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INSIDE

- 5 **Mindfulness at School**
By Anita Sablone, M.A., R. Psych.
- 6 **The Conscious Parent: How Transforming Ourselves Can Have An Impact On Our Children**
By Deborah Bird, MSc. Registered Clinical Psychologist
- 7 **10 Things To Know About Concussion**
By Erica Baker, Ph.D.
- 9 **Prevention Of Sports-Related Dental Injuries**
By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists
- 9 **Is "good enough" Enough?**
By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group
- 14-28 **Summer Camp Guide**
And much much more....

Parent-Child Guide 21st Year Anniversary Edition, Thank You Very Much!



It is Our 21st Year Anniversary Edition, and I would like to thank very much, all of our Loyal Advertisers, Writers and Readers for their Support over the last 21 years.

We really are appreciative and very grateful to all, who have advertised, contributed articles, and all the kind words that readers and advertisers have expressed about the Parent-Child Guide, providing local, informative, contemporary, useful articles, along with our regular features within the Newspaper for 21 years.

We are also very grateful to the many advertisers that have advertised in support of the Parent-Child Guide Newspaper for 21 years, also, along with our professional writers who have written very informative articles for many years in the newspaper.

Thank you to everyone, very much who have contributed to the Success of the Parent-Child Guide Newspaper, present and for the past 21 Years, and We look forward to keep providing more helpful information and articles for our great readers.

Once again, thank you very much to all, and We wish everyone a very Safe and Happy Spring!

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Mindfulness at School

By Anita Sablone, M.A., R. Psych.

Mindfulness is a bit of a buzz word right now, to say the very least. It is used in a variety of contexts, and can often be confused with meditation. The term itself lends to an interpretation of self-imposing a tranquil state, often with the intent of creating insight. There are also many parenting books today that use a 'mindfulness' approach, as opposed to other better-known approaches.

What does this all mean? For parents, it can be quite confusing. And if your view of mindfulness, as a parent, is essentially meditative quietness, can you *really* see that working in your home? In the morning, when everyone is tired and rushed? At night, when bedtime seems hours away but is needed now? Forget it.

And what about at school? To some teachers, like parents, the very thought of it seems utterly impossible and even laughable. Schools are busy, productive places for children and teens. There would appear to be even less time at school than home for mindfulness activities. The truth is, both environments benefit from including mindfulness in the daily routine - and as a school psychologist, I truly feel that school benefits the most of all.

What is mindfulness? An easy, accurate definition is one penned by Jon Kabat-Zinn, one of the 'fathers' of mindfulness practice. He states that mindfulness is "*paying attention on purpose, with intent and in the present moment, non-judgementally*". When we create pockets of mindfulness practice in our day - and they only need to be a few minutes in length - we train our brain, literally, to become more aware. It helps us to not feel as stressed and anxious, and helps slow down our "fight or flight" response.

Scientifically speaking, mindfulness can increase attentional control, help with emotional regulation and increase our experience of living through heightening of our senses. It can teach our children how to "be with" or acknowledge an experience without feeling the need to react emotionally or behaviorally to it.

In schools, all of these benefits can positively affect learning - both in the classroom and on the

playground. And all children and teens can benefit - regardless of age and challenges. Research on the use of mindfulness practice with children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), for example, is demonstrating many positive benefits.

Mindfulness can be incorporated into everyday activities in the classroom, with the help of a school psychologist or comprehensive guidance counselor familiar with mindfulness practice, and one who incorporates mindfulness in their own daily routine (e.g., has a sitting practice, or uses other mindfulness techniques daily). As a school psychologist training in mindfulness practice, I have seen immediate benefits for my own functioning. It excites me to think of all the ways this can be brought into the classroom.

Ok - so show me, you say. Some concrete examples are:
Begin with breathing. This is also called *belly breathing*, as all the air should go into your belly - don't scrunch up those shoulders or fill your lungs with air. Practice breathing in through your nose and putting all the air in your belly. Breathe out through your mouth slowly, like you are whistling. Do this 5 times as a class. This quick, effective practice can be used as a way to refocus children after transitions, such as moving from the coat rack to circle time, or to begin classroom work after emerging from a busy hallway.

'Invisibility Cloak' This is amazing to do outside as a class, but can also be done moving through the hallways quietly. It works best with younger students. Pretend your students are wearing invisibility cloaks, and you are activating their powers of quietly observing and seeing their environment. Direct them to move through the hallway, or enter the outside like they are entering unnoticed, invisible. A few students will be given the chance to report on their observations once they are in the next learning environment. Remind them to use their invisibility cloak as they play outside, to allow them to focus and notice the things around them, and to use it to take a small break from play if they need to.

Human Camera Pair off children, and have one child act as a camera (eyes closed), the other as the photographer. The 'photographer' walks behind the 'camera', guiding the other child's shoulders gently toward an area of the classroom as if s/he were a lens, and may even ask the 'camera' to lift or turn his/her head to achieve the right angle for the 'picture'. The 'camera' child has his eyes closed during this time. Then, the photographer gently squeezes or touches the 'camera's' shoulders to take the picture. The 'camera' child opens their eyes for a moment, as if taking a picture. Then, the pair switch and repeat. In pairs, reports can be given to the class on what important features their 'picture' contained.

And what about teens? Yes, it is possible. Again, starting with and consistently encouraging the basics of breathing and awareness is key. Be that teacher who begins a class with 'strong silence' and belly breathing. Plan for, and accept, nervous giggling. Encourage students who may act out during the brief practice of 2-3 minutes to take the opportunity lay their heads on their desks and rest. Give permission for this to happen, from the outset, rather than reacting to its presence during the practice.

.b Write .b on your board to indicate you are beginning with breathing practice. Encourage students to close their eyes and lead them through belly breathing - always taking part yourself. Use the first 1-2 minutes of class to center teens in this way.

Strong Silence Often, asking teens to be quiet is an invitation to be noisy. And silence is often mistaken as a punitive practice by a teen (e.g., "Be quiet!"). Educate your teen students about the benefits of a '*strong silence*', where the purpose is to become hyper-aware of your environment, to 'plug' yourself into your experience for the next hour in the classroom. Lead them through a 2-3 minute awareness exercise where they are listening to their body signals (e.g., "Am I tired? Stressed? Joyful? Not ready for this?") and the noises, etc of the classroom. Invite them to allow their stream of thought to 'pass by' as if they were observing or listening to a movie. The key focus on this exercise is heightened awareness of what your mind and body are experiencing, and the benefits of observing this with a neutral attitude. Encourage and speak

about positive thoughts to encourage their own learning in the next hour (e.g., "I've got this"). Then, greet student and begin your lesson. Both practices together should take about 5 minutes.

Beginning anything so new, especially in a classroom, can seem daunting. But the benefits of including such practices are quickly being realized in the field of education. Teaching mindfulness skills may begin a lifelong practice for some, with amazing benefits to relationships and feelings of connectedness. Let's open the door to that.

Anita Sablone is an experienced, fully-registered psychologist from Carleen Hall Psychological Services, Inc. She specializes in supporting children, teens, young adults and their families through assessment, counseling and consultation (e.g., working with a child's teacher or school) services.

Suggested Readings/Websites:
Teaching Mindfulness Skills to Kids and Teens. Christopher Willard & Amy Saltzman (Guildford Press, 2015).

Sitting Like a Frog. Eline Snel (Shambala Press, 2013).

Everyday Blessings: The Inner Work of Mindful Parenting. Myla & Jon Kabat-Zinn (Hyperion Press, 1997).

Planting Seeds: Practicing Mindfulness with Children. Thich Nhat Hanh (Parallax Press, 2007).

Mindful Movement. Thich Nhat Hanh (Parallax Press, 2008).

www.mindfulnessinschools.org
 www.mindfulschools.org
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The Conscious Parent: How transforming ourselves can have an impact on our children

By: Deborah Bird, MSc. Registered Clinical Psychologist

Since becoming a parent myself, the quote, "Do what I say, not what I do" often rings loud in my head. According to research, many children's mental health difficulties are genetically linked to their parents. Children are often faced with similar challenges to their parents such as anxiety, depression and ADHD. Being mindful on how a parent's symptoms are interacting with a child's symptoms can greatly reduce the impact on how the issue impacts the family.

Self-care and recognition that you as a parent may be struggling with similar symptoms as your child can be the first step in finding a solution. Here are a few suggestions to keep in mind on how your own symptoms may be contributing to your child's problem:

1. Undiagnosed symptoms: If your child has been diagnosed with a mental health issue, ask yourself if there is anyone else in the family that suffers from similar symptoms. If you are experiencing similar symptoms as your child, ask yourself if an assessment may be warranted in order to learn how to manage your symptoms. For example, if a child has been diagnosed with ADHD, and a parent is undiagnosed but exhibits symptoms, it's often difficult for the parent to carry out organizational strategies to help the child when they are struggling themselves. Once the parent's symptoms are being managed, they are much better equipped to help their child manage their symptoms.

2. Modeling inappropriate responses: If you want to see what your behavior looks like to the rest of the world; have a child. Children often mimic the mannerisms of their parents. We as parents, want our children to model emotional regulation when very often we fail to do so ourselves. Be mindful when speaking with your child regarding the tone in your voice, the speed in which you want them to respond and your ability to hear their concerns when faced with a conflict. If you model the ability for self control your children will feel safe, heard and then you can begin to teach them how to self regulate.

3. Preconceived unconscious judgments: Before conception, we often imagine what it will be like to have children. We often dream about how we are going to model and shape our children into healthy, happy, self-sufficient members of society. What we often don't realize is how our previous experiences growing up as a child impacts our expectations on how we parent. For example, if as a child we were taught that dirt under a child's nails is caused by neglect we might feel like we are neglecting our children when we see their dirty nails. Consequently, this feeling of guilt may cause us to express inappropriate anger towards our child for having dirty hands. If you have an emotional reaction to something your child is doing, ask yourself where is this reaction coming from. Once you are able to identify why you're emotionally triggered, you will be better equipped

with addressing the issue.

Keep in mind, we are social beings and don't live in isolation. Our behavior impacts our children and other members of our family. One of the first steps to finding a solution to an issue within a family structure is to figure out how it's impacting yourself and identify how you respond to it. Insight is power.

Deborah Bird MSc., has 13 years of experience working with children, adolescents, adults, couples and families. She utilizes evidence-based approaches to treating her clients in a collaborative manner. For more information, please email infobirdpsychologicalservices@gmail.com or call 902-490-0090.

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10 Things To Know About Concussion

By Erica Baker, Ph.D.

There has been a lot of talk lately about concussion and we often hear about the bad cases. With attention and monitoring, most concussions can be fairly well managed by the individual, their family and their care team. It is estimated that 80-90% of concussions get better within a few days to three weeks. There are some things that are important to be aware of:

1) Concussion is a type of traumatic brain injury - A concussion is a disturbance in brain function caused by a direct or indirect force to the head. A concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body if the force of the impact is transmitted to the head and "shakes" the brain within the skull.

2) Loss of consciousness is uncommon in concussion- It is a misperception that loss of consciousness is necessary in concussion. Less than 10% of individuals who have sustained a concussion will have experienced loss of consciousness.

3) Concussion signs and symptoms are often grouped into four categories- Signs and symptoms can show up right after an injury, but sometimes might not be noticed until hours or days after the injury.

i. Physical - e.g., headache, dizziness, blurred vision, neck pain, nausea, balance problems, dizziness, light and/or noise sensitivity, drowsiness
ii. Thinking/Remembering - e.g., difficulty thinking clearly, feeling

slowed down, "fogginess", trouble learning new information, problems with attention, confusion

iii. Emotional - e.g., irritability, anxiety, sadness, more emotional
iv. Sleep - drowsiness, sleeping too much, trouble falling asleep or staying asleep

If after a bump, blow, or jolt to the head or body any one or more of the above signs or symptoms are experienced, concussion should be suspected. In the case of possible concussion, if the individual is playing a sport the athlete should stop sport participation. Medical evaluation should be considered whenever a concussion is suspected.

4) Monitoring of symptoms is necessary - Ideally, for at least 24 hours, individuals with suspected concussions should not be left alone, should not drive a motor vehicle, and should not use alcohol.

• Signs to watch for - call 911 or take the individual to the emergency department if there is a sudden change that may signal something more serious than a concussion:

• Headache that gets worse or doesn't go away

• Slurred speech, weakness, numbness, or decreased coordination

• Repeated vomiting or seizures

• Drowsiness or inability to wake up

• Unusual behavior, increased confusion, agitation

• Can't recognize people or places

• Loss of consciousness

5) Rest in the first 24-48 hours post-concussion - This means both physical and cognitive (mental) rest - taking time off from screens, taking it easy, no physical sports and getting lots of sleep. A few days off from school, work and/or sports is often necessary.

6) Finding the balance is important - Gradual return to activities that doesn't result in worsening of symptoms is suggested. After the first 24-48 hours, try not to do too much, but don't do too little. People who increase their activity gradually, without triggering problems (see above symptoms) seem to do well. If symptoms worsen reduced activity may be needed.

7) A recovery plan may be helpful - Each of us responds to concussion differently. A recovery plan should be tailored to the individual. A physician or concussion specialist may be helpful in developing and implementing this plan at home, school, work, and in sports. A collaborative approach involving the family, doctor, school, employers, and coaches is recommended.

8) There are some risk factors that may influence recovery - Individuals who have a history of migraines; who have a pre-existing learning disorder or mental health condition (e.g., ADHD, Anxiety, Depression); or who have sustained previous concussions may have more difficulty recovering from concussion.

9) Schedule check-in meetings - This process can take time. Be clear and honest about how you are feeling. If you don't think you are getting better, tell your doctor. Individuals experiencing persistent symptoms (> 1 month) should be referred for

more comprehensive evaluation by a health professional specializing in brain injury.

• www.cdc.gov/headsup/resources/index.html
• Braininjuryns.com - Brain Injury Association of Nova Scotia

10) Useful resources include:

• www.parachutecanada.org/concussion
• www.onf.org - Guidelines for concussion

Dr. Erica Baker is a clinical psychologist specializing in the neuropsychological assessment of individuals with known or suspected traumatic brain injury (www.ericabaker.ca or 902-445-3851).

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Your own mental health! Exercise isn't only medicine for the body, it also works wonders for your brain. Exercise has the ability to physically remodel our brains, to strengthen our neural connections, AND increase the amount of neural connections our brains have. Similar to strengthening muscle, exercise strengthens the brain!

Interested in learning more about exercise and the brain? Read Dr. John Rateys book; Spark: The Revolutionary New Science of Exercise and the Brain.

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It is never too late to start exercising. In fact, it gets more and more important the longer you wait.

"There is virtually no human condition that cannot be improved by increasing physical activity" - Dr. Robert McMurty

If you have any questions or comments please feel free to email one of our personal trainers Michael Manderville and mention this article.

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Health & Wellness

Prevention Of Sports-Related Dental Injuries

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



Dr. Negin Ghiabi

Sports activities have an inherent risk of orofacial injuries due to falls, collisions, contact with hard surfaces and equipment. Children between the ages 7-11 years old are most susceptible to sports-related oral injuries. Consequences of orofacial

injuries for children and their families are substantial because of potential for pain, psychological trauma and cost. The latter includes indirect cost such as hours lost from school (for children) and work (for parents).

The majority of sports-related dental and orofacial injuries affect the upper lip, upper jaw and upper teeth. Although some of these injuries are unavoidable, most can be prevented. Helmets, facemasks and mouthguards have been shown to reduce the frequency and severity of dental/ orofacial trauma. Using these protective pieces should be mandatory during field or ice hockey,

football, baseball and other such sports activities.

A mouthguard is an appliance placed in the mouth to reduce injuries to the teeth, jaws and the lips. It will protect the teeth and jaws from fracture and displacement and the lips from bruising and laceration. Custom-fabricated mouthguards made in the dental office using a model of the patient's teeth provide maximum protection against injury. Over-the-counter mouthguards, on the other hand, provide less protection against injury to the teeth and may interfere with speech and breathing. These temporary devices could serve as short-term options during orthodontic treatment and

during the period of transition from baby teeth to adult teeth.

Routine dental visits can be an opportunity to initiate parent/child education and recommendations for the use of a properly fitted mouthguard.

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. No referral is needed. For more information please call 902-407-7377.



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

Is "good enough" Enough?

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



I recently had a very open and candid conversation with a friend and fellow parent about the need for braces, and while we looked at his daughter's teeth he uttered the phrase: "I think they are good enough." It is a phrase I often hear. As an orthodontist and as a parent I understand. Some patients we see are 'good enough.' In fact their occlusion is correct and there would be no benefit from braces. But there are many others who would greatly benefit from a correction and timeliness of this treatment can limit invasiveness. I can appreciate that it seems every teen you see is sporting braces and that many young kids these days are excited to get their braces, if for no other reason than all of their friends have them. Some people even call braces "a right of passage." While I disagree with the notion of braces being a right of passage, there are some very solid reasons why braces are so widespread these days.

There are two main reasons braces have become so prevalent. It is a fact that malocclusions, or the deviation from a normal bite, are on the rise. Genetics and a host of other factors have ensured that bite and excessive crowding or spacing issues are part of our genetic makeup. The second reason is that oral health has finally received due recognition for its importance to overall health. With this acknowledgement there has been an increased value placed on teeth and their surrounding structures. There is an awareness that teeth can be maintained throughout life and that maintenance means that today's youth should never need to wear dentures, which were commonplace in the elderly not so long ago. The reason you see more braces is because more people are choosing to set up their children or themselves for excellent present day and future oral health, not to mention the improved self-confidence that comes with a beautiful smile.

Any orthodontist will tell you that braces are never "needed." True needs in life are few: food, shelter, water. Braces are almost always elective in some nature but that does not mean that they are "just cosmetic" and are not indicated to

improve function, decrease breakdown and wear of teeth and to foster a healthy bite and smile. Most orthodontists are focused on the occlusion or bite first and esthetics second. The truth is, teeth that are aligned and in a proper bite look better and last longer. Minor rotations or deviations in tooth

position can have a large impact on the health and prognosis of teeth.

So I would ask is "good enough" enough?" For all that we do to set up our youth for the future, oral health should not be neglected. It is not the place to cut corners. We get one permanent set of teeth and

we need to protect them to maintain them for a lifetime. Given the opportunity to do this at an early age, when damage to the teeth can be minimized and a young person can reap the rewards of having a beautiful and healthy smile for their lifetime, is invaluable.

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.





pretty special.



[So have him seen by a Specialist.]

The Canadian Orthodontists Association recommends all children have an orthodontic screening by age 7.





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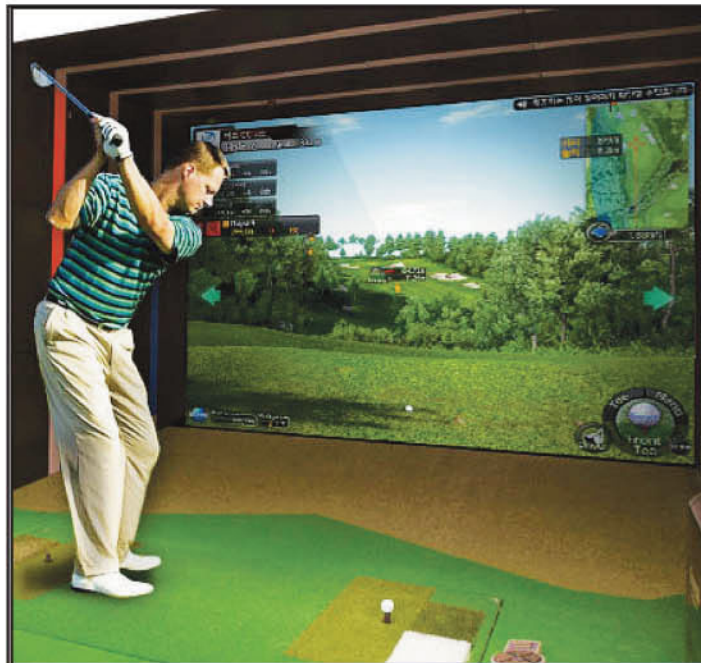
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Jumping Pillow has been replaced; not to mention all the new power that has been installed to the many sites. And don't forget about last year! Last year a brand new pool was installed! The new pool is shallow like a lake shore on one end and slowly gets deeper as you round the curve to the deep end. In the shallow end sits the Down-Pour-Derby which is great fun for families of all ages.

franchise inspection. The awards include: The Customer Satisfaction Award, the Outstanding Recreation Award, and the Pinnacle Award for each year the new owners, Henk John & Mary Ann Kuipers, and their staff have been operating it. Three of these last four years it has also won the Maple Leaf Award distinguishing it as the top Canadian Park within the Jellystone Franchise.

In these four years the washrooms have been redone, the mini-golf has been rebuilt with its jumbo sized chess and checkers sets, a Jump Pad has been installed in the newly formed Kids-Zone, and the

These last four years, Yogi Bear's Jellystone Park™ has also won many distinctive awards and has been highly rated on every inspection including: Access Nova Scotia, Canada Select, Good Sam, and the thorough

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Summer Camp Guide

At Hatfield Farm, we've got some exciting expansion news!

As we're only mere minutes from the city, drop by to see our new development!

In the summer of 2016, we'll be offering a new indoor riding arena, a brand new office with retail space, a playground and a petting pen. Our new arena will allow us to offer year round lessons, as well as equine therapy.

We'll still be offering wagon/sleigh rides and pony rides! You can join us for family adventures every Saturday and Sunday at 11:00 as well as during school holidays. To celebrate our growth we're even offering a special online promotion- pay for three and you go for FREE! This coupon can be downloaded from our website, and is valid until December 31st, 2016.

Our western village in the woods, Fort Clayton, boasts a spacious 5000 sq. foot Lodge offering a selection of mouth - watering appetizers and meals. Fort Clayton is also home to our famous Rubber Rodeo- our indoor inflatable games center. The outside fun is fuelled with playground, mini golf, kids zip line, and campfires. We can even accommodate overnight guests in our cozy cabins and bunkhouses. We are a great venue for Girls Nights Out!

We can also host any type of group, whether it is friends, and family or a corporate gathering. We also "clean up" really well for weddings- offering rustic beauty and country charm. Our guests arrive by horse drawn wagon, and the bride arrives in her own carriage.

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After 14 years in operation, now with 9 locations across Canada, and 1 in the United States, Debate Camp Canada moves to Nova Scotia!

This summer Canada's most parliamentary province will again host a 1 week overnight and day camp program in public speaking and debate. "Nova Scotia is home to one of

Canada's best known political institutions and perhaps, best exports - that being the tradition of parliamentary debate" says Nick, in reference to the province's first elected Assembly of 1758. "This is Canada's foundation stone of public speaking and debate and thus a suitable campus for a program that is developing a strong following among students and parents both in Canada and the United States."

Victoria, Montreal, Ottawa, Calgary and Edmonton - and in recent summer's have all filled to capacity with both eager speakers, as well as those looking to develop new skills. Our Nova Scotia program operates on the beautiful grounds of King's Edgehill School, with daily bus service from Halifax and Bedford for day campers.

Students in grades 5 to 11 are welcome into the comprehensive and ability-leveled program designed to build debate and public speaking skills among all attendees. Debating and Public Speaking are life skills - helpful not only in higher education by building a foundation in critical thinking, organized thought and advocacy skills, but also for life, where intellectual dialogue, the sharing of ideas and feeling confident with the spoken word are still highly valued in today's society.

Since 2002, Debate Camp Canada has trained students, from all parts of Canada on the finer points of public speaking, debating (both Canadian and British Parliamentary styles) as well as providing an increasingly popular Model United Nations program. In 2015, Nick moved camp's year-round operation to Halifax, a city he and his family now call home. Canadian Camps operate 1 week sessions in Toronto, Vancouver,





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Summer Camp Guide

Inquiring young minds don't take a summer break!

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Artech Camps are all about getting creative with technology! All programs tap into campers' creativity and incorporate the use of new media. It's this blend of creativity and technology that makes Artech Camps so unique.

In Animation camps, campers get to direct and produce animations. They learn the process from storyboarding and planning through filming and editing. Many of the films created in the camps' 11 year history have gone on to win recognition and awards at film festivals and on TV and the Internet

In "Girls Go Digital" - an all-girls camp scheduled mid-summer, girls will get hands-on with Robotics, Game Design and Animation.

Teens will be able to take their skills to the next level - designing 3D characters in Blender and programming 3D games using Unity 5, a free game development program used by both students and professionals.

At Artech kids will get a chance to stretch their imaginations and take their ideas to the next level!

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Summer Camp Guide

How to Win Points and Influence Players

By Gareth Dowdell

The Daniel Nestor Tennis Centre is not focussed on producing tennis players. That may sound counterintuitive - or even like downright deception. But it's not. We are focussed on developing athletes and teaching players how to compete with grace. Our players learn how to be tolerant, respectful and encouraging of others. This will hold them in good stead not only in the lifelong game of tennis, but also in their personal and professional endeavours outside of sport.

Coming into our third summer, we are continuing to grow both our membership base and junior programming numbers. We have done this by: firstly, providing an unmatched playing experience with six beautifully maintained indoor clay courts, and secondly, providing

our promising athletes a clear pathway to success.

In January, we launched the Atlantic Canada Tennis Academy. We purposely went after athletes in our recruitment process - many players invited into the academy had never picked up a racquet before. By providing quality instruction at an affordable rate, we are increasing the pool of talented youngsters able to compete nationally and internationally.

Our summer camps are a great introduction to the sport. We provide racquets, balls, court time, and Tennis Canada certified instructors. Players receive four hours on court every day plus two hours of complimentary activities. Fun is the primary goal of all of our camps.

However, players learn all the basic fundamentals of the sport: how to hold a racquet, technique, swing plane, and tactics.

We had over three-hundred youngsters spend at least a week at the Daniel Nestor Tennis Centre last summer. We expect that number to be even higher this summer as we partner with Nike to provide an even more enriching camp environment. Since we are an indoor facility we are never rained out. This is a great option to help build self-esteem and make some new friends. See you at the DNTC!

Check us out online at www.dntc.ca or come and see us in the Bedford Commons area, 902-423-3682. You and your kids may just have a ball.



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*To be eligible to play in the specific age groups, the player must not have reached the age prior to October 1st, 2016.

Canada Games Centre **SUMMER CAMPS** ONLINE REGISTRATION BEGINS MARCH 29TH FOR MEMBERS AND APRIL 5TH FOR NON-MEMBERS AT CANADAGAMESCENTRE.CA

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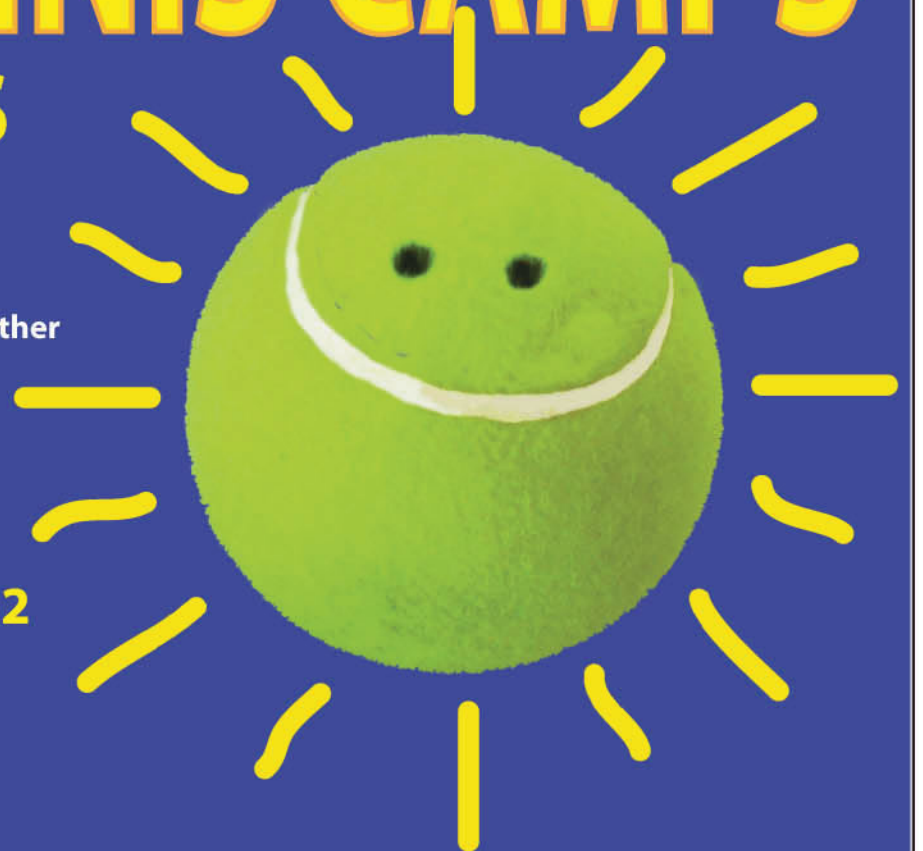
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Bedford NS • 902-423-3682

Summer Camp Guide

CAMP WESTWOOD 2016

St. Margaret's Centre, 12 Westwood Blvd, Upper Tantallon

7 Successful Years of Summer Camps

Girls just want to have fun, Little Bakers, Survivor, Mad Science, Hockey, Around the World in 5 days, Fun! Fun! Fun! and Cupcake Kids are just to name a few of our summer camps.

Swimming every day in the summer

FREE early drop off and late pick up.

Email today to get info on our wide selection of camps available.

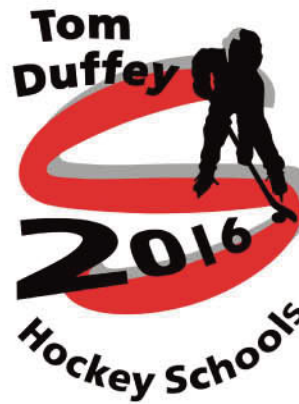
Skating With All Camps

Buy 5 camps and get free camp t-shirt

Quality programs in a great recreational setting at an affordable price!

campwestwood@gmail.com

www.stmargaretscentre.ca 902-826-2100 ext 27



SPRING AND SUMMER

HRM Area Schools:

May 7-14 Power Skating (Marie Bowness)
 May 15-25 Puck Handling/Shooting
 May 7-22 IP2/3 (weekends)

July 4-8 Hockey School Dartmouth
 July 25-29 Defenceman School Dartmouth
 - Goaltending School Dartmouth
 - Bantam/Midget High Performance School (Dartmouth)

August 8-12 Power Skating (Marie Bowness)Halifax
 August 29-September 2 Hockey School (Bedford)
 September 3-5 Pre Season School Halifax

For complete information on our schools visit www.tomduffeyhockey.com

or Phone 443-3414 Fax 443-9230 to request a brochure

BAYSIDECAMP

DISCOVER.THE.DIFFERENCE

Sun-soaked summer days await as you share an unforgettable week with friends old and new at Bayside this summer!

Eleven camps to choose from for grades 1 - 12!

With so many events and activities to enjoy there is excitement and adventure around every corner for you and your friends!

Register Online
 or call (902) 868-CAMP

baysidecamp.org/summer

FINELY TUNED TO YOU.



2016
MDX
Starting from \$55,435

acura.ca

Lease the 2016 MDX from
\$558[†] | **1.9%**
monthly | 48-month lease
\$6,000 down

OR

Receive a
\$4,000[‡]
Customer Cash Rebate on
other 2016 MDX models

ACURA DRIVING PERFECTION

A 3.5-litre, 290-hp V6 engine. AcuraWatch™ driver-assist features. Super Handling All-Wheel Drive™ and seating for seven.

The 2016 MDX. Bring on spring.



7-Passenger Seating



Super Handling All-Wheel Drive™

*Selling price is \$55,435 on a new 2016 MDX (YD4H2GJNX). Selling price includes \$2,045 freight and PDI, tire tax \$15, air conditioning fee (\$100). License, insurance, registration and taxes are extra. † Limited time lease offer based on a new 2016 Acura MDX (YD4H2GJNX) available through Acura Financial Services on approved credit. Representative lease example: 1.9% lease rate for 48 months (48 payments). Monthly payment is \$558 with \$6,000 down payment. 16,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$32,784. Offer includes tire tax \$15, air conditioning fee (\$100), and PPSA (\$37). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registering agent's fee are due at time of delivery. ‡ \$4,000 Customer Cash Rebate (CCR) is available on new 2016 Acura MDX Navi (YD4H4GKNX), Tech (YD4H6GKNX) and Elite (YD4H8GKN) models when registered and delivered before May 2, 2016. Total incentives consist of \$4,000 that cannot be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 2, 2016 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2016 Acura, a division of Honda Canada Inc.

ENGINEERED TO EXCEED EXPECTATIONS.



2016
TLX
Starting from \$37,675*

acura.ca

Lease the 2016 TLX from
\$368[†] | **0.9%**
monthly | 48-month lease
\$2,750 down

Including a
\$1,000
Driving Perfection
Event credit

OR

Receive up to a
\$3,500[‡]
Customer Cash Rebate on
other select 2016 TLX models

ACURA DRIVING PERFECTION

An available 3.5-litre, 290-hp V6 engine with a 9-speed automatic transmission. Available AcuraWatch™ driver assist features and Super Handling All-Wheel Drive™. The 2016 TLX. Spring time is play time.



Available Super Handling All-Wheel Drive™



Available 9-speed automatic transmission

*Selling price is \$37,675 on a new 2016 TLX (UB1F3GJ) Selling price includes \$2,045 freight and PDI, tire tax \$15, air conditioning fee (\$100). License, insurance, registration and taxes are extra. † Limited time lease offer based on a new 2016 Acura TLX (UB1F3GJ) available through Acura Financial Services on approved credit. Representative lease example: 0.9% lease rate for 48 months (48 payments). Monthly payment is \$368 with \$2,750 down payment. 16,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$20,414. Offer includes tire tax \$15, air conditioning fee (\$100), PPSA (\$37) and Driving Perfection Event credit (\$1,000). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registering agent's fee are due at time of delivery. ‡ \$3,500 Customer Cash Rebate (CCR) is available on new 2016 Acura TLX SH-AWD® Tech V6 (UB3F5GKN), and SH-AWD® Elite V6 (UB3F7GKN) models when registered and delivered before May 2, 2016. Total incentives consist of: (i) \$2,000 that cannot be combined with lease/finance offers; and (ii) \$1,500 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 2, 2016 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features are only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2016 Acura, a division of Honda Canada Inc.



30 Bedford Highway, Halifax
T. 902-457-1555
www.atlanticacura.ns.ca

Summer Camp Guide

Get A Start On Your Summer Art Making With NSCAD Summer Camps!

NSCAD Extended Studies is pleased to offer weeklong themed art camps for ages 5-18 running from the beginning of July to the end of August; every week offers a new theme and new experiences!

Campers will dabble in illustration, sewing, painting, crafting and cartooning learning from our talented teachers how to: build a town, the buzz about bees, draw from life and more! Specialty camps include a week of ceramic creativity, stop

motion animation, portfolio preparation, full-on fashion, and creative writing.

Students will be encouraged to try new materials and techniques as well as push their creative boundaries. The only

Summer Social Skills Day Camp!



Turning Tides
Community Outreach

Division of Bridgeway Academy

Dates: July 5th - Aug 25th Each week has a theme. Come for the full 8 weeks or each individual week.
Hours: Tuesdays, Wednesdays and Thursdays : 9am-12pm
Cost: \$145/ week or \$998 for 8 weeks

Day Camp Schedule

- Week 1-** First impressions, including appearances, introductions and small talk.
- Week 2-** Evaluating possible friendships and existing ones.
- Week 3-** Being a good friend
- Week 4-** Extending invitations, awareness of others and how to communicate - assertive vs. passive and aggressive.
- Week 5-** Communication - Non- verbal, assertive, passive and aggressive
- Week 6-** Problem solving.
- Week 7-** Avoiding fights
- Week 8-** Setting personal boundaries

Turning Tides Community Outreach is a division of Bridgeway Academy. For more information or to enrol in the Summer Day Camp, please call 902-293-4801 or email angela@turningtides.ca

www.turningtides.ca



DARTMOUTH SPORTSPLEX

You've never seen a summer camp like this!

Each week brings new adventures, challenges friendships, and lots to discover!



Summer Camps: Registration Now On!

Join us for Summer Fun! www.DartmouthSportsplex.com
902.464.2600 ext. 0

Weeklong summer day camps as low as \$120/week

limit to the work they produce is their imaginations!

From drop off to pick up, your child is supervised by our terrific team who are full of wonderful games, and silly jokes. Camps include all materials, lunch supervision and activities, early drop-off (8:30am) and late pick-up (5:00pm). In addition, campers get a free NSCAD t-shirt to get messy in.

NSCAD's connection to the community enables students connect what they learn at camp to possible careers and projects in their community. Past field trips have included Common Roots Urban Farm, The Museum of Natural History,

Citadel Hill, and the Dartmouth Graffiti Wall. To keep updated on your child's activities, we will be running a daily live blog showcasing the artistic adventures your child has embarked on.

Our ARTrageous Summer Exhibition takes place at the end of August and displays work from students made throughout summer.

Register now to guarantee a spot in our marvellously adventurous 2016 Summer Art Camps! For more information, visit www.nscad.ca or call us at 902-494-8185.

www.madscience.org/maritimes

MAD SCIENCE

Sparking imaginative learning

Summer Camps
After-School Programs
Birthday Parties

(902) 454-0863
rturner@msmaritimes.ca

CREATIVE KIDS Education Centre
Engaging the Whole Child

Blast through the summer with super fantastic weekly camps!

Register online at:
www.creativekids.info
902-832-5437
Centre hours: 7:00am-6:00pm

SUMMER 2016!!

Young Campers
Designed to meet the developmental needs of the 4 - 6 year old.

Our 7,000 square foot, licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please campers from 4-12 years of age. Camp hours are from 8:45-3:45 with before and after care available at no extra charge from 7:00am-6:00pm.

Sports, science, drama, dance and more!
Campers will explore our 5 acre wooded setting with natural play spaces and pool.

Weekly Day Camps
At Creative Kids Education Centre

Fort Mania, Paw Patrol, Lego, Water Works, Amazing Race, Little Chefs, Minecraft, Coding, Art....
40 Camps!!

EARLY BIRD DISCOUNT
5% off the Total Order
before May 15/2016

Register Online Now:
www.creativekids.info

Summer Day Camps

Register Today!

(902) 425-9622
ymcahrm.ns.ca

July 4 to August 26

CAMP HOURS
7:30 - 5:30

Camp Location
5303 Tobin Street

Summer Camp Guide

Alderney Landing Art and Theatre Summer Camps 2016

Alderney Landing is very pleased to offer Theatre Summer Camps once again along with our ongoing Art Camps throughout the month of July. Being located on the beautiful Dartmouth Waterfront has its advantages, allowing students to enjoy daily lunches and activity breaks in the park areas of the beautiful Waterfront. With experienced instructors and visiting Artists guiding them through daily projects and skill building workshops, students will explore a wide range of art-making and enjoy all aspects of producing, directing and acting in a short Play. Our themed weeks will explore fun topics with projects appealing to everyone and wiggle room for each student to adapt their own ideas. The weeks will end with an exhibit of work or a play for an audience of family and friends and a reception for everyone, with cake of course! For more detailed information on individual Camps please contact Lee Cripps at lee@alderneylanding.com or 902-461-4698.



Willowbrae
ACADEMY

Where children come to grow!



SUMMER CAMPS

Extended drop-off & pick up times
Huge playground • Meals & snacks included
Awesome themes & field trips every week!

TWO GREAT LOCATIONS!

21 Glen Arbour Way
Hammonds Plains
902.830.9514

1714 St Margarets Bay Rd.
Timberlea
902.499.8769

Check out our website or call for more details:
www.willowbraechildcare.com

Fine Arts & Theatre Summer Camps



The Queen Bee
July 4-8, Theatre Camp



The Art of the Fantastical
July 11-15, Art Camp



Stories About Snakes
July 18-22, Theatre Camp



The Circus!
July 25-29, Art Camp

ALDERNEY LANDING, DARTMOUTH WATERFRONT

Monday - Friday 8:30am - 4:30pm – Ages 6 to 12

Registration: alderneylanding.com or call: (902) 461-8401

\$200 per child, per camp. Fees include: supplies, daily snack & lunch on Fridays





Art Gallery of Nova Scotia



Art. Laughter. Play!

Sign your kids up for a creative summer with Summer School of the Arts

Register online: artgalleryofnovascotia.ca/shop

 [artgalleryns](https://www.facebook.com/artgalleryns)
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JOIN US FOR
Summer CAMPS

choose from:

- heroes & villains
- graffiti: express yo self
- ART-ificial intelligence
- imagination celebration
- motion & movement
- in Monet's garden
- manga: forest spirits
- losta layers
- passion for fashion
- monarch princess

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4CATS.COM



SMU JR HUSKIES CAMPS



Spring Leagues

- Boy's Basketball
- Girl's Basketball

Summer Leagues


- Girl's Hockey

Summer Camps

- Boy's Basketball
- Girl's Basketball
- Co-ed Basketball
- Co-ed Soccer
- Football
- Boy's Hockey
- Girl's Hockey
- Girl's Volleyball

- For ages 4-16 years
- Camps for beginners to elite players
- Half and full day camps


For more information visit our website or call 420-5555
www.smuhuskies.ca



SPORTBALL SUMMER CAMPS

HALF DAY CAMPS – 8:30AM-4:30PM
AGES 3-9 YRS

HAMMONDS PLAINS COMMUNITY CENTRE | JULY 11-15 & AUGUST 15-19

Visit SPORTBALL.CA/NOVA-SCOTIA
For more information and to register

Sportball
Sports instruction for kids

Summer Camp Guide

Extracurricular Activities Are Fun And Essential To Learning!

Submitted by Canadian Parents for French, Nova Scotia

Many factors will contribute to your child's success at school, such as curriculum, learning materials, teachers, school setting, administrative support, your child's motivation, as well as your support and encouragement, to list a few. However, additional exposure to French is important when trying to achieve the program goals in French second language. Therefore, experiencing French at home and within the community will enhance your child's abilities in French, their understanding of francophone culture, and their confidence in using the language.

There are a wide range of things you can do to enrich your child's French language learning. Many aren't expensive or time consuming. Below you'll find a few ideas to get you started. In addition, the CPF newsletters and website are an excellent resource for other ideas. Help your child to use French outside of the classroom! Watch French TV

and DVDs, borrow or buy French books, and choose activities in French like plays, courses and sport activities. Borrow French cookbooks from the library and make a recipe, or work on a family tree in French. Play board games in French. Many activities can be done in French as a family. With summer just around the corner, many parents are looking for summertime activities to keep their child occupied and on the path to success. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to do this.

So what are the benefits to doing extracurricular activities? That depends on the activity, but they all build valuable skills. Studies show that students involved with extracurricular activities tend to have better academic performance, better attendance, and fewer disciplinary issues. This may be due to increased self-esteem, motivation and better time management.

Your child will learn new skills from extracurricular activities, and integrate these skills into their academic lives. They will develop life-long relationships with their peers and learn how to lead others. These skills will be beneficial in later life and in the workplace. No matter what extracurricular activities a student becomes involved in, it is best to start early.

Remember learning any language is a life-long experience! Just as your child's first-language skills will mature and expand with age and new experiences, so similar factors will affect the development of their second language. A long-term commitment will produce the best results! Be supportive and enthusiastic. Research shows that students whose parents have positive attitudes toward French do better in Immersion programs.

Make French a part of your child's life!

Summer Camps



Campers will experience a variety of sports, cooperative games, outdoor, water, adventure & leadership activities, as well as arts and crafts!

Ages 5 - 8yrs (Must have finished grade primary)				Ages 9 - 12yrs			
Dates	Camp Theme	\$ Member	\$ Non Mem.	Dates	Camp Theme	\$ Member	\$ Non Mem.
July 4th-8th	Aqua Adventure	\$154	\$179	July 4th-8th	Wilderness Wonderers	\$154	\$179
July 11th-15th	Wilderness Wonderers	\$154	\$179	July 11th-15th	Swim Lesson / Patrol	\$174	\$199
July 18th-22nd	Ultimate	\$154	\$179	July 18th-22nd	Swim Lesson / Patrol	\$174	\$199
July 25th-29th	Adventures in H2O	\$154	\$179	July 25th-29th	A-Maze-ing Adventures	\$154	\$179
August 2nd-5th (4 days)	Ultimate	\$124	\$144	August 2nd-5th (4 days)	Ultimate	\$124	\$144
August 8th-12th	Swim Lesson	\$174	\$199	August 8th-12th	Adventures in H2O	\$154	\$179
August 15th-19th	Swim Lesson	\$174	\$199	August 15th-19th	Ultimate	\$154	\$179
August 22nd-26th	Nature Quest	\$154	\$179	August 22nd-26th	Aqua Adventure	\$154	\$179
August 29th-Sept. 2nd	Sports & All Sorts	\$154	\$179	August 29th-Sept. 2nd	Sports & All Sorts	\$154	\$179

Camp Hours: 9:00am - 4:00pm
Early Drop Off: 7:30am
Late Pick Up: 5:30pm
Pre-Order / Pay Lunch Options.
Payment Plans Available.

For a complete description of our exciting Summer Camps, please visit our website or phone us at 902.869.4141!



the stadium.ca

HALIFAX

CANADIAN PARENTS FOR FRENCH Nova Scotia French Camp

Join us this summer for a week to remember!

FRANCO-FORUM

St. Pierre, France | Ages 14-18

NAUTICAL CAMP

Îles-de-la-Madeleine/Magdalen Islands, Québec
Ages 12-16

SEA KAYAKING ADVENTURE CAMP

Îles-de-la-Madeleine/Magdalen Islands, Québec
Ages 15-17

CAMP ARTISTIQUE*

Barton, Digby County | Ages 10-14

CAMP DE LA BAIE*

Sambro Head, HRM | Ages 10-14

DAY CAMPS

Hydrostone, Halifax | Ages 6- 10

CHAPTER CAMPS

For more info on local camps, contact your local CPF chapter.

*All levels of French welcome.



L'ÉTÉ, C'EST MAGIQUE!

FRENCH CAMP IS...

A WONDERFUL RE-FRESHER OVER THE SUMMER MONTHS.
THE PERFECT INTRODUCTION FOR STUDENTS ENTERING LATE IMMERSION.
A GREAT WAY TO MAKE NEW AND LASTING FRIENDSHIPS.

CPF Nova Scotia Summer Camps
8 Flamingo Drive Halifax, N.S. B3M 4N8

T 902-453-2048 | F 902-455-2789 | TF 1-877-CPF-5233

E cpf@ns.sympatico.ca | W ns.cpf.ca

Registration forms available online

Facebook.com/CPF.NS | Twitter.com/@CPFNovaScotia | Instagram.com/cpfnovascotia | Youtube.com/CPF Nova Scotia | #iSupportCPFNS

Summer Camp Guide

Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au Camp de Jour et au Camp en Action du Conseil communautaire du Grand-Havre! Les camps ont lieu à l'École du Carrefour à Dartmouth, à l'École secondaire du Sommet à Halifax/Bedford et à l'école des Beaux-Marais à Porters Lake. Les camps se dérouleront en juillet et août 2016. Le programme du Camp de Jour est destiné aux enfants de 4 à 9 ans et le Camp en Action est offert aux jeunes de 10 à 13 ans.

Au Camp de Jour les enfants auront l'occasion de faire des sorties, de réaliser des bricolages et de participer à des activités dynamiques. Pour chaque semaine de camp, un thème différent! Les jeunes inscrits au Camp en Action participeront à des activités plus avancées et adaptées à leur groupe d'âge, entre autres le rafting et le kayak.

A French summer in Halifax!

Offer your children the chance to have fun in a French day camp, the Camp de Jour and the Camp en Action, organised by the Conseil communautaire du Grand-Havre. The camps will take place at the École du Carrefour in Dartmouth, at the École secondaire du Sommet in Halifax/Bedford and at École des Beaux-Marais in Porters Lake. The camps will be offered starting in July and August 2016. The Camp de Jour is intended for children between the ages of 4 and 9 and the Camp en Action is intended for the young pre-teenagers aged from 10 to 13 years old.

At the Camp de Jour, children will have the chance to go on outings, make crafts and participate in dynamic activities. For each week of camp, a new theme! Youth enrolled in the Camp en Action will participate in activities adapted for their age group, such as kayaking and river rafting.

Pour information ou inscription / For information or registration reception@ccgh.ca
ou téléphonez/ or call (902) 435-3244.



CAMP DE JOUR 2016

YOUR CHILD WILL HAVE MUCH FUN LEARNING
WHILE PLAYING!
IN A FRANCOPHONE ENVIRONMENT!



8 WEEKS FULL OF ACTIVITIES, DISCOVERIES AND SPORTS
FOR CHILDREN AGES 4-13, TOUT EN FRANÇAIS!

registration
opens soon/
les inscriptions
débutent bientôt



REGISTER YOUR CHILD IN OUR DAY CAMP OR IN OUR
CAMP IN ACTION (PRE-TEENAGERS)

FOR REGISTRATION OR INFORMATION :
WEBSITE: WWW.CCGH.CA
OR BY PHONE (902) 435-3244



Summer 2016 at the Conservatory

Register now for Music and Dance programs!

Summer 2016 at the Conservatory

Dance

Early Childhood Movement Program (ECMP) Camp
June 20-24
July 25-29

Children's Dance Camps
July 4-8
July 11-15
July 18-22
July 25-29

Tuesday Evening Ballet Classes
Beginner, Intermediate and Advanced
June 14 - July 19

Summer Dance Intensive
August 15-19
August 22-26

Music

Kindermusik Extension
May and June

Voice Intensive
July 4-8

Summer Clarinet Cats
July 5-21

Musical Theatre
July 4-8
July 11-15

Contemporary Vocal Program
July 25-29

NS Summer Suzuki Institute
August 8-12

Brass Band Camp
August 22-26



www.maritimeconservatory.com

Contact us for more
Information

Maritime Conservatory of Performing Arts
6199 Chebucto Road, Halifax, Nova Scotia
Telephone: 902-423-6995

Summer Camp Guide

Camp Tidnish - Access Fun

Camp Tidnish is a residential summer camp that has been providing children and youth with disabilities an incredible camping experience for over 75 years. Owned by the Rotary Club of Amherst and operated by Easter Seals Nova Scotia our camp is located on the beautiful banks of the Tidnish River just outside of Amherst, Nova Scotia.

It is because of the generosity of groups, organizations, and individuals such as the Amherst Weston Bakery employees, and Rotary members across the province that during the summer of 2013 we will be able to offer a number of new programs such as, fishing, canoeing, gardening, archery, gaga ball, trampoline (ing?), as well as all of our traditional activities.

Our goal is to provide a traditional summer camp experience for our campers in a supported, encouraging environment. Our programs and activities are tailored to meet the needs of our campers and participation is always considered 'challenge by choice'.

During their seven day stay at camp, campers of all ages develop confidence, build new friendships and discover their unique abilities; but the feeling of community and joy of Camp Tidnish lasts far beyond the end of summer, our campers and their families are part of a year round community who share memories that will last a lifetime.

Is your child's camp Accredited?

When choosing a summer camp for your child there are many questions to consider: are the staff well trained, will my child be safe, what happens if there is an emergency?

Since 2000 the Camping Association of Nova Scotia and PEI (CANSPEI) has been supporting residential summer camps by providing an Accreditation program with the aim of ensuring the safety of campers, staff and volunteers of our member camps.

Accredited camps must participate in a vigorous evaluation process every three years to assess camp administration, staff and volunteer hiring, training and certifications, facilities requirements and maintenance, all aspects of program planning and delivery, food service operation, camp sanitation, and emergency planning. In addition to the

evaluation process, Accredited camps must sign an annual undertaking each year to maintain their standing and prove that they are continuing to uphold our high standards.

Sending your camper to an Accredited summer camp removes a lot of the guess work and worry from your decision making process because you can be sure that your camper is attending a safe program.

For a list of accredited residential summer camps or to find out more about our accreditation program, please visit our website www.campingns.ca.

Also, look for the JUNE 17th SUMMER CAMP GUIDE EDITION of the Parent-Child Guide for a list of CANS accredited camps.



MOUNT
Fitness Centre

Join in the fun at the Mount's Summer Day Camps!

For children entering Grades 1-6 in September
\$38.00 per day \$160.00 per week

msvu.ca/fitness

902-457-6420

The Mount,
Rosaria Centre

Web:
msvu.ca/fitness

Phone:
902-457-6420







Register NOW!


Easter Seals Nova Scotia For more information or to register please contact camp director Patti Sampson.

camping@easterseals.ns.ca
902•453•6000 ext 227
www.easterseals.ns.ca





Camping Association of Nova Scotia and PEI



Look for the JUNE 17th SUMMER CAMP GUIDE EDITION of the Parent-Child Guide for a list of CANS Accredited Camps.

www.canspei.ca

Summer Camp Guide

Lifelong Literacy For Every Student

Halifax Learning is excited to open our 2016 Literacy Summer Camp registration! We combine the best literacy instruction in North America with games, experiential learning and cultural experiences to ensure every child has an enriching and unforgettable summer.

Camp is open to children in grades P-6 and starts daily at 8:45am, giving parents time to drop off the kids and get to work. Monday to Thursday mornings are for SpellRead instruction. Afternoons and Fridays shift to camp games, experiential learning and cultural activities. Pick up at

4:00pm but early drop-off and after-camp care is available.

SpellRead at Halifax Learning is effective for all ages and learning styles. Our instructors are experienced and have comprehensive training. They have First Aid and CPR certifications

and up-to-date criminal record checks. Campers receive eight hours of weekly SpellRead instruction. This immersive environment quickly accelerates learning. Last year's campers averaged 30 hours of instruction, improving their phonological and spelling skills by 300%. Word recognition and comprehension doubled from pre-camp levels.

Traditional camp activities include swimming, group games and arts and crafts. We'll spend time at Point Pleasant Park, explore the marine Touch Tanks at Dalhousie University, run wild at the Discovery Centre, and welcome a furry guest from Therapy Paws of Canada. Other activities include Mi'kmaq workshops, tours of Citadel Hill and the Maritime Museum of the Atlantic, and a tall ship excursion around the Halifax Harbour. Every day is enriching at Halifax Learning.

Our six-week summer camp runs from July 4th - August 12th, 2016. Registrations of four weeks or more qualify for discount. Tax receipts for Federal Child Care Benefits are available. For more information or to schedule your reading assessment, contact info@halifaxlearning.com or call Heather Baltzer at (902) 453-4113.



SpellRead
— a gold-standard reading program trusted by parents and experts alike in Nova Scotia for close to 15 years.

Smart inside and outside the classroom. Enrol in our SpellRead Summer Camp.

Halifax Learning
(902) 453-4113 • www.halifaxlearning.com
Halifax • Dartmouth • Bedford • Tantallon • Fall River • Truro • New Glasgow • Saint John, NB



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• Bayers Lake Industrial Park

Dartmouth:
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• 138 Wyse Road

Burnside:
• 106 Ilsley Avenue

Cole Harbour:
• 4 Forest Hills Drive

Sackville:
• 720 Sackville Drive

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NOW OPEN

The Kids Fun Factory

Summer Camps

FAMILY!

FUN!

PARTY!

PLAY!

The Kids Fun Factory will be offering Weekly and Daily Summer Camps This Summer.

Sign up for our Fun, Active and Artistic Camps for Ages 6 to 13, Hours 7.30 am to 5.30 pm.

Each day and week, we will offer different themes at our Summer Camps, providing your children and your family a Safe and Fun Environment!

Also, we are open 7 days a week, and we operate from 9 am to 9 pm as a drop-in centre for parents with children, ages 6 to 13 years who need couple of hours to do chores, to take care of business, shopping, medical appointment, etc.

We also offer Party Rooms for Birthdays.

Check out our website www.thekidsfunfactory.ca or Facebook, or you can also call at **902-407-2999** or please drop in to see us at **580 Wright Avenue, Burnside, Dartmouth,** just before Costco on Wright Avenue.

For More Information

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The Kids Fun Factory will be offering Weekly and Daily Summer Camps This Summer.

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MacPhee Centre for Creative Learning

Contribute to a Life of Purpose in Dartmouth

Youth are connecting passion with purpose through the arts at the MacPhee Centre for Creative Learning. Located in downtown Dartmouth, this one of a kind community hub inspires creativity and confidence by offering unique programs to 12 to 19 year-olds. Programs include visual arts, music, dance, theatre, creative writing and technology in a safe and inspiring space.

The Centre was founded in 2009 as a non-profit for youths who are not thriving in a traditional classroom environment and at risk of dropping out of school and those with barriers to accessing creative learning opportunities.

By bridging the learning gap in those who are disengaged from traditional education, or with barriers to accessing creative learning, the MacPhee Centre helps in the development of confidence, lifelong learning skills, an appreciation for the value in giving back to the community and increased potential for employment in our communities.

The opportunity to create, to imagine and to invent are all aspects of creative learning. The MacPhee Centre's programs include activities

that involve active cognitive processes such as creating, problem-solving, reasoning, decision-making, and evaluation. Students are intrinsically motivated to learn due to the meaningful nature of the immersive learning environment and opportunities.

At the MacPhee Centre, programs enhance the development of youth and its professional artists and mentors provide engaging and positive experiences. Based in the fully renovated historic Union Protection building at 50 Queen Street in downtown Dartmouth, the Centre was designed with direct input from the youth who use the space.

The Centre provides an environment of respect where youth can re-engage in school through creative arts programs. It fosters an interest in lifelong learning in order to decrease dropout rates from school and empower youth to pursue careers that will provide financial independence and allow them to contribute positively to our community.

The best part? Programs are free and accessible for youth in the HRM. For more information, check out www.macpheecentre.ca or call (902) 469-2851.

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Intermediate	12 - 15	July 17 - 22	\$185.00 + HST
Multi-Age	10 - 14	July 24 - July 29	\$185.00 + HST
Day Camp 1	5 - 12	July 24 - July 29	\$125.00/WK or \$30.00/DAY
Junior Intermediate	7 - 14	July 31 - August 5	\$185.00 + HST
Day Camp 2	5 - 12	July 31 - August 5	\$125.00/WK or \$30.00/DAY
Family	All Ages!	August 7 - 12	See Below

For family camp the Rate Per Family is \$345.00. Note that this is based on up to FOUR people. Each Additional person will be \$75.00 • Rate for one person will be \$207.00

Camp Office (902) 624-9649
Office email: office@campmush.ca

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Ready or Not Here I Come! "A Guide to Finding Infant Care"

By Jo-Anne Bayers – Director,
The Growing Place

As Director of one of only a handful of centres in the Dartmouth area offering infant care I often receive phone calls from parents inquiring about our program. Sometimes these calls are just quick inquiries about cost, and availability, while others are parents frantically searching for childcare because their maternity leave is ending.

My heart goes out to these parents because despite the many parenting books, and prenatal supports available there seems to be a lack of information to guide parents in their search for infant care. So just where is a parent to start? The earlier you start the better, in fact I often joke that if you're thinking about making a baby call me first! All levity aside this is a very real concern for parents, and my hope is that this article will shed a little light on the when, who, where, and what of finding infant care.

When: Almost from the moment you find out you're pregnant. If not, early into your maternity leave so that you have time to explore your options, and if need be, time to be placed on a waiting list as many centres are booking infant spots a year in advance.

Who: While private care may appear to offer more flexible

hours, you will have no say in when they take time off, where as licensed centres are open year round. Licensed centres also employ qualified teachers trained in emergency first aid including infant CPR, and provide developmentally appropriate programs.

Where: Do you want care closer to home or work? Many parents prefer care closer to home to limit their child's travel time. Another consideration is whether they will be able to remain in their current care once they reach school age.

What: What can I expect from my childcare provider? What will be expected of me? What forms, and authorizations will I need to fill out? How will my child transition into care? By asking all these questions, and more early into your pregnancy you will be able to relax, and enjoy this special, but all too brief time with your bundle of joy.

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



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Education

Learning Doesn't Stop Just Because School Is Out

Submitted by Oxford Learning

It is no surprise that as the temperature rises, student concentration levels fall. As spring sets in, kids begin to imagine all the fun activities they will do over the summer holidays, and learning becomes the furthest thing from their minds. But just because schools take a break for the summer, it doesn't mean brains do. The brain continues to grow, and like a muscle, will begin to deteriorate if it is not used continuously and properly.

While it is important for students to relax and have fun over the summer holidays, it is equally important for them to keep their brains active. Known as 'summer brain drain,' students can lose learning skills they have acquired throughout the school year and can need nearly eight weeks to get

back into the swing of things if their brains remain unchallenged for a full two months. Studies show students can lose up to six weeks of learning skills, with math skills taking the hardest hit. The research proves it: without summer learning, students head back to class unmotivated and not ready to learn new material.

But there is a solution. Summer learning programs offer the perfect opportunity for students to stay mentally stimulated and motivated, get caught up, and get ahead.

We need to change the way we think about summer and summer learning. Enrolling in a summer learning program is not only necessary for struggling students - it is necessary for *all* students.

It is essential for students to continue learning, keep their brains sharp, and maintain momentum heading into the next grade, otherwise they are more likely to fall behind, and stay behind. Students should take advantage of the summer break to work on specific trouble areas, so that when school begins again in September, they are ready for their most successful year yet.

In an age where student workloads are rising, post-secondary education is increasingly competitive, and technological distractions are everywhere, there is no better time to get serious about getting caught up and getting ahead. Whether supplemental learning is a staple for your family, or if getting some extra help is new to

you, now is the time to see the difference summer learning can make for your child.

About Oxford Learning

With a variety of summer programs, including Math, Reading, French, SAT and ACT, and Catch Up & Get Ahead programs, Oxford Learning has programs for all ages and grades.

For more information on summer learning, or to find out which Oxford Learning summer program is best suited for your child, contact Oxford Learning Bedford at 405-4116 or bedford@oxfordlearning.com or Halifax at 423-4484 or halifax@oxfordlearning.com

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Even if they are in the early stages of learning the language, this is a sure way to create a positive experience around official examinations.

Resources at Your Disposal

Our centre offers a library with contemporary literature, books for children, CDs and DVDs which are available to our learners and members.

You also can access *Culturethèque*, our online virtual library offering more than 90,000 items in French such as magazines, books, comics and videos.

French Language and Cultural Centre

Alliance Française Halifax is a Canadian not-for-profit organization dedicated to the promotion of French cultures and language in the wide sense of Francophonie. We act to develop teaching and learning in French, and encourage communication between French speakers and French lovers through up-to-date cultural and educational programs. We offer dynamic courses adapted to people of all ages and all backgrounds as well as a program of weekly cultural events such as movie nights, lectures and concerts, opened to all.

For more information, please contact 902-455-4411, exam@afhalifax.ca or www.afhalifax.ca or www.ciep.fr/delf-prim

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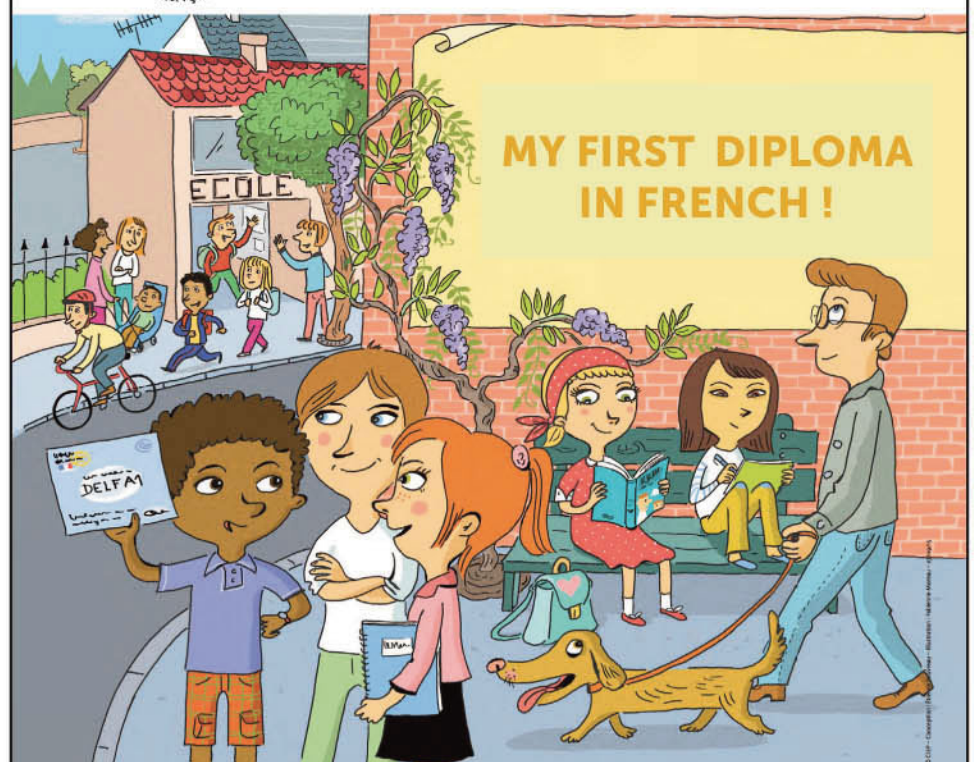
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Education



Jerry Thibeau, nouveau directeur régional du CSAP dans la région Centrale



Présentement facilitateur dans le secteur des programmes au Halifax Regional School Board, monsieur Thibeau est diplômé en éducation de l'Université de Moncton et a obtenu une maîtrise en Éducation (Administration) de l'université St. F.-X.

Natif de Petit-de-Grat, le nouveau directeur régional estime que ses connaissances et son expérience avec les programmes de français en milieu minoritaire sont un atout pour le CSAP. Nous souhaitons à M. Thibeau beaucoup de succès dans ses nouvelles fonctions.

D'abord enseignant depuis 1990, il a été, entre autres, directeur adjoint de l'École Bois-Joli et de l'école Bedford South ainsi que directeur de l'école Brookside. Il a été par la suite consultant et facilitateur au département des Programmes au conseil scolaire de Halifax. Il a été professeur au programme de Maîtrise en éducation à l'Université St. Francis-Xavier.

Pour renseignements :
www.csap.ca or
1-888-533-2727

Diane Racette, directrice générale du Conseil scolaire acadien provincial (CSAP) par intérim, est heureuse d'annoncer la nomination de Jerry Thibeau au poste de directeur régional du CSAP dans la région Centrale. Il entrera en fonction le 21 mars 2016.

Wee Care Centre Annual On-Line Auction, April 25th to May 9th, 2016

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facilities ensures that all children reach their full potential. Proving this incredible opportunity for this special children requires your support.

provide specialized equipment, health services such as Physio Therapy, Occupational Therapy and Music Therapy, to maximize children's abilities. Thank you for your support of Wee Care!

You can support Wee Care through its annual online auction, to be held at www.weecareauction.ca from April 25th to May 9th, 2016. Each year, there are hundreds of registered bidders, with over \$12,000.00 raised last year. We ask that you consider donating gift certificates, services or items for the auction. We are accepting continue to

If you have any questions regarding the Wee care facility, our services or the auction, please contact Dawn or Flo at (902)455-1081 or by email at flo@weecareforkids.ca or dawn@weecareforkids.ca or visit us on the web at www.weecareforkids.ca

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What Parents Need To Know About Cats And Children



practice it to make sure that they can do it safely. If they haphazardly pick up their cat in a rough manner, it could cause the cat to be anti-social and withdraw from the family. The cat might even act out by hissing and scratching at the kids.

When you first introduce the cat to your family, watch your children closely. Observe how they interact with each other to see how each behaves. If you observe your child playing too roughly with your new cat or kitten, put a stop to the behavior before it becomes common place. If the cat or kitten shows signs of stress or fear, terminate the interaction calmly and try again at a later time.

If you are thinking of adding a cat to your household, you should give some consideration to how your kids will interact with their new furry friend. While cats mix with kids well, there can be some stumbling blocks.

Before introducing a cat to your home, sit down with your children and explain to them that all animals have to be treated with respect. Cats don't require much in terms of responsibility but they must be treated kindly.

While many say that it is prudent to let your small child grow up with a kitten, this is not always the best choice. Kittens and kids don't always mix. Kittens are extremely sensitive and some children play quite rough. Sometimes young kids just don't understand how fragile a kitten is. As a result, an adult cat is oftentimes the better decision for families with young children.

While cats are sensitive creatures that must be handled with care, they can also help kids learn responsibility and how to treat animals properly. Your child will become much more compassionate toward animals when he has the chance to care for a cat. Just be sure to teach him the right lessons.

Talk to your kids about treating the cat with love and how to respect the cat's space. Discuss proper handling of the cat before you actually bring him into the home and again before letting them interact together.

It is critical that you teach your children how to handle cats. They should be picked up infrequently and with great care. Teach your children that they have the capability of harming the cat if they pick him up inappropriately. Demonstrate the proper method to pick up the cat in front of your kids and then have them

For more information, www.HalifaxVeterinaryHospital.com or call your regular veterinarian.

Kermesse Art Show & Sale Celebrates 50th Anniversary

This year marks the 50th anniversary of the IWK Auxiliary's Kermesse Art Show and Sale. Many of us and our children grew up loving Kermesse and, although the format of Kermesse has changed, it continues to raise money to support the Auxiliary's contributions toward providing care and comfort to patients and families of the IWK Hospital. This year's Art Show and Sale will be held from May 25 to 28 at the Nova Scotia Archives Chase Gallery on University and Robie in Halifax. There will be over 100 paintings by local artists for sale. The works will be of varying mediums and prices to suit all tastes. In addition to paintings for sale, raffle tickets will be sold for three items, including a watercolour entitled Spruce at Polly's Cove by Susan Cairns, which is valued at \$400. We urge you all to come out and enjoy the Show and continue to support a good cause. *The Show hours are Wednesday, May 25, 7-9 pm (opening reception - all welcome), Thursday and Friday, May 26 & 27, 10 am-8 pm, and Saturday, May 28, 9 am-4:30 pm. There is no admission fee.*

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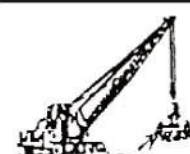
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CRAFT CORNER

Spraying Spring 2016

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts



Ahhh, here we go... another season of spring upon us!!! All of the new growth and beautiful colors start popping up, a little splash here and there, before you know it spring is in the air. There's no doubt that good weather and spring in general make people happy.

Spring is often seen as a new beginning; a time to make a fresh start as you peel away the winter layers. I like to take time for plants in the early spring repotting and getting seeds started for the garden.

Over the winter months I had been collecting tin cans and glass bottles with the idea to spray paint them and freshen up the garden decor. Now that the weather is nice again I've picked up a few cans of spray paint and I'm going

to get outside. I like the look of gold & copper with white for an accent.

It's really very simple to get a professional look to your spray painting projects, but for a project that is going to be left out with mother nature I'll keep it simple. Here are just a few helpful tips.

#1: Properly prepare the surface. It should be free of rust, debris, oils, water and dust. When this step is complete, avoid touching the metal with your bare hands.

#2: Protect areas of the item that you do not want to get painted. Masking or painters tape will do for many jobs.

#3: Working outside or in a well ventilated area is ideal, no direct sunlight, and no wind to blow dust and debris onto your work. An old cardboard box that's big enough to hold your work is great for protection. Make sure the top flaps will stay open while you work, you can close up the box while waiting for the paint to dry.

#4: Use primer before applying your finish coats. As a bonus, since primers are more forgiving than spray paints, it's a good time to practice your spray painting technique.

#5: Whenever you first start spray painting, vigorously shake the can for 45-60 seconds. Subsequent shakings, done while painting, can be for 5-10 seconds. Re-shake the can once for every 1-minute of spray painting.

#6: Do not aim directly at your work and do not get too close or stop while the paint is hitting the article being painted, this will cause buildup and an uneven result. Sweep up and down, side to side, around in circles - whatever your item requires - just never stop sweeping while the spray is hitting the work.

Perfect your spray painting technique and you'll find a wealth of creative projects open up to you.

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