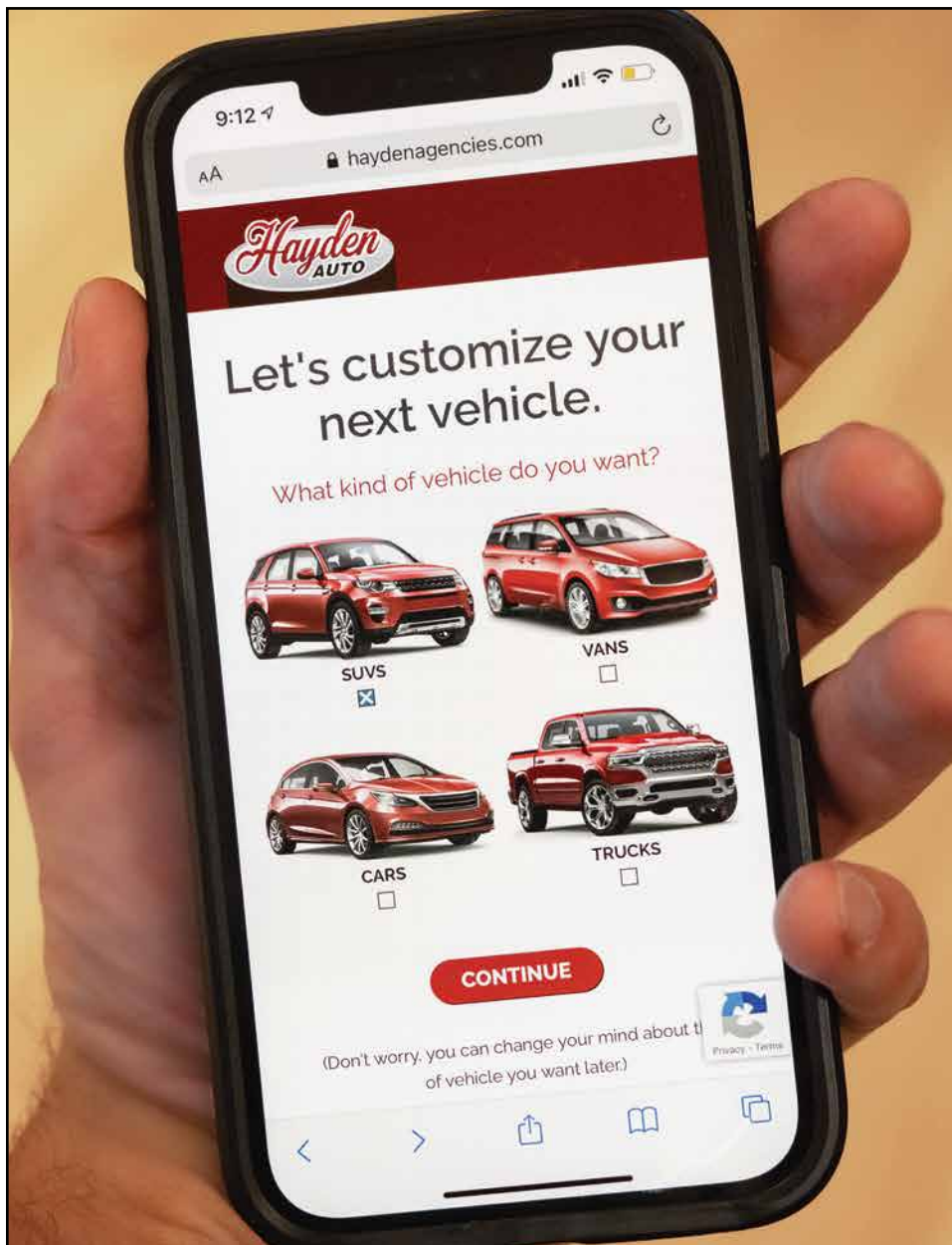
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Visit Discovery Centres and Museums

By Claudette Bouman

Dear Parents,

Sometimes we adults overlook the ready resources in our built environment designed to excite and stimulate children's curiosity. I recently attended the Discovery Awards for science and innovation here in Halifax in support of the Discovery Centre. Before that, I spent a brief visit in Barbados and noted that not only had the Barbados National Museum made great strides upgrading its displays, but had added a small, wonderful discovery centre for children.

One way to motivate children about history, science, and the natural world is to take them to discovery centres and museums. At the recent Discovery Centre event, a grade ten school student received the youth award. He credited his parents who fostered in him a love for the life and space sciences that was nurtured throughout his childhood by frequent visits to the Discovery Centre.

A few years ago, I was in a group that chaperoned elementary kids on a visit to

the new Discovery Centre, opened on the Halifax waterfront since 2017. It's an interactive science museum whose mission is to stimulate interest, enjoyment, and understanding of science and technology. The children were thrilled and we did not have enough time to explore all the themed galleries. The Centre's regular hours are currently Wednesday through Sunday, 9:00 am-4:00 pm. Admission charges are: adults \$15 and children \$12. Money well spent!

Another gem for all ages in Halifax is the Museum of Natural History at 1747 Summer St. Admission charges range from about \$4.00 for children to \$6.30 for adults. It's responsible for collecting and recording artifacts of cultural significance to Nova Scotia as well as promoting the province's natural landscape. I think of this Museum fondly, for my son's grade three teacher borrowed owl kits for biology projects with her classes. I followed suit a few years later using a museum kit for my grade five class.

It houses collections on archeology, ethnology, mammals, and marine life. Children can see Mi'kmaq artifacts, sea creatures, frogs, snakes and salamanders. In the Museum's Nature Lab, naturalists introduce children to live animals and show how they are cared for. The museum's public programs include displays, walks and talks throughout the year, exploring and experiencing first-hand Nova Scotia's nature.

Children can interact with the permanent exhibit, Netukulimk, that got its name from a traditional Mi'kmaq concept that celebrates the connection and balance between the natural and human worlds.

There is definitely an issue of access to these resources, as was noted by a speaker at the award event, and I agree. Low-income parents are unable to afford frequent visits to the Discovery Centre and people living out of city locations have less access.

Still, it's important to feed our children's interests in subjects early, way before

they become caught up in a too-busy school agendas, work, and academic commitments. Children love play and fun and discovery centres and museums show them how fun and learning go hand in hand.

Claudette Bouman retired after 30 years of teaching in Barbados, Saskatchewan and Nova Scotia, mostly at senior high school. Her last thirteen years were spent at Cole Harbour District High School with a wonderful group of colleagues. There she taught chiefly English and Theory of Knowledge in the International Baccalaureate Program (IB). She enjoys writing and is in the process of writing a Memoir title: "Saarland Dream." It's about a year she took off from teaching (2013-2014) to live in Germany with her husband and daughter. She has two adult children and live in Dartmouth with her husband.

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To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

A Message from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

2023 was full of exciting new opportunities as well as difficult challenges for Canadians. This Christmas, let us remember how good it is to be able to be with friends and family. We can all look forward to 2024 in the hopes that it will bring ongoing signs of Improvement.

However, this season can be particularly difficult for those who may find themselves alone or unable to afford the holiday experience for their children that they had hoped for. Please take the time to check on your neighbours or others you know who might be struggling.

I would like to extend my best to everyone and their families and wish you all a wonderful holiday season with your loved ones.

Happy Hanukkah! Merry Christmas! Joyeux Noël! Happy Kwanzaa!

All the best,



Darrell Samson, MP

Changes to the Carbon Price in Atlantic Canada



- Pausing carbon price on home heating oil for 3 years
- Free heat pumps for those at/below median household income*
- \$250 incentive payment for those who install a heat pump
- Doubling the rural top-up to climate action rebate from 10% to 20%

*Households above median income will have access to interest free loans that can be paid off with the savings.

More heat pumps = Lower emissions & Lower energy costs = A win for the climate, your pocket book, and Atlantic Canada!

Affordability



The Prime Minister's recent announcement brings good news to Atlantic Canadians struggling with the cost of living...

- A 3-year pause on carbon pricing for home heating oil.
- Upfront signing payments of \$250 for low to medium income households who sign up to install a heat pump.
- A strengthened Oil-to-Heat Pump Affordability program that aims to provide free heat pumps to lower income households.
- Doubling the rural top-up on quarterly pollution price rebates.

To learn more about this announcement, please visit:

www.pm.gc.ca/en/news/news-releases/2023/10/26/delivering-support-for-canadians-on-energy-bills?fbclid=I-wAR1K6LZwEKMnSd3yxk4wffCaS-jK44u4InY_Lv4wp9iL9xRZNpuBDJ6Q_QWc
Canadians on energy bills | Prime Minister of Canada (pm.gc.ca)

Tax-Free First Home Savings Account

The new tax-free First Home Savings Account is already helping to put homeownership back within reach for over 150,000 Canadians who have signed up for their account.

By contributing up to \$8,000 per year (up to \$40,000 within 15 years), Canadians can save for their first down payment and benefit from tax relief.

First Home Savings Account contributions are tax deductible on annual income tax returns, like a Registered Retirement Savings Plan (RRSP). And, like a Tax-Free Savings Account (TFSA), withdrawals to purchase a first home—including any investment income on contributions—are non-taxable.

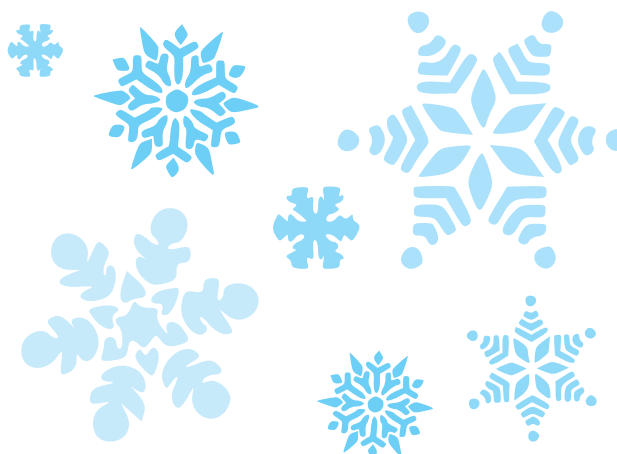
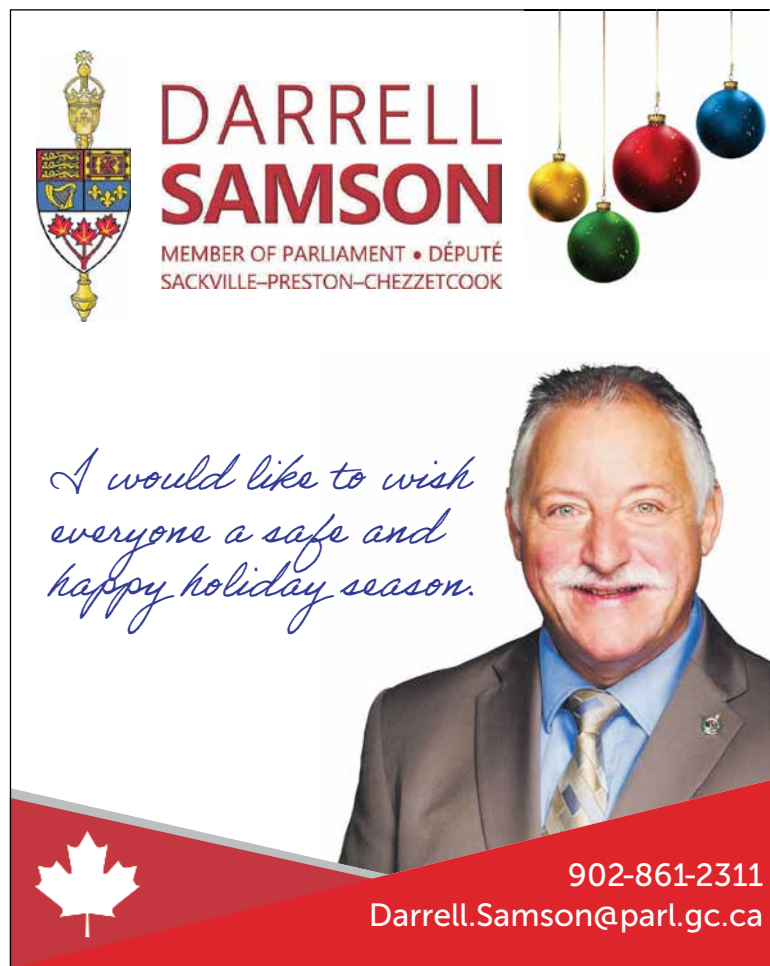
To learn more about the First Home Savings account, contact your financial institution or visit our website:

www.canada.ca/en/revenue-agency/services/tax/individuals/topics/first-home-savings-account.html?fbclid=I-wAR1gie2vOHLi8qcPBKuwoVMQCtqP7ckcYLtkEi9s-SoAx1XE8GmC9779YnyQngs Account (FHSA) - Canada.ca



2024 Calendar

Your complimentary 2024 calendar will soon be arriving in mailboxes. This year's calendar will feature sports photos highlighting individuals and teams from across the riding!

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MEMBER OF PARLIAMENT • DÉPUTÉ
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I would like to wish everyone a safe and happy holiday season.

902-861-2311
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Save the Date! Nova Scotia Heritage Day – Family Skate

Date: Monday February 19th, 2024

Time: 11:00 am to 1:00 pm

Location: Sackville Arena, 91 First Lake Dr, Lower Sackville NS B4C 2S8

Come join us for a FREE Skate and FREE Chili!!



To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

Holiday Wishes from Rafah Di Costanzo, MLA for Clayton Park West

I would like to wish all my constituents, and all Nova Scotians a Very Merry Christmas, Happy Holidays and a safe and Happy New Year.

The holidays are a perfect time to reflect on our blessings and to seek out ways of making life better for those around us. We do not have to look far to find people in need. Think about donating your time to a local charity helping those in need. Donate to a local food bank. Take time to spend it with family and friends. May the New Year bring you much joy and peace. I am including some resources below to help those most who may need assistance this season:

Heating Assistance Rebate Program

With the increased cost of heating our homes, low-income Nova Scotians can apply for the Heating Assistance Rebate Program which sends you a one-time cheque to help offset the cost of heating. You can apply online at the link below or alternatively, we have applications in our office.

<https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program>

Seniors Care Grant

Are you a senior or do you know a senior who could use some help with the cost of household chores, healthcare services and home heating? The Seniors Care Grant program provides up to \$750 to help support eligible seniors to live well at home. More information about the grants, and how to apply can be found at:

<https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>

Please sign up for our Holiday E-Card/Newsletter by writing Rafah@RafahDiCostanzo.com. Follow me on social media for updates.



Rafah Di Costanzo
MLA - CLAYTON PARK WEST

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Have a Safe and Happy Holiday Season

Tony Ince

MLA Cole Harbour

1081 Cole Harbour Rd Unit 6
Dartmouth, NS
B2V 1E8

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tonyince@tonyincemla.ca



Greetings from Braedon Clark, MLA Bedford South

This is the season...

The holiday season is a time for reminiscing about the past and being hopeful for the future. It is also easy to get lost in the flurry of activities and not take the time to do the things that really matter. So let your inner child come out to truly enjoy and appreciate the small things in life that so often get overlooked.

This festive season is also a good time to remember that some people are having a difficult time. A little smile, a word of cheer over a coffee together, picking up and delivering some supplies, or any kind gesture will make all the difference to someone who is alone or sick. So please let's remember to spread the warmth of the season to all those around us.

As your MLA for Bedford South, I really appreciate hearing from you about any issues facing our community. What are some things you would like to see more of in our neighbourhoods, what celebrations or milestones are happening (ie. special birthdays, anniversaries, special events, festivals, new businesses, etc.). My staff and I are here to serve you as best we can, so please feel free to reach out anytime.

May your holidays be filled with joy and good cheer and may the New Year of 2024 bring you peace and happiness.

Warmest wishes everyone, from me and my family, for a safe and Happy Holiday Season.

Braedon, Caitie, Beau, and Heidi



*Best Wishes for the Holidays
and a Happy New Year*

Braedon Clark
MLA BEDFORD SOUTH

Telephone: (902) 405-3518
Email: info@braedonclark.ca
620 Nine Mile Drive Suite 208
Bedford, Nova Scotia, B4A 0H4



A Message from Hon. Tim Halman, MLA Dartmouth East

As the holiday season has reached us again, I hope that all readers of the *Parent-Child Guide* are able to take time to be with loved ones that mean the most to you, and use the holidays to relax and reconnect.

This time of year gives us the opportunity to slow down. We are able to reflect on our year and take stock of the blessings in our lives. It is my hope that you are able to rest and enjoy time with family and friends.

Throughout the year, as well as during the holiday season, it is important to remember in our community that there are those in need. I am happy to inform you of some of the programs that the government can offer those who require assistance this season. If you are a senior, or know of a senior in need, don't forget about the Senior's Care Grant. It can reimburse up to \$750 in eligible expenses

for seniors in our community. Also, the Heating Assistance Rebate Program is back and offering \$600 to those who qualify. Please contact your local MLA if either of these programs may apply to you.

It's my hope that these programs will help increase the financial security of residents, and allow you to focus on holiday cheer.

On behalf of my family, I wish you a wonderful holiday season filled with joy and laughter with family and friends, and health and happiness for a prosperous 2024! Happy holidays!




Tim Halman
Member of the Legislative Assembly
Dartmouth East

902.469.7353
timhalmanmla@gmail.com

73 Tacoma Drive, Suite 204 Dartmouth, NS B2W 3E7



**HAPPY
Holidays**

BEN JESSOME
MLA, Hammonds Plains-Lucasville

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To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

Liberals Focus on Housing and Affordability During Fall Legislative Session

It is more expensive to live in Nova Scotia than ever before under Premier Tim Houston.

Our province is home to the most dramatic rental increases and has faced the highest inflation rates in the country. From seniors to working families, Nova Scotians are struggling more than ever before to make ends meet.

The fall session of the legislature was a vehicle for our Liberal team to move the needle on these important issues for Nova Scotians. Our Liberal MLAs tabled bills that would keep more money in your pockets by lowering taxes, reducing power rates, increasing heating assistance rebates, and introducing a universal school lunch program for students.

The current government has ignored the affordability crisis plaguing people across the province. The Premier has cut the Heating Assistance Rebate Program, reduced eligibility for rent supplements and has frozen income assistance, all while bringing in an additional \$2 billion in revenue.

At the centre of the affordability crisis is the housing crisis. Pressure from our Opposition MLAs resulted in the government finally releasing their long-overdue housing strategy, but we were disappointed that strategy was not able to meaningfully address the most pressing issue of the

housing crisis: providing emergency shelter to the hundreds who need it across HRM before winter hits.

The government's introduction of Bill 329 is of grave concern for our caucus and should be for all residents of HRM. It gives the Housing Minister sweeping authority over development in the city, overriding decisions made by mayor and council. It also allows developers to have direct access to the Housing Minister, rather than following the existing planning process. The government has a pattern of rewarding friends of the Premier, and we remain concerned about the transparency and accountability of who will be awarded development in HRM going forward, and how any of this will result in more affordable housing.

Our main focus during the legislative session is always to stand up for Nova Scotians. This fall, our political pressure led to the government acting on three policies that were previously tabled by Liberals, including incentives for homeowners to build backyard suites, expanding cell coverage across the province, and introducing dedicated legislation to support Acadian and francophone students.

The initiative I am most proud of this session is getting a commitment from the government




to study expanding job-protected leave for Nova Scotians facing serious illness, like cancer, from three days to up to 26 weeks. The last thing someone going through chemotherapy needs to worry about is if they have a job to return to after their treatment. I am so proud of our team for championing this policy that will impact thousands of Nova Scotians and their families.

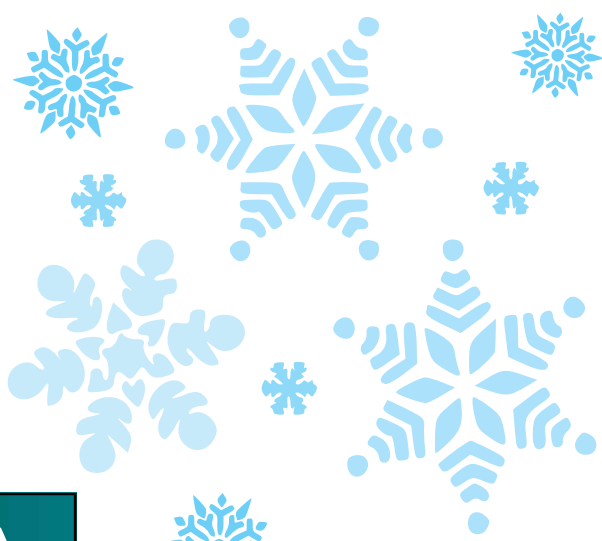
Bold action is needed to tackle the generational crises facing Nova Scotians. As Leader of the Nova Scotia Liberal Party, I am committed to bringing forward strong policies that will help Nova Scotians in every corner of this province.

Zach Churchill is the Leader of the Nova Scotia Liberal Party.

Happy Holidays!



Andy Fillmore
MP, Halifax
902.426.8691



Season's Greetings and Best Wishes for the New Year to all our constituents and friends



Hon. Patricia Arab
MLA, FAIRVIEW-CLAYTON PARK

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CLAUDIA CHENDER
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DARREN FISHER
Member of Parliament for Dartmouth-Cole Harbour

We wish you a warm and bright holiday season!

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Bird Feeding with Homemade Coconut Oil Suet Rings for the Winter

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Bird feeding/watching is one of the most popular hobbies around the world and feeding them during our cold winter months is critical to their survival. Since berries and other natural sources of food are scarce, and with just a little help you can create a feast for them to get through those frigid nights.

This year I am going to make coconut oil suet rings. These high-energy and fat-based treats are easy to make and helps the birds to put on a little weight that helps to keep them warm. I like to use coconut oil because I always have some on hand but you can also use leftover bacon grease or lard.

To get started all you need is coconut oil or fat of choice and some tasty add-ins. Make sure the seeds and nuts are unsalted and there are no added sugars. Dried fruits such as cranberries and raisins are good and grains like oats and quinoa are also full of nutrients. A sprinkle of cayenne pepper helps to heat their little bodies naturally and stimulates the circulatory system that is beneficial to help prevent frostbite.

Begin by slowly melting the coconut oil and some unsalted chunky peanut butter for added nutrient. Then mix in your seeds, fruits, nuts and grains. I like to pour this mixture into a silicone doughnut baking mold so I can easily tie a string to hang in the trees. Pop this into the freezer to let it set.

Note: Coconut oil has a melting point of 25 degrees celsius, so these suet treats must be a winter treat only, and are best served in the shade.

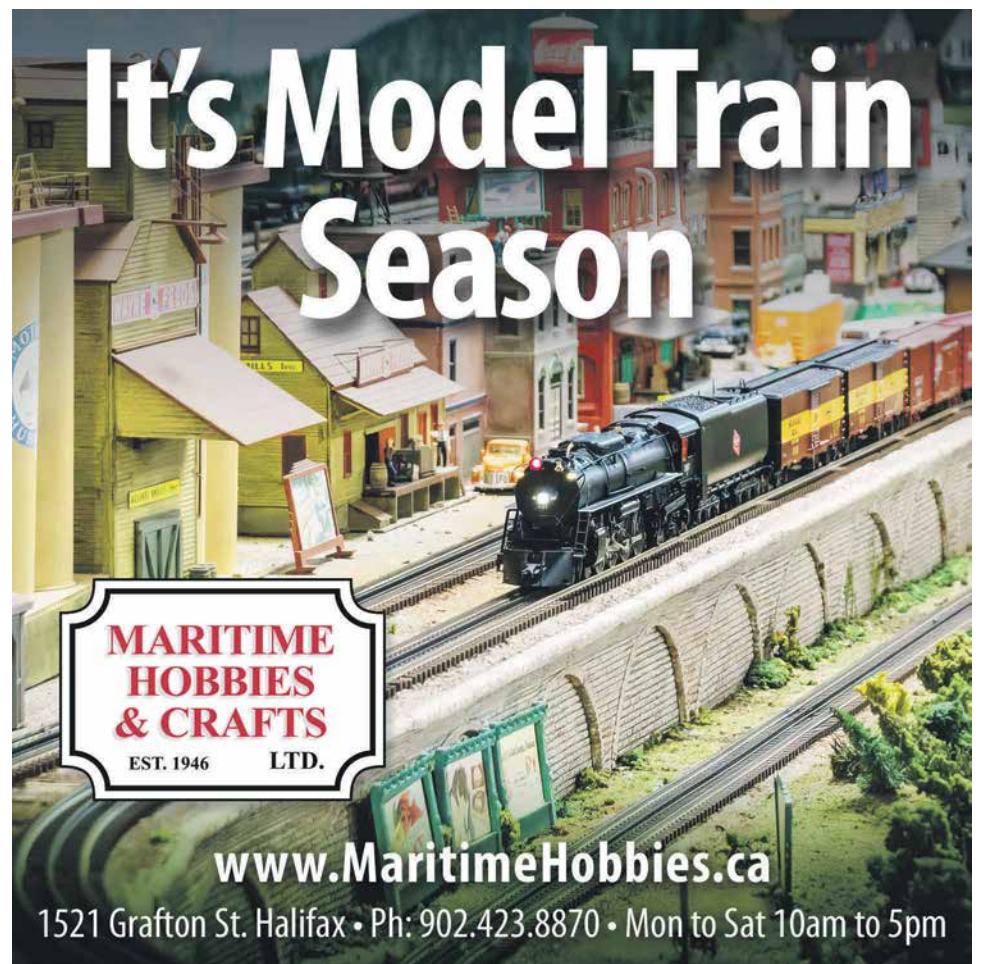
If you do not have a mould another idea is to make a suet log which is also very easy to make. Find a small log or possibly a large branch 6 inches or so long and 3-5 inches in diameter. Drill random holes with a 1 inch drill bit and fill the holes with your suet mixture. Make sure to drill a hole in the top and add an eye bolt for hanging.

Making bird feeders can be as easy or as complicated as you would like it to be. There are so many different recipes online to make a variety of hanging bird seed ornaments. Try making a few different ones with a variety of ingredients and decorate a winter bird tree.

Happy bird watching everyone!

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STRAW HAT BRAIDING AT ROSS FARM A LASTING & PRESERVED HERITAGE SKILL

INFLUENCES

In a book about Nova Scotian Craftspersons, the tradition of braided hats makes a shining appearance in the force of Jane Hiltz. She states that she had always heard the older residents of the area speaking about braiding hats, and decided she wanted to learn. Little did she know at the time it would become such a passion for herself.

Taught by one Mrs. Laura Veinot, Jane had started with straw hats; first learning how to grow the oats, then how to harvest, prepare, and make sure nothing went to waste. Next she learned rush hats, which she had said dries to a more lacy type of effect, making them look different to the straw hats. Lastly, the wood sheen hats, which she made by having her husband cut her long strips of yellow birch - also known as sheens - which were then braided into hats. Many of the staff at Ross Farm Museum learned how to braid such hats from Jane before she passed away.

CARRYING ON TRADITION

Monique Veinot, one of our on-site heritage interpreters, generally does the demonstrations for this heritage craft during special weekend events, showing how the skill can be carried on despite how long ago it was introduced to society. This was, after all, one of the many zero-waste handicrafts that still has its use today!

"When I was two, or two and a half, I was just the height of my mother when she was sitting down in church and I was standing up on the pew, and I used to stand there with my arm around her neck and watch the ladies ahead of me with flowers and bows on their hats".

Jane Hiltz
The Forties, Lunenburg County, N.S.

WOVEN HATS HISTORY IN NEW ROSS

Many of the older residents of New Ross Remember when hand-braided hats were common in the community. According to Vincent Walker:

"The women used to make the straw hats - wheat straw, barley straw, braided. They'd flatten it out some way and braid it, you know, and then they'd sew it together to make straw hats. They'd be right wide with a rim onto it, and then the wind would catch it, you'd have to tie a string onto them.

Oh, we'd have a lot of fun, in them days, everyone would be wearing a straw hat, and we'd be haying, and the wind would catch it and take it half way across the field or down the fence!"

MATERIALS

There are two main materials in making woven straw hats: straw, usually from rye, but also from wheat, barley, and oat; and yellow birch sheens, which were strips of yellow birch, produced by a process called "sheening."

MAKING THE HAT

The hat is sewn with the beginning of the braid as the center of the crown. The braid is stitched in an ever-increasing circle, overlapping and sewing through the two layers. Traditionally, the women used flax thread that they grew and spun themselves. Today, a heavy weight of beige polyester or cotton thread is used.

The braid itself is elastic and can be pushed together or "fulled in," to differing degrees before stitching in order to create either a rounded or flat crown. Similarly, the braid can be stretched to create the bend from the top to the sides of the crown, and from the crown to the rim.

Usually the rim is doubled because it receives the most wear. As well, a band of material is sewn inside the hat at the base of the crown so that the hat doesn't stick to the wearers head.

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Unlocking the Magic: 5 Compelling Reasons Why Stagecoach Performing Arts Transforms Learning into a Wonderland of Creative Discovery for Your Child

Submitted by Stagecoach



Photo: Contributed

Embark on a captivating adventure of creative expression with Stagecoach Performing Arts, where singing, dancing, and drama converge to create an unforgettable experience for your child. Looking for something fun for the kids to do this winter? Here are five compelling reasons why Stagecoach is not just a performing arts class but an engaging, creative adventure.

5 - Confidence & Creativity! At Stagecoach, they believe in nurturing the triple threat in every child—singing, dancing, and acting! Their expert instructors provide top-notch classes that inspire confidence and creativity, ensuring your child hones their talents in a supportive and encouraging environment.

4 - A Sense of Family! They understand the importance of positive influences in a child's life. At Stagecoach, their instructors are more than teachers; they are mentors and role models. Their classes are not just a place to learn performing arts; it's a family where every child is valued and encouraged to shine.

3 - Friendships! The friendships formed at Stagecoach are as magical as the performances on stage. Their schools bring to-

cont. on page 17...

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Health & Wellness

Age 8 is the BEST!

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

In the same way that vision screening identifies sight problems, that if not treated, could lead to irreparable complications in the future, orthodontic screening provides the same value for your child's bite. Children's growth allows for a unique opportunity to correct problems during childhood that with maturity are difficult to correct without surgery.

The longer I practice as an Orthodontist, the more I realize the confusion that exists around orthodontics. Too often, I find myself educating parents about orthodontic screening when it is already too late to benefit their child. Commonly I hear "We wish we had known earlier." and those are the most frustrating words to hear when we as Orthodontists know how easy it would have been to avoid. If you have a child that is eight, have them screened, get the information and then make your decision. Information is key. Timing is key.

Here are the Facts you should know:

Age 8 is best.

Canadian Association of Orthodontists recommends that every child be seen by an Orthodontist by the age of 8. At this age the adult teeth are just beginning to erupt and an Orthodontist can already tell the way a bite is developing. It is rare for any treatment to be recommended at this age, but to gather a baseline is crucially important to determine ideal timing of future treatment, if needed. Furthermore, there are a few select bite problems that must be treated before all of the adult teeth erupt. This is also a good age to introduce children to appliances that they may require such as thumb habit breaker appliance or expander.

Every person deserves the right to see an Orthodontist.

Every person, regardless of age, has the right to have their bite and smile evaluated by an Orthodontist. Although a dentist can

assess your bite, an Orthodontist studied dentistry first and then studied an additional 3 years to become a specialist. Like all specialists their practice is solely focused on one thing and an Orthodontist is focused on growth and development and treatment of the bite. You trust your heart health to a cardiologist and your skin to a dermatologist. Similarly an Orthodontist is the person most qualified to evaluate and treat your bite. Your Orthodontist will work with your Dentist to ensure the best overall outcome for you or your child.

No referral is needed.

You do not need a referral from your Dentist to see an Orthodontist. We are happy to discuss your orthodontic concerns, whatever your age.

Orthodontic screening programs may be complimentary in some offices. It is our shared belief that any barriers to accessing orthodontic information should be removed and that early detection of problems is important. As such, we offer

a complimentary orthodontic screening program for all children until the age of dental maturity at which time if treatment is not indicated, there is no further obligation.

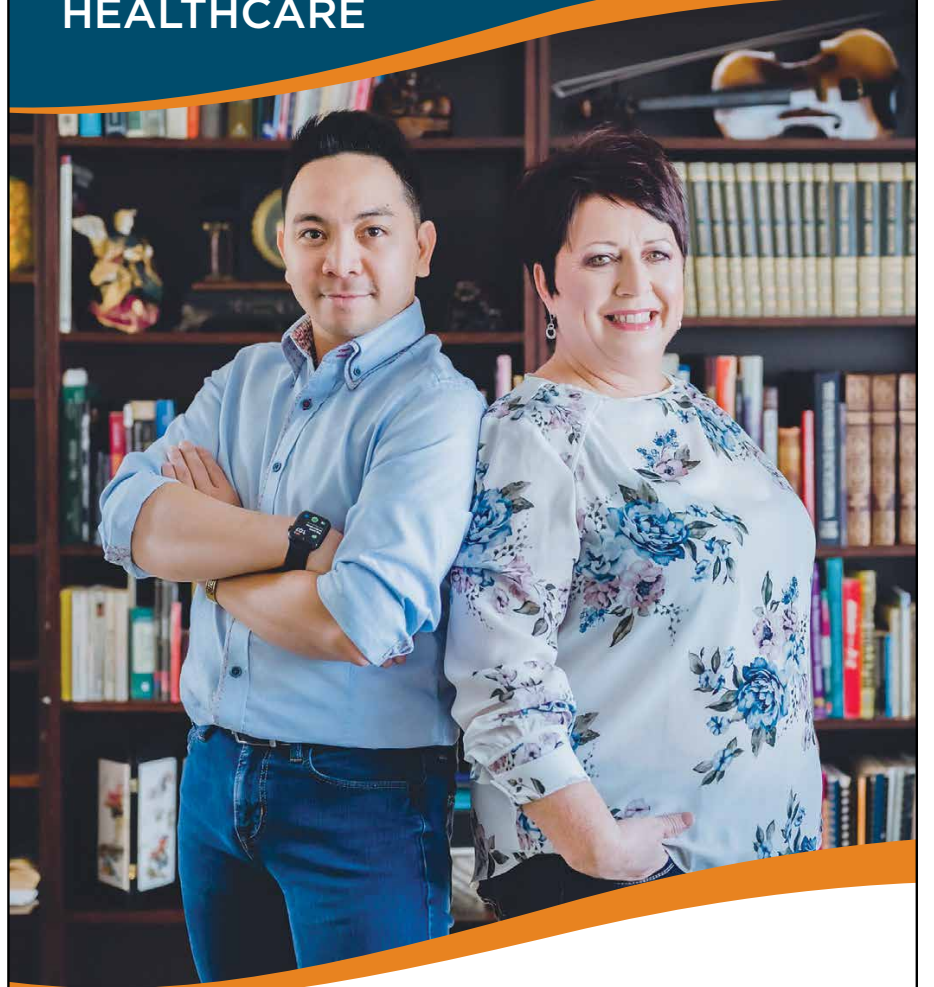
There is no down side.

Getting the information about your child's bite is important. Being armed with knowledge about your child's bite and any potential problems is critical to making a decision about treatment.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with The Brace Space. She is a co-owner of The Brace Space in Bedford (Larry Uteck), The Brace Space Sackville, The Brace Space Halifax and The Brace Space Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902-455-7222.



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Festive and Fun Ideas to Keep Kids Engaged

Submitted by Oxford Learning

Did holiday learning tips make your to-do list for the festive season? While learning over the holidays is not what most students think of during the festive season, incorporating learning-focused activities into the holiday schedule keeps students of all ages on track.

The last thing that kids want over the winter holidays is to do their schoolwork. While taking a break from the normal routine is welcome and necessary, too long away from regular routines can negatively impact learning momentum. This is especially true for teens heading into final exams a few weeks after returning to school in January.

While your holiday schedule may include baking, decorating, and travelling, learning is one to-do item you won't want to overlook this holiday season. Mixing in a touch of learning keeps kids on track academically, maintains school habits, and helps make the transition back to class post-holiday that much smoother. The best news? Learning over the holidays doesn't have to be boring!

Check out these fun and festive holiday learning tips to help your kids develop healthy learning habits this holiday season.

- **Mix Up Math In the Kitchen With Holiday Baking.** Baking holiday goodies is an always popular activity for all ages. Mix in holiday learning with measuring, quantities, and fractions to help children understand math's practical purposes in everyday life. Check out these ideas to help kids build math skills in the kitchen.

- **Flex Creativity Skills with Crafts.** Crafts are a great family holiday activity. They reinforce many important school skills like attention to detail, following instructions, and maintaining focus. These activities also encourage creativity and imagination. Plus, kids have a great craft they can feel proud of!

- **Cultivate a Holiday Reading Habit.** Reading is one of the greatest ways to work on school skills over the holidays. Regular reading helps children develop their vocabulary and improve their reading comprehension. Choose holiday books to keep holiday learning spirits high!

- **Play Board Games Together!** Playing board games can help kids develop critical thinking skills like strategy, analysis, and planning. They also help improve basic school skills such as addition, subtraction, and reading comprehension.

- **Stay on Schedule.** Don't forget what day it is just because the Aven Calendar is empty! Studies show that children crave structure and routine, even on breaks from school. Over the holidays, use a calendar or school agenda to stay organized and count down the days to the New Year and the start of school. Teens can use this time to get a head start on January assignments.

- **Get Skillful at Science.** Hands-on activities are a huge hit with kids, and holiday science experiments are the perfect way to learn more about how the world works.

Family-Focused Holiday Learning Help

Learning over the holidays doesn't have to mean completing math assignments or writing an essay! There are plenty of easy, family-focus holiday activities that incorporate learning, are fun for children of all ages, and keep kids on track for the New Year!

Talk to your local Oxford Learning location team for more ideas to help keep your kids on track academically over the holidays.

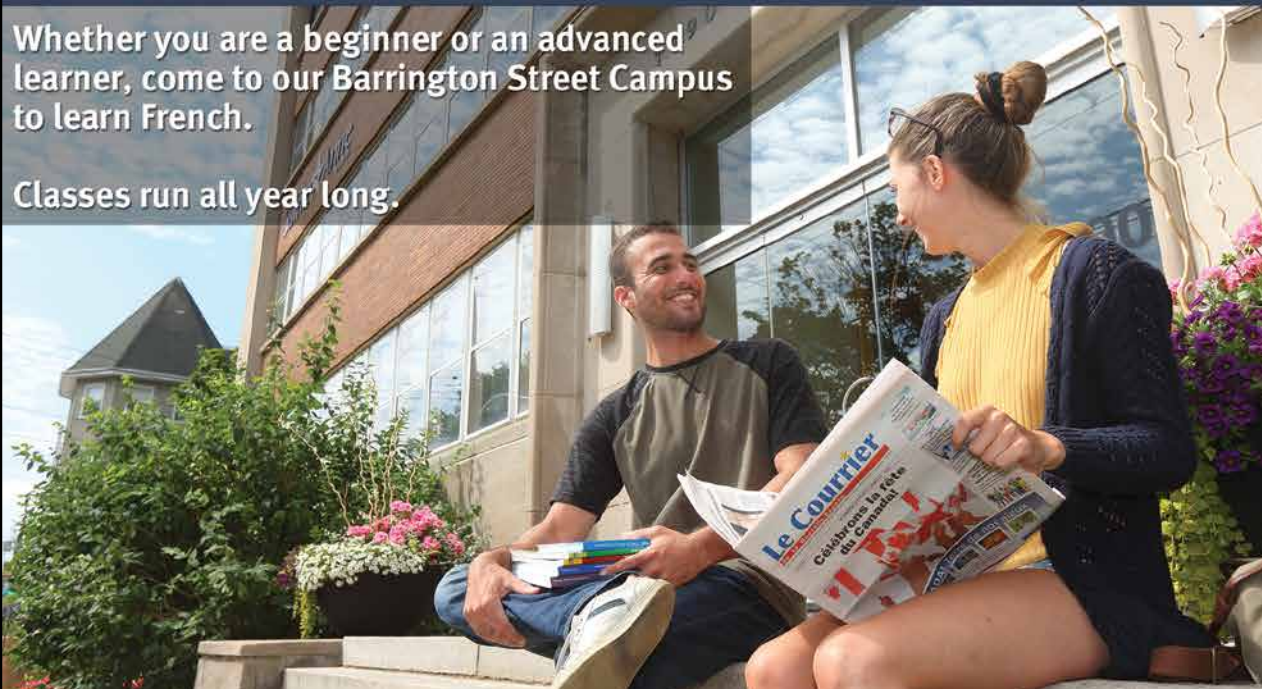
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The Benefits of the Early French Immersion Program

Submitted by Canadian Parents for French, Nova

Give your child the advantages that come with being bilingual. Enrol your child in French Immersion.

Why not offer your child the advantages of Canada's world-renowned French Immersion programs? The advantages go beyond learning both of Canada's official languages. Being bilingual opens doors and produces excellent students and creative thinkers.

French Immersion Is Easy and for Everyone

Immersion students master French in the same way that they learned English. The process is natural because French is used as the language of instruction and as a means of communication in the classroom.

Students learning in French immersion are being taught the same curriculum as if they were in an English program. No special skills are required. Children with all types of academic ability can succeed in French immersion.

French Immersion Improves Your English
Learning subjects in French does not interfere with English language development. In fact, it improves it!

Research shows that learning a second language has a positive effect on first language achievement. Immersion students match and often exceed the English skills of other students by grade 4 or 5, even though they usually start reading and writing in French first.

French Fosters Excellent Students... Excellent Communicators

Students with two languages can focus more on meaning and pick out the most relevant

points from information provided. They are better able to communicate their thoughts and express themselves and can answer open-ended questions more easily than those with only one language.

French Immersion Offers an Edge

Thousands of businesses and organizations in Canada operate in more than one language and the numbers are growing. In today's global economy, those who are bilingual can choose from a wider range of national and international jobs that require employees with second language skills.

How You Can Help

The French Immersion program is designed for children of non-French speaking parents. Even if you don't speak French, you can still make your child's French language experience positive.

Be supportive and enthusiastic. Research shows that students whose parents have positive attitudes toward French do better in Immersion programs.

Help your child to use French outside of the classroom! Watch French TV and movies, borrow or buy French books, and choose activities in French like plays, courses and sport activities.

For more information on French Language programs, contact Canadian Parents for French! Canadian Parents for French founded forty-five years ago by parents for parents.

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Your bed is the biggest player in this space and also gets the most use, starting out with a comfortable mattress is the first thing that should be done. Your headboard or bed frame can really dictate the style of the space, whether it be wood for a more traditional or rustic feel, upholstered for a soft touch or metal to give a modern or cottage vibe.

space the biggest thing to remember to give your space a curated look is to avoid buying matching sets. Instead opt for contrast, if you have a wood bed frame, try painted nightstands. Upholstered bed, go with wooden nightstands, mixing and matching pieces from different places and collections that all work together is what makes a space

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Photo: Contributed

From there bedding can make a world of difference. Cotton sheets are a go to, they are breathable and best for when sleeping. Your top bedding is personal preference, in the winter lots of folks like to choose a heavier duvet for the cold winter nights and may opt for a coverlet or quilt in the summertime. It can also be nice to switch out the bedding for the seasons to freshen things up.

feel intentional and cohesive.

Lastly, the colour schemes within your space can greatly impact how you feel. Sticking to a neutral colour scheme or soft blues and greens are shown to have the most calming effect. With these tips you'll be sleeping soundly in no time.

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When it comes to the rest of the furniture in your

...cont. from page 12

gether like-minded individuals who share a passion for the arts, creating bonds that last a lifetime. Watch as your child discovers the joy of collaboration and teamwork through shared artistic experiences.

es are designed to be both educational and entertaining, ensuring that every moment is filled with laughter, excitement, and joy. From energetic dance routines to captivating drama exercises, your child will have a blast while developing valuable skills.

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Don't miss the chance to make this winter unforgettable for your child. Enroll them in a Stagecoach Performing Arts class and watch as they blossom into confident, creative, and inspired individuals. With classes for kids and teens aged 4-18 and a two-week trial to try it out, there is no reason to hesitate. Join them in celebrating the magic of the performing arts today!

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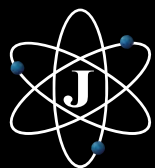
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Merry Christmas & All the Best in 2024 to Everyone!



The holiday season is here again. We are grateful and appreciative to all our advertisers whose continuous support has made our local HRM publication possible for over 28 years. Thank you very much!

for many years to come, providing helpful and informative information to our readers of all ages in the HRM area.

We wish everybody to have a happy holiday season with family & friends, and hope that 2024 will be a great year for everyone.

On behalf of everyone at the Parent-Child Guide Newspaper, we wish everyone a Merry Christmas and a Very Happy New Year.

I would also like to thank our writers whose professional and interesting articles keeps the newspaper informative and helpful for our readers throughout the HRM area. And I want to thank all our wonderful readers for their kind words and interest in our newspaper for over the past 28 years.

With appreciation,

Robert

Robert Rockwell Owner/Publisher Parent-Child Guide

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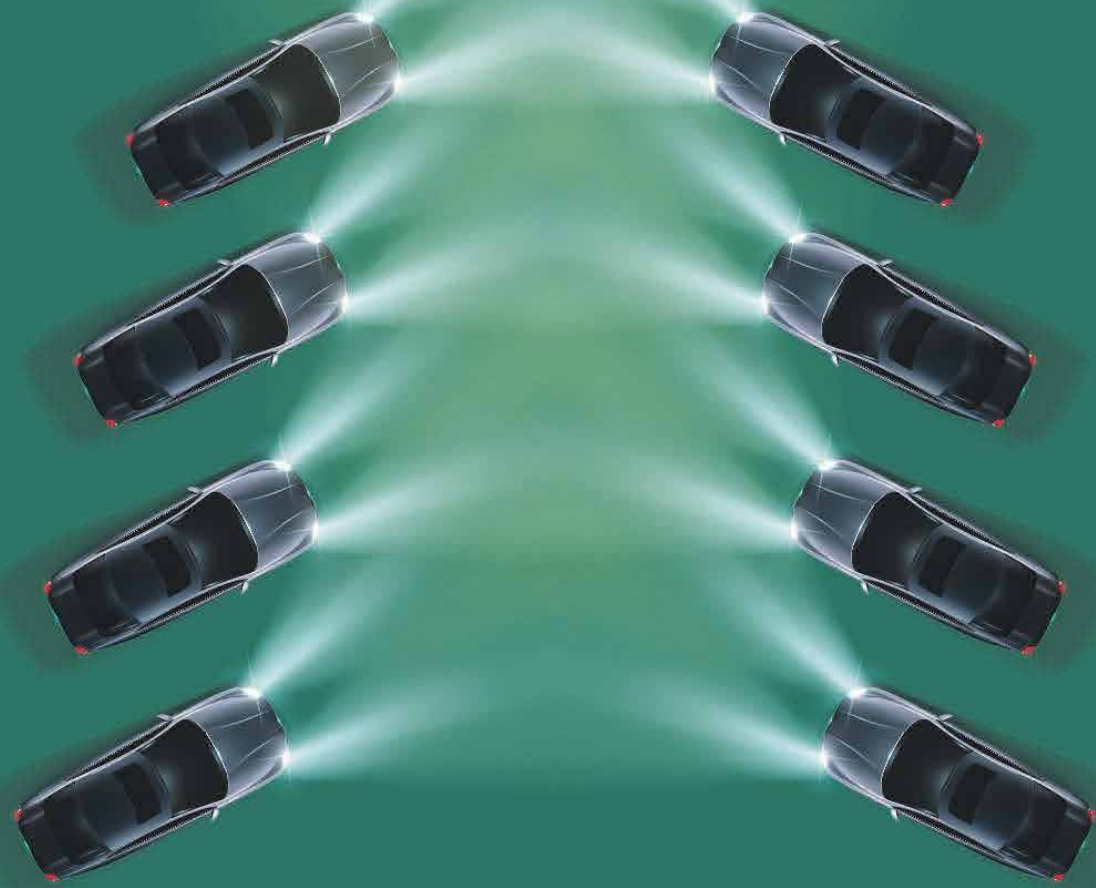
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