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Highly Sensitive People... what does that mean?

Check out our **Summer Camp Guide!** Pages 20-24

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The Benefits Of Messy Play



Check out our **Senior Living Care section** Pages 15-17

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## Highly Sensitive People... what does that mean?

By Carol M. Shirley, Registered Psychologist, with ENIGMA

**H**ighly Sensitive is actually a personality trait that is present in about 20 percent of the population. These are all of the people who have been told by the other 80 percent that they are too sensitive or they should grow a thicker skin.

Highly sensitive people (of all ages) tend to have the following characteristics:

**D** - We are deep processors - deep thinkers. We consider others and ponder the many outcomes of our choices.

**O** - We are easily overstimulated by visual (sight), auditory (sounds), touch and movement around us and need time alone.

**E** - We are Empathic - very sensitive to energy in motion or the emotions of others. We tend to feel or sense others emotions and can "take on" feelings that

are not ours.

**S** - We are very sensitive - often even become anxious or sad when we listen to the news or other negativity and can be confused or overwhelmed.

Highly sensitive children are often thought of as "shy" or overreactive and can be easily misunderstood.

A parenting tip for parents of highly sensitive children is to learn how to say "No" in a "Yes" way.

For example, if your child asks for a cookie before dinner; say, "Yes you can have a cookie right after dinner".

Or

If they ask to do an activity

that cannot fit into that days schedule; say for example "Yes, we can do that on Saturday, it will be so much fun".

Highly sensitive people are particularly sensitive to the tone of voice used. Unfortunately, we are often really good at self judgement and internalizing what feels like others judgement in tone (both verbal and actions).

Honor your sensitivity, be who you are.

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## INSIDE

**6 Highly Sensitive People...what does that mean?**

By Carol M. Shirley, Registered Psychologist, with ENIGMA

**10-11 Fun Places To Go**

**12-14 Health & Wellness**

**12 Are you Missing Something?**

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

**15-17 Senior Living Care**

**18-19 Getaways and Resorts**

**20-24 Summer Camp Guide**

**25-26 Education**

**28 For the Love of Pets**

**29 The Benefits Of Messy Play**

By Angie White, Head toddler teacher,  
The Growing Place

**30 Craft Corner - Living Wreath**

And much more!

### Parent-Child GUIDE

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[parentchild@ns.sympatico.ca](mailto:parentchild@ns.sympatico.ca)

NEXT PARENT-CHILD GUIDE

Will Be Our **BACK TO SCHOOL EDITION**, with our **FALL REGISTRATION SECTION**

also including Fun Places to Go, Health and Wellness, Seniors' Living Care, and More!

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## Join MLA DiCostanzo at Annual Community BBQ



Did you know that there is an annual community barbecue every summer for families in Clayton Park West? I'm already looking forward to this year's!

Although the date and location have yet to be announced, you can expect diverse music for all tastes and a bouncy castle, a firetruck and a Metro transit bus for children to enjoy to their heart's delight. Halal hot dogs, hamburgers, veggie burgers and soft drinks will be served free of charge.

Each year, the barbecue provides the perfect opportunity for community members to catch up with old friends or get to know newcomers to the area. It is also a great opportunity to get involved in community initiatives by connecting with the Friends of Clayton Park Society and other local organizations working to make Clayton Park West a better place to live, work and play.

Please 'Like' my Facebook page or subscribe to the newsletter on my website to receive the event details once they are made available. If you have any questions, please do not hesitate to contact me at 902-443-8318 or [rafah@rafahdicostanzo.com](mailto:rafah@rafahdicostanzo.com).

I hope to see you there!

Sincerely,

Rafah

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# HRM MLAs and MPs Working Hard for YOU!

## An Update from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

Dear friends,

June is an exciting and busy month as students and adults alike look forward to the upcoming summer fun. If you or your organization is hosting a special event this summer please contact my office so that we can attend and be a part of your celebration or event.

In May I was happy to be out and about in the riding. I was honored to be a judge at the Eastern Passage Buffalo Club's 15th Annual Auto Show. I had a blast chatting with the community and viewing over 100 vintage automobiles. I also stopped

in at the Waverly Memorial Elementary School and shared the role of an MP, and how bills become law in Canada. I was very impressed by the questions from students and I always enjoy being back in the classroom. Finally, I went to visit the berm in East Chezzetcook. I greatly appreciated the tour from local residents. It was helpful to hear their concerns in person and learn how the flooding this winter has impacted the area. I look forward to exploring possibilities with various federal departments in Ottawa.

An early congratulations to all of our 2018 high school graduates as well! This year I will be attending the Sackville, Lockview and Cole Harbour High graduation ceremonies. Best of luck as you embark on new opportunities this fall. In addition, good luck to the 219 students in Sackville-Preston-Chezzetcook working Canada Summer Jobs next month! I look forward to visiting you all this summer.

Sincerely, Darrell J. Samson, M.P.

Visit me online at: Website: [dsamson.liberal.ca](http://dsamson.liberal.ca),



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## Education Updates

By Hon. Lena Metlege Diab, MLA Halifax Armdale

As we enjoy our summer, the province is moving forward with a number of exciting initiatives that will support our students and their learning environment in the fall.

For the first time, Nova Scotia now has a multi-year school capital plan. New school builds and renovations will go forward this year and over the next several years, focused on communities with critical facility needs. This includes Spryfield's new J. L. Ilesley High School and a new CSAP school on the Halifax peninsula.

September will also see Pre-Primary classes expand to more school communities. This is the second phase of a province-wide rollout, and I'm happy to see both Springvale Elementary and École Chebucto Heights in Armdale included this year. For a full list of pre-primary locations and more information about registration, please visit [www.ednet.ns.ca/pre-primary](http://www.ednet.ns.ca/pre-primary).

Grade 9 students across the province will also benefit

from a new course, Citizenship Education 9, which will expand to all schools in the fall. The course will cover the rights and responsibilities of citizenship, as well as how youth can actively participate in their communities. It also includes a financial literacy component, to better prepare our students for life after school.

As part of the province's

work to act on the Commission for Inclusive Education's recommendations, \$15 million will be spent to enable changes to our model of inclusive education for the upcoming school year. This September, the province will hire more than 190 people, including child and youth care practitioners, parent navigators, education assistants, psychologists, and

speech language pathologists to address student needs, starting with a focus on behaviour and autism supports. This will help support both our students and teachers.

Wishing you a restful summer, and all the best in the coming school year!



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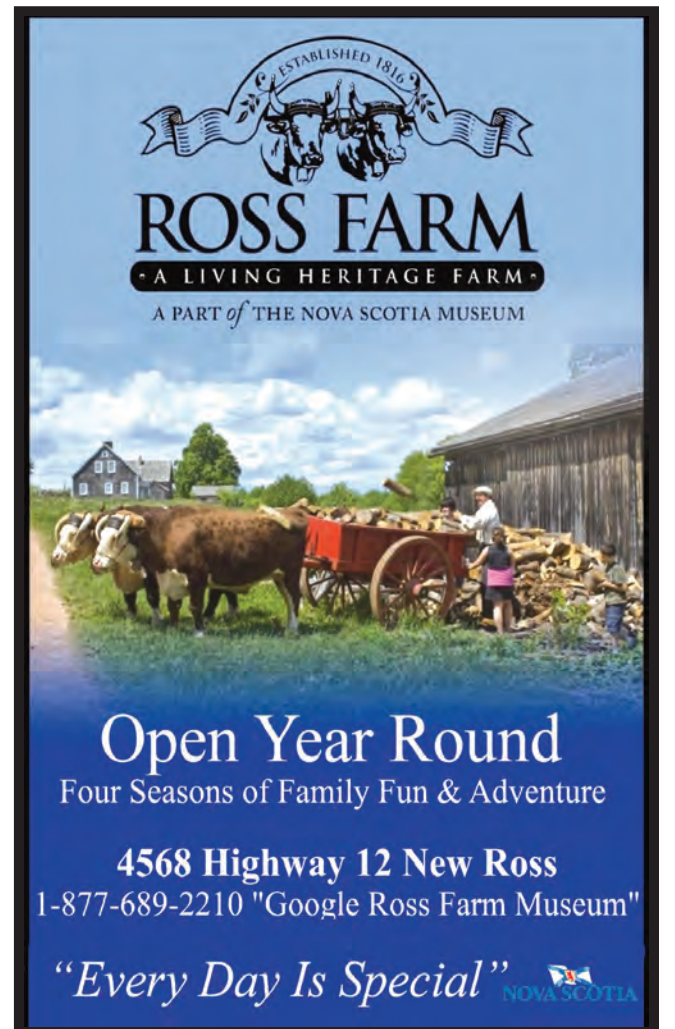
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## Are you Missing Something?

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

It's a big day when your child first notices a wiggly tooth. That they can finally free that little stub of a baby tooth from the mouth, place it carefully under their pillow and await the ever-exciting arrival of the tooth fairy is a bit of a rite of passage. But it doesn't happen that way for everyone.

The primary dentition (or baby teeth) is made up of twenty teeth that are very important in guiding the future permanent (or adult) teeth into the right spot. Those primary teeth are placeholders. All twenty teeth are expected to loosen and exfoliate to make way for the permanent teeth. However sometimes a primary tooth will not become loose as expected. In 5-6% of the population, one or more permanent teeth may be congenitally missing (or not present from birth.) This condition is called hypodontia. Hypodontia is associated with both genetic and envi-

ronmental factors. Often a person with a missing tooth will know of someone in their family with the same experience. Missing teeth can occur in both the primary and permanent dentitions. When a tooth is missing in the primary dentition, there is a high probability that it will also be missing in the permanent dentition. More surprisingly, when all of the primary teeth are present, it can be shocking for parents to learn that there is no permanent tooth to replace it's predecessor.

So what happens if you suspect a missing tooth? Often parents may not even realize that there has been a disruption in the eruption pattern of the permanent teeth. Just like everyone gets their teeth at a different infant stage, so do young children lose their teeth at a range of ages. That said, there are still some general patterns for tooth loss and although the various teeth may be lost at different ages among peers, the pattern is quite consistent. Your family dentist will monitor your child's tooth loss pattern but often the first sign of a missing tooth is in a screening radiograph (xray)

that may be taken at your early orthodontic screening appointment. One of the reasons for an early orthodontic screening at age 7-8 is that by that age, all of the permanent teeth should be visible and accounted for on the radiograph. With this early diagnosis, there are more

options with how to deal with a potential missing tooth or teeth.

Unfortunately at this time there is no way to regenerate a missing tooth. The closest thing we have is a dental implant, which can replace a single missing tooth without impacting the teeth on either

side. Other options include bridges which "suspend" a tooth in the empty spot, or partial dentures. Orthodontics is an important part of treatment for missing teeth. An orthodontist can assess a primary tooth to evaluate the root to help

determine how long a retained primary tooth may last. Some primary teeth can be maintained for many, many years without replacement. Another option with orthodontics is closing space for a congenitally missing ... *cont. on page 14*



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CBI Home Health, part of CBI Health Group, provides a wide range of healthcare and support services in a variety of settings. We recognize that our patients sometimes prefer to receive services in their home and that home care services help them remain independent. We work with patients of all ages and abilities in their homes, assisted-living facilities, clinics, hospitals and other settings to provide the timely, comprehensive care they deserve. Our multidisciplinary care team includes nurses, physiotherapists, occupational therapists, speech language

pathologists, dieticians, social workers, health care aides, personal support workers and more, so you can feel good knowing we can connect you to the care you need.

As a leading Canadian healthcare service provider, with a network of 10,000+ clinical and support professionals, CBI has a large integrated network which means better patient access and improved health outcomes. Our multidisciplinary team of clinical and support professionals work collaboratively across our network to foster best practices and provide you with

the highest standards of care. We work hard to make it easier for you and your family to access the quality care and tailored solutions you need.

At CBI, we take a patient-centered approach to healthcare: that means our focus is on you the individual. With us, you can expect personalized treatment plans that cater to your unique needs and goals. Get the care you need, when and where you need it.

To learn more about CBI Home Health visit [www.cbi.ca](http://www.cbi.ca)

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*Cont. from page 12...*

tooth. This can be made easier with early diagnosis as careful planning is important in these cases.

Although hypodontia is rare, it does exist in our population and can be a stressful finding for unsuspecting parents. Early diagnosis is the

key to having the greatest treatment options available.

*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 902-455-7222.*

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# Senior Living Care

## For an Increasing Number of Seniors

Submitted by GEM Health Care Group

For an increasing number of seniors, retirement living means convenience: no more worries about shovelling snow, mowing the lawn or maintaining a home (and with 24-hour security, safety isn't a concern either). But retirement living can be plenty of fun also, says Samantha Smith, marketing assistant with GEM Health Care Group.

"Whether you like dance or fitness classes, or sporting events, or if bingo and art classes are more your style, our senior living communities have something for everyone," says Smith. "Some of our residences include amenities like hair salons, movie theatres, libraries, even a licensed pub and a private dining area for special events with family and friends."

GEM's Residential Care facilities are located in Halifax, Amherst and Yarmouth, N.S. Each provides comfort and

security to clients, lots of activity programs and nutritious home-cooked meals prepared by professional chefs under the direction of a nutritionist.

Anyone considering a move to a seniors' residence has several options depending on individual needs — options that include independent senior living communities, residential care facilities and long-term care facilities.

Independent (or retirement) senior living communities are designed for those 55 and older. Residents are seniors who don't need assistance with daily activities, but want to take advantage of convenient services, senior-friendly surroundings and the social opportunities that these communities offer.

For those with less ability to function in their own home, but don't require long-term care, a residential care facility may be the answer. Also called assisted living facilities, these provide

personal care, supervision and accommodation in a safe and supportive environment.

Long-term care facilities provide services for people who need ongoing care, either on a long-term basis or short-term respite care.

Who was making all that music & laughter last night?!!



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For more than 30 years, GEM Health Care has provided high-quality level 2 nursing care to those who require assistance or supervision performing their activities of daily living. Through a combination of model-of-care and facility design, GEM strives to ensure

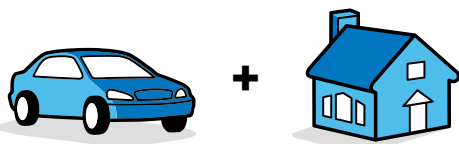
that each individual client is able to live a comfortable and stress-free lifestyle — one that promotes independence and enjoyment.

"Our focus is on making retirement living worry-free and fun," says Smith.

To learn more about GEM Health Care Group and their facilities, visit [www.gemhealth.com](http://www.gemhealth.com) Or 902-429-6227

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## Summer Road Safety

Submitted by Matt Conrad, Allstate Insurance, Dartmouth Crossing

Summer is just around the corner, and if you're like me, it can't come soon enough! The warm weather and sunny skies are ideal for hitting the highway for road trips or leisurely Sunday drives, but even while you're enjoying the heydays of summer it's important to remember that roadways can often be unpredictable. Collisions can happen at any time of the year, not just in bad weather conditions. In fact, while a greater number of collisions occur during the winter, Allstate Insurance Company of Canada data reveals that the most severe collisions often take place during the summer. It's imperative that drivers be as attentive, sensible, and patient during the summer months as they would in winter to help keep our roads safer for drivers, passengers, pedestrians and cyclists.

Here are a few friendly reminders to help ensure a collision or breakdown don't ruin your summer fun.

Keep your eyes on the road. It's estimated that distracted driving is the behind eight out of 10 collisions.

Changing your music, fiddling with your GPS, tending to a child in the back seat, or using your cell phone could result in a very different type of trip. Limit distractions by setting yourself up before you put your car into drive. Adjust your seat, mirrors, music and GPS in advance; keep children occupied with activities; and put your phone away until you reach a rest stop or your destination.

Be prepared. Plan out when and where you will stop before you embark on a long trip. Never continue driving if you feel tired or unable to concentrate. Keep an emergency kit in your car that includes water, food, a blanket, flashlight and first aid kit.

Maintain your vehicle. Keeping your vehicle in good condition is imperative year round but giving your car a thorough once over before heading out on an excursion is a good way to minimize unnecessary surprises. Check your tire pressure as underinflated tires can increase the risk of poor road performance or a blowout.

It's also a good idea to keep a spare tire handy. Check to make sure all your lights are working, including turn and hazard signals. Lastly, cars tend to overheat in the summer, it's important to always check your car's fluids before hitting the road.

Don't drive while under the influence — summer often means parties, family reunions, weddings and patios however according to MADD Canada, every day, on average, four Canadians are killed and 174 are injured in impaired driving crashes. A recent Canadian study also shows that driving while under the influence of drugs is becoming more common than drinking and driving in some areas of the country. Have fun at events this summer but always plan ahead: designate a sober driver, take a taxi, walk with a friend or make arrangements to stay over or take local transit.

To learn more about staying safe on the roads this summer, visit Allstate's **GOOD HANDS<sup>®</sup>** blog at [goodhandsadvice.ca](http://goodhandsadvice.ca), or contact me at 902-701-7605.



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Contact Mary Ann Bunker at 902.407.0778 or [mbunker@shannex.com](mailto:mbunker@shannex.com)



[ParklandRetirementLiving.com](http://ParklandRetirementLiving.com)





# Senior Living Care

## Retirement Living - Seeing is Believing

Submitted by The Berkeley

Living in a retirement residence is a bit of a misunderstood concept and, though not the same at all, it is often compared to living in a nursing home. Moving to a retirement residence is a choice you make to improve and truly enjoy your life. It allows for peace of mind, safety, security, convenience and a multitude of opportunities to socialize. It is a fantastic solution for anyone who is lonely, tired of grocery shopping, cooking, cleaning and worrying about indoor and outdoor household maintenance.

Here's how it works at The Berkeley - you rent an apartment, decorate and furnish it with your own belongings in a building with people of a similar generation and interests. With four buildings to choose from, you pick the location that suits you best. You have well-balanced, delicious meals in the dining room allowing for daily chats with friends and neighbours. Housekeeping cleans your apartment and washes and changes your bed linens and towels once a week. To keep everyone active and engaged, you have a variety of activities in which to participate throughout the day, week and month. The bonus is



that there are health care professionals on duty 24-hours a day, so you can rest-assured that if you need assistance, you will get it. There are also a variety of services that you can obtain as required. The bottom line is that you are free to enjoy your life, in any way you choose, while someone else takes care of the chores. It is a win-win situation.

Many people find it difficult to leave a family house. It can be a daunting task to down-size, not to mention, leaving behind the cherished memories of

a family home. However, believe it or not, a retirement residence quickly becomes home; a place you will feel comfortable, welcome and safe. Belonging to a community is exceptionally important and it allows for a well-rounded lifestyle with options and convenience. Sometimes, you must see it to believe it, so please come for a tour and see all the benefits of retirement living for yourself!

For more information or to book a tour, visit [theberkeley.com](http://theberkeley.com) or call Gloria at (902) 802-0346.

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## Love Where You Live

Summertime, or anytime, living at The Berkeley lets you enjoy the simple pleasures of life both inside and out. Have a lively conversation, stay active doing activities you love, and treat yourself to good times with great friends and no worries. At The Berkeley, there's always something to do or, if you prefer, just enjoy a restful retreat in the privacy of your own apartment. It's your choice.

When you're at The Berkeley, you're at home.

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



**The Berkeley**

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# Getaways & Resorts

The Beautiful Villages of Mountain Gap Resort is a property that offers a rustic version of today's accommodations. We have upgraded with new beds and bedding, painted, kitchenettes in some rooms with standard motel rooms, studio cottages. 2 bedroom apartment, family suites, 1, 2 and 3 bedroom cottages. Something to fit all needs if you are travelling for business, pleasure, by bus, alone or with your family. I can offer you nightly, weekly or monthly rates. We also offer group rates should you wish to book 10 or more rooms with us. We have recently build a new conference/reception hall and many other updates. Our restaurant overlooks the beautiful Annapolis Basin and the World famous Digby scallop and Lobster fleets with spectacular sunsets. We serve fresh local seafood and many other dishes to tease your taste buds.

**Many things to do at our property:**

- Large Playground, Giant Chessboard, Free WIFI, Commentary Breakfast
- On Site Chapel, Wedding Receptions, Family Reunions, Meeting Space
- Swimming Pool, Walking Beach, Beautiful Sunsets, Dining (Anchors Bar and Grill)
- Walking Trail, Volley Ball, Croquet, Badminton, Basketball Court
- Kids Play Room, Nightly Bonfire with outdoor movies (July & August)

**Packages:**

We offer Golf Packages, Upper Clements Theme Park Packages, Kids Weekends, Friends Getaway Weekends or we can put together a package that will accommodate what you are



looking for and much more. We invite you to check out our web site at [www.mountaingap.ca](http://www.mountaingap.ca) or follow us on Facebook.

Thank you for your reading about our beautiful property and we would love to have you stay with us.

*Thank you once again for reading about our beautiful property. If you have any questions or require further details, please do not hesitate to contact me at any time. I can be reached direct at (902) 245-5841 or better yet, via email at [valeriecarty@mountaingap.ca](mailto:valeriecarty@mountaingap.ca)*

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Rates starting at **\$283** per package, plus tax  
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[liscombelodge.ca](http://liscombelodge.ca)

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**RESORT ACTIVITIES TO ENJOY:**

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- Giant Chessboard
- Walking Trail • Badminton
- Basketball Court
- Volleyball • Croquet
- Kids Playground & Play Room



**Our menu includes fresh local seafood as well as other dishes to satisfy your appetite.**

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\$100

**PERFORMING ARTS EXPOSURE CAMP**  
Aug. 13<sup>th</sup> – 17<sup>th</sup>  
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**DRAWING**  
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All summer  
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All summer  
FREE

**CAMP INFO**  
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Youth ages 12 to 19  
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**REGISTRATION**  
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# BACK TO SCHOOL GUIDE

with Education and **Fall Registration**

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Contact: Robert Rockwell 902-209-4461  
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**TUESDAY Artist of the Day**  
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# Summer Camp Guide



**ART CAMPS** 6-10 YEAR OLDS  
**FROG DAYS OF SUMMER** JULY 2-6  
**TRANSFORMERS** JULY 9-13

**THEATRE CAMPS** 6-10 YEAR OLDS  
**PETER PAN** JULY 16-20  
**WIZARD OF OZ** JULY 23-27

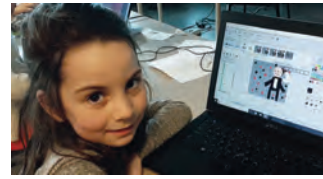


**TEEN CAMPS** 11-15 YEAR OLDS  
**IMPROV THEATRE CAMP** JULY 2-6  
**SCRIPT WRITING** JULY 9-13  
**COSTUME DESIGN** JULY 16-20

MONDAY – FRIDAY 8:30AM – 4:30PM \$200 PER CHILD, PER CAMP  
 FEES INCLUDE: SUPPLIES, DAILY SNACK & LUNCH ON FRIDAYS

## Minecraft, Game Design Film & VR- for kids, teens – all ages!

Submitted by Artech Camps



Amelia showing us her awesome boss character!

Summer time and the livin' is easy... fresh air, sunshine, corn-on-the-cob and playing video games?

What if instead of playing games online Jessy and Chris learned how to create their own computer games and apps? Instead of watching youtube videos, they produced and filmed their own animations and films?

These are just some of the many creative ways to stretch imaginations at Artech Camps this summer. Kids and youth from five through teen years can attend week-long specialty camps in film, game design, computer programming, Minecraft and Virtual Reality!



Dawson with a carefully crafted animated portal.

Creating video games is not only fun, it is fast becoming the newest, most dynamic form of expression. The planning and design that goes into game development inspires creative problem solving. It is a process that engages and empowers young people to take on challenges and succeed!

Likewise with film making – scripting, filming, acting and editing all provide avenues for personal growth, expression, acquiring valuable technology skills and collaborating with others.

Find out more about Artech's summer camps online at [www.artechcamps.com](http://www.artechcamps.com). For youth and families that face medical, financial or other barriers we have a generous scholarship program available to assist.

Camp location: NSCC Institute of Technology on Leeds Street in Halifax.

Camp phone line: 902-579-3317.

Website: [www.artechcamps.com](http://www.artechcamps.com)

Inquiring young minds don't take a break!

camps for all ages  
 kids & teens

**Game Design**  
**Animation**  
**Character Design**  
**Minecraft**  
**Coding**  
**VR**



**ARtech Camps**  
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SAVE \$10  
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# SUMMER with Us 2018!

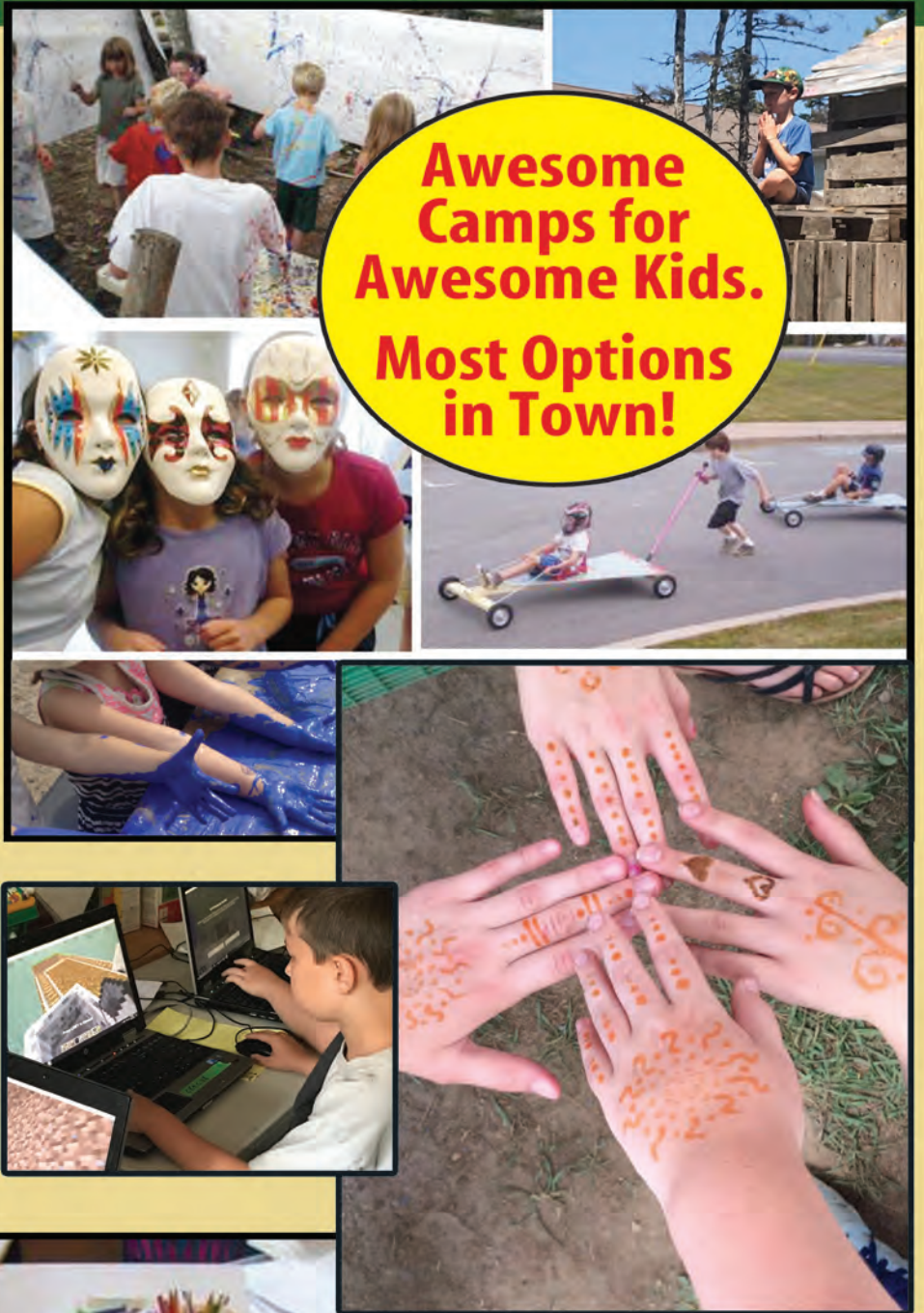
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## 40 Camps To Choose From

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- Art Attack
- Beach Bash
- Camp Dino
- Chefs in the Making
- Christmas in July
- Cloud 9 Spa
- Codify
- Community Outreach/
- Gymnastics
- Creepy Crawlies
- DIY Camp
- Down Home Charm
- Dueling Forts
- Fantastic Forts
- Fortress Domination
- Hockey Shoot-Out
- Hoop Group Basketball
- Minecraft Crusade

- Minecraft Face-Off
- Minecraft Mania
- Mission Impossible Obstacles
- Mix it up
- Monster Mash
- Multiplayer Mania
- Oopy Goopy
- PJ Masks
- Pokemon Master Trainer
- Roblox Renegade
- Roblox/Minecraft Clash
- Roblox/Minecraft Feud
- Save the Best for Last
- Spin, Splash and Dash
- String Along With Us
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Engaging the Whole Child





# Summer Camp Guide

## Royal City Soccer Club Summer day camps

The Royal City Soccer Club is excited to bring our very popular summer soccer day camps to the Halifax and Dartmouth area this summer. For the past 26 years, we've hosted over 300,000 boys & girls in over 100 locations across Canada. We're the #1 grassroots soccer day camps in Canada. Our program is designed to promote personal development, team building and of course, FUN!

The camp program is uniquely designed to offer a soccer focus in the morning and a leisure swim with other organized camp activities in the afternoons. We encourage

all boys and girls between the ages of 5 and 13 to register. We offer full day, morning and afternoon sessions where each camper receives a camp soccer ball, tshirt, personalized certificate, great supervision ratios and much more. We also offer early drop off and pickup times fully supervised at no extra charge. The camps operate during the months of July and August. We look forward to a great summer of camp.

Check out our website at [www.royalsoccer.com](http://www.royalsoccer.com) for more information or call 1-800-427-0536.

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with Education and  
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[parentchild@ns.sympatico.ca](mailto:parentchild@ns.sympatico.ca)


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July 16-20 Advanced Robotics/Stop Motion Animation - **SOLD OUT**  
July 23-27 Super Heroes/Comic Book Creator - **NSCC IVANY CAMPUS**  
August 13-17 - Pocket Brick Monsters/Comic Book Creator - **DAL SUB**  
August 20-24 - Jurassic Brick Land/Stop Motion Maker - **SOLD OUT**

Register Online at:  
[www.bricks4kidz.com/halifax](http://www.bricks4kidz.com/halifax)  
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Birthday Parties  
Workshops  
Lunchtime Programs  
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**Franchise Opportunities Available!**



# 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 auront lieu à l'école du Carrefour à Dartmouth et à l'école du Sommet à Bedford. Ceux-ci se dérouleront du 3 juillet au 24 août 2018. Le programme du Camp de jour est destiné aux enfants de 4 à 9 ans et celui du Camp en action s'adresse aux jeunes de 10 à 13 ans.

Chaque semaine, une thématique différente initiera votre enfant à des activités plus stimulantes les unes que les autres. Des thèmes tels que le cirque, la science, les activités

aquatiques seront au menu. Les jeunes inscrits au Camp en action participeront à des activités plus avancées et adaptées à leur groupe d'âge, incluant le go-kart, du trampoline acrobatique et du parcours d'arbre en arbre.

Inscrivez votre enfant dès maintenant à: <https://www.ccggh.ca/camp-de-jour>

Pour plus d'informations contactez :  
Courtlyn Arsenault,  
Coordonnatrice du Camp de jour  
camp@ccggh.ca  
T: (902) 435-3244 #206.

## A French Summer in Halifax!

Offer your child an opportunity to have fun at the Camp de jour and the Camp en action, a French summer camp organized by the Conseil communautaire du Grand-Havre! The camps will take place at École du Carrefour in Dartmouth and École du Sommet in Bedford. The camps will be offered starting July 3rd to August 24th 2018. The Camp de jour is intended for children between the ages of 4 and 9 and the Camp en action for young pre-teenagers between the ages of 10 to 13 years old.

Each week, a different theme will initiate your child to various stimulating activities.

Themes such as the circus, the science week, and water activities will be on the menu. Youth enrolled in the Camp en action will participate in activities adapted for their age group, such as go-karting, acrobatic trampolines and Ontree Adventure Park.

Register your child now at:  
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## Summer School of the Arts at the Art Gallery of Nova Scotia

We are serving up inspiration & hands on art making during the Summer School of the Arts at the Art Gallery of Nova Scotia. During our art camps you can experiment with a wide range of materials, discover new creative techniques and explore Atlantic Canada's largest art collection. Sign up for "Splash, Drip and Sponge" to explore abstract painting, or combine your creative talents in "Theatre and Art". We offer half and full day classes for ages 5-12. Each class is led by a local practicing artist, who brings a wealth of talent and experience to their class. Whether you're trying your hand at "Photo Fun", "Pottery Play" or "Stitching and Quilting" you're sure to learn something new.

Registration is easy, you can purchase camps online or in person at the Art Gallery of Nova Scotia's Information Desk, or by phone with credit card payment (Visa, MasterCard, Amex) at (902) 424-5280 during regular Gallery hours. Organized lunch time supervision and extended hours are available to students attending full-day classes. You can find a full list of classes and dates on the Gallery's website [artgalleryofnovascotia.ca](http://artgalleryofnovascotia.ca).

Cost: \$130/week for a morning or afternoon class. Are you a Gallery Member? Don't forget Members are eligible for a 10% discount on Summer School of the Arts. Classes fill up quickly so register early to avoid disappointment.

Get ready for some hands-on fun with the Art Gallery of Nova Scotia!



# Summer Camp Guide

## Summer Fun "en Français"

Submitted Canadian Parents for French, Nova Scotia

With summer just around the corner, many parents are looking for activities to maintain or enhance their child's language levels. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to achieve this. There are a wide range of activities you can do to enrich your child's French over the summer. Many aren't expensive or time consuming.

Encourage your child to use French outside of the classroom! Watch French TV and DVDs together, borrow French books

from the library, and look out for activities in French such as performers, plays, workshops and sport activities. Borrow French cookbooks from the library and make recipes, or work on your family tree in French. Play board games in French. Many activities can be done in French as a family. Let your child take the lead and show you their language skills!

Over the summer, your child will learn new skills from extracurricular activities, and integrate these skills at school in the fall. They will develop life-long relationships with their friends 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, the earlier the better.

Remember learning any language is a life-long experience! Just as your child's first-language skills expand with age and new experiences, the same factors affect the development of their second language. A long-term commitment will produce the best language results! Be supportive and enthusiastic. Make French a part of your child's life!



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

\*All levels of French welcome.



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# Myths About Summer & Learning

*Myth: kids need the summer off to recharge.*

Submitted by Oxford Learning

While the school year can be tiring and mentally demanding, kids actually thrive within the structured framework that the school year provides. A break from the school-year routine can be invigorating for a short period of time, but a too-long break rarely helps students feel recharged; rather, it leads to boredom and academic malaise.

Without replacing the school day structure with summer camps or other regular day programs, children can become disengaged from not only their routines, but also from learning. Video games, texting, movies, and lounging by the pool are fun, but eventually relaxation and downtime become boring too. And boredom is rarely a pre-cursor to a willingness to jump back into learning.

Providing mentally stimulating summer activities that are reliable and routine is the best way to avoid summer boredom and keep kids charged up and ready to take on a new school year.

**Myth: if summer was not intended to be a break, school wouldn't shut down.**

The most common school year as we know it—from September to June—exists because of two main historic reasons: At the turn of the last century, agricultural societies required children to help out with farming chores during busy growing seasons and, in cities, schools were unbearably hot during summer and made

teaching and learning in poorly-ventilated buildings a health hazard. The current 180-day school calendar is still in place, even if the reasons for it are no longer valid.

In fact, many school boards have made the move to year-round schooling, offering several shorter break periods throughout the year, rather than one long one in the summer.

School boards don't intend summer to be a "break" for students—policy makers are simply continuing to follow a system that has been in place for many years, and, coincidentally, one that has come to be beneficial to cash-strapped school boards.

**Myth: summer isn't part of the school year.**

Summer is just as important to a student's overall learning experience as what is learned from September to June. In terms of the brain, learning runs 24-7, all year round.

The time away from school is a very important opportunity for many students to fill in learning gaps, make sense of material learning during the school year, and improve/develop important learning skills such as reading comprehension and organization. It's the time to get extra help that there may not be chance to get while school is in session. It's the chance to experience in-class lessons first hand. And, it's the only chance that students have to adequately prepare for the year ahead.

It's time to stop thinking about the school year as September to June: there is no final bell on a student's education.

**Myth: Summer will make students refreshed and ready to learn in the fall.**

This is the scariest myth about summer learning. After a summer spent relaxing, students may feel refreshed, but they are far from ready to learn. Research into summer learning has shown that after taking a two-month break, students have lost approximately 20-30% of their academic learning momentum: they've gone backward in terms of learning. These studies also show that teachers typically spend up to six weeks re-teaching last year's material. Students aren't ready to learn after a summer off: they've lost their learning momentum after two months of video games and relaxing at the beach.

The summer slide, the brain drain, or summer learning losses—whatever you call it, it can be easily prevented. A few hours a week of active academic learning keeps the brain sharp, so that when falls rolls around, students are ready to learn and take on the challenges of a new school year.

*For more information on summer learning, or to find out which Oxford Learning summer program is best suited for your child, contact Oxford Learning Halifax at 902-701-9254 or halifax@oxfordlearning.com or Bedford at 902-700-6489 or bedford@oxfordlearning.com*

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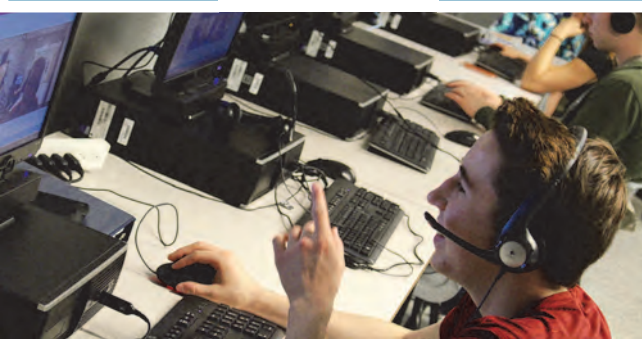




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## The Benefits Of Messy Play

By Angie White, Head toddler teacher, The Growing Place

We've all heard that children learn through their play. While there are many types of play, my favorite is Messy Play.

Early childhood educators understand the importance of letting a child discover their own abilities, which is why messy play is incorporated in their daily planning. It could be as simple as sand and water play, to goop, slime, flubber and mud. The list is endless.

Messy play can open up many learning opportunities for children. My favorite messy play activi-

ty is Goop. It encompasses learning through all domains from measuring and mixing for math, how it is a solid and liquid for science, using your hand to manipulate it for fine motor skills, describing your play, the goop and your feelings for literacy and social skills; these are just a few to name. Children of all abilities are able to participate in messy play as it is an unstructured and exploratory type of play. There is no right or wrong way to do messy play.

Here are a few of the recipes I use regularly with my class and they

always enjoy it. Explore these and other messy play activities with your children. Remember, you are never too old to have fun!

### Goop

Mix equal parts of corn starch and water. You may add food coloring to the water.

You can hold it, roll it and then let it melt through your fingers.

### Kinetic Sand

Fine Sand, corn starch, shaving cream (not gel) and food coloring. Portions can vary, mix until mouldable.

### Clean Mud

Tear up a roll of toilet paper into small pieces, grate a bar of soap

Mix soap and toilet paper with warm water (a little at a time) until mouldable.

Angie is currently the head toddler teacher at The Growing Place (Pleasant Street location). She is our Arts and Crafts expert as well as an endless resource for new ideas to try in the classroom. For more information please visit our website at

[www.thegrowingplace.ca](http://www.thegrowingplace.ca)

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## Living & Loving Life: The Special Needs Way Upcoming Fall Conference

Wee Care Developmental Centre will be hosting an annual conference on September 28th & 29th, 2018 at Mount Saint Vincent University. The conference will be launched on Friday evening with tours and hands on experiences at Wee Care Dev Centre located at 5217 Young Street in the North End of Halifax.

Saturday is a full day for Parents & Early Childhood Professionals who are working/living in child care environments promoting an inclusive environment. Dr. Kevin Kelloway from Dalhousie University will be covering the topic of "Psychological Fitness for ECE's". Dr. Lindsay Uman, Clinical Psychologist will be covering "Understanding and Managing Anxiety in Young

children". Dr. Tamar Sorenson Duncan, IWK Health Centre will be covering "Supporting Language in Immigrant and Refugee Children". Debbie Thompson, ECE, will be covering "Partnering for Play". Wanda Jackson, Adult Educator & Deb Malbeuf, ECE will be covering Putting a Spotlight on Development and Play". Sarah Brown, ECE will be covering "Terrible or

Testing Toddlers?"

The cost to attend both days is \$190.00 for professionals, Parents are \$50.00, and Students are \$75.00.

To register or for more information please check our Facebook page "Wee Care Developmental Centre", email [Flo@weecareforkids.ca](mailto:Flo@weecareforkids.ca), [dawn@weecareforkids.ca](mailto:dawn@weecareforkids.ca), or call 902-455-1081.

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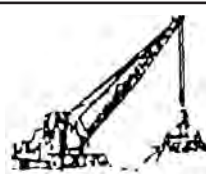
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# CRAFT CORNER

## Living Wreath

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

**M**aking a wreath out of growing plants is a DIY project I have been wanting to try for many years. I like to think of the wreath as a symbol of life, eternity, welcome to my home.

A wire wreath frame, potting soil, water-retaining crystals, moss and 20 or 22-gauge copper wire are the basic supplies needed for a living wreath. Choosing the plant varieties was the challenging part for me, to restrain myself around that many beautiful plants. I decided to hang the wreath on my front door so I needed plants that could tolerate shade in the morning and strong bright sun in the afternoon, finally deciding on a variety of small begonias.

I read that sheet and sphagnum moss are the best types of moss to use for a living wreath but I couldn't find either. What I did find was Cocomoss, a planter

lining material made of coconut fiber. It's a good idea to have a surplus for patching thin areas and for tucking around the plants.

When planning out the design of your living wreath consider using plants that work well in containers, also the plants you choose will determine the soil mix you need. Succulents and cacti require a soil made specifically for these low water varieties. Other plants will benefit from having an added fertilizer and you can mix polymer water-retaining crystals into the soil for moisture loving plants. The polymer crystals should be mixed into moist soil awhile before planting to allow full



absorption as the crystals swell and increase the bulk of the soil.

When you finish putting your wreath together leave it to sit flat for a week so the roots of the plants have time to anchor in. Rest assured that it's difficult to make an incorrect wreath! Enjoy your personalized interpretation and embrace the wildness of your creation.

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# Value Village

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Our mission is improving lives through the power of reuse, and we operate under the notion that businesses thrive when communities thrive. Our business model has always been the same at its core: as a for-profit company, we pay local charitable organizations for used clothing and household goods donated to them by people in our community.

In Dartmouth and Halifax, we accept these items on behalf of **Diabetes Canada** and **Big Brothers Big Sisters** and pay them for every item that comes in, providing them with reliable revenue to

help fund their missions.

Value Village also offers a FUNDrive program as our way to assist non-profit groups in the communities where we work and live. Over the past 2 years the FUNDrive program has provided many organizations throughout Canada with a great way to earn money, promote reuse, and save the planet. Our team members then offer local shoppers the best quality items for sale in our store, at a great value. We also ensure each item we receive is given an opportunity for reuse or recycling instead of ending up in a landfill. Our company model led to more than \$160 million in payments to charities in 2016 and more than 700 million pounds of items being kept out of landfills. We're proud to be part of the community and look forward furthering our local impact.

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