

# Parent-Child Guide

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June/July 2022

Vol. 28 - No. 2

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## Parent-Child GUIDE

*Covering the Halifax Regional Municipality and beyond!*

The *Parent-Child Guide* newspaper is published by Rockwell Publishing Incorporated, Halifax  
94 Bayview Rd., Halifax, NS B3M 1N9

[parentchild@ns.sympatico.ca](mailto:parentchild@ns.sympatico.ca) | 902-209-4461

The *Parent-Child Guide* delivers to Halifax, Dartmouth, Bedford, Sackville, Cole Harbour, Tantallon, Fall River, and more. We are Metro's Oldest Free Family Newspaper, established in 1995.

### NEXT PARENT-CHILD GUIDE will be our BACK-TO-SCHOOL EDITION

also including Fun Places to Go, Health & Wellness, Seniors' Living Care, Education, and More!  
Printing on August 25, 2022, running to October 19, 2022. Advertising August 4, 2022

ROBERT ROCKWELL, Owner/Publisher Cell 902-209-4461

Jennifer Park, General Manager 902-209-4461

Design & layout: TC Transcontinental Printing Halifax

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## Enjoy the Great Outdoors

By Claudette Bouman

Dear Parents,

Remember how as a child you frolicked outside with your siblings and friends? How in May and June, you couldn't wait for the end of the school day? On beautiful vacation days you probably sometimes forgot about hunger. And boredom—what was that? A child's body, mind, and spirit thrive with regular time spent in the open air. I'm all in for outdoor play, exploration, and activities especially as summer weather arrives in Nova Scotia. Organized team sports are great outdoor undertakings but I'm writing here about walking, biking, and free play activities with family and friends.

Richard Louv, co-founder of "Children & Nature Network", wrote *Last Child in the Woods: Saving our Children from Nature-Deficit Disorder*. He says in just a few decades, childhood moved indoors, disconnected from the natural world. He adds something all parents know: nature plays a critical role in children's healthy development and all children benefit from regular time spent playing and learning outdoors.

For my own physical health, mental well being, and social connections, I try to be active outdoors for at least an hour a day, mostly walking, five days a week year-round. Warm spring and summer are my best times. In Dartmouth, I love trails along Cranberry and Bisset Lakes. Sometimes I even bike. My marches take me past brooks and lakes. I'm startled and delighted by the variety of creatures I encounter. They provoke my curiosity.

First, birds. I turn to look when I see a red robin in red breast, mourning dove, and woodpecker—the "downy" or "hairy" one. My favourite among woodpeckers is the pileated woodpecker with its striking red crest contrasting with its black and white feathers. Other favourites are: the fire-engine red cardinal, the yellow warbler, and the redwing blackbird that

so loves hanging out by water edges. So far, my most wonderful sight was the lift off of a blue heron, alarmed into flight as I passed by. Its impressive wing span left my speechless. I hear shy pheasants crowing everyday I walk but have seen them only three times. One summer day, a pheasant mother and three chicks crossed the trail in front of me.

Birds are not all. I spy beavers swimming, muskrats cohabiting lodges with beavers, and numerous turtles crawling unto rocks and clumps of earth to bask in the sun. I've crossed paths with deer, a porcupine, a fox, and a turtle laying her eggs right next to a busy road. These sightings spark talking and learning points for children, fascinated by the animal world around us.

Remember the trees in their grand array. I'm astounded by how fast flowers and leaves flush and grow after spring's first budburst. Maple trees dominate our landscape. Other deciduous trees like beech, birch, and mountain ash flourish. New flushes on spruce, pine, fir, and larch are just as captivating. I've learned to lean in closer to see mayflowers, clintonia, and lady slippers nodding shyly in the understorey of these huggable giants.

But above all I benefit, as your children do, from the company I keep while walking. I try to learn about bird, animal, and tree life every day. Parents let your child choose, lead, and explore with your support and guidance. The world is a wonderful place on a warm, summer day out in nature in Nova Scotia. Above all, what's the best benefit of the outdoors? It's all for free. Enjoy.

*Claudette Bouman retired after 30 years of teaching in Barbados, Saskatchewan and Nova Scotia, mostly at senior high school. Her last thirteen years were spent at Cole Harbour District High School with a wonderful group of colleagues. There she taught chiefly English and Theory of Knowledge*

*in the International Baccalaureate Program (IB). She enjoys writing and is in the process of writing a Memoir title: "Saarland Dream." It's about a year she took off from teaching (2013-2014) to live in Germany with her husband and daughter. She has two adult children and live in Dartmouth with her husband.*



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# HRM MLAs and MPs Working Hard for YOU!

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

### Summer is Almost Here!

This month marks the official start of summer!

With the warmer weather and longer daylight hours, we are seeing other welcome signs of the season too, as local food trucks and ice cream shops are opening up for the year in communities throughout Sackville-Preston-Chezzetcook.

This month also is the beginning of the many local festivals across the riding, and over the next few months, we will be celebrating Patriot Days in Sackville as well as many others. These annual events have been postponed or scaled-back over the past two years due to the pandemic, so it will be great to see things in full swing again.

After a long stretch of duties in Ottawa and abroad, I am looking forward to spending more time in the riding so I can get out and see as many of you as possible at various events throughout the summer. Until then, please stay safe!

### Congratulations to the Grads!

Later this month, students will finish their school year and get to enjoy two months of no home-

work and studying. That means school staff will all have a well-deserved break after another challenging year of dealing with the pandemic, including crossing guards and bus drivers, custodial staff and administration, teaching assistants and other support staff, and everyone else involved in making our schools a safe and welcoming place for our children to learn.

For those completing Grade 12, this marks an important milestone in your life as you embark on your next chapter of post-education or maybe a full-time job. This is an exciting time that you will always remember, and I wish you much success at whatever you choose to do.

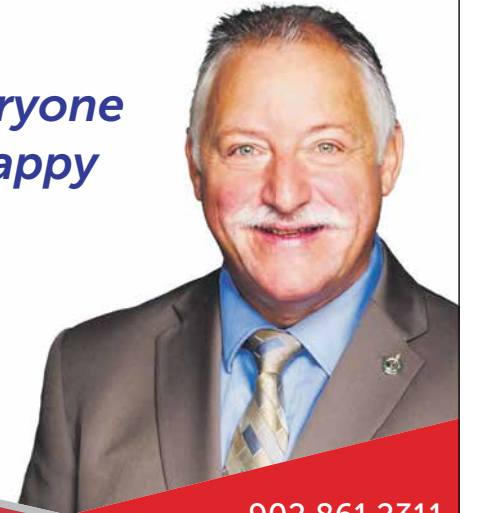
This will be the first year that schools will be able to hold regular graduation ceremonies again without gathering restrictions, and I am sure it will be an amazing experience to celebrate this momentous occasion with your families and classmates.



## DARRELL SAMSON

MEMBER OF PARLIAMENT • DÉPUTÉ  
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*Wishing everyone  
a safe and happy  
summer!*



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I am looking forward to attending as many of the graduation ceremonies as possible across the riding.

*Darrell*

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## Summer Greetings from MLA Rafah DiCostanzo

Happy Summer, Clayton Park West! I would like to extend a heartfelt congratulations to the graduating class of 2022. I hope all students enjoy a well-deserved summer break and that you get to experience all that our community has to offer during the summer months.

### Litter Prevention Committee (LPC)

The Litter Prevention Committee (LPC) will be hosting monthly clean-ups until October and everyone is welcome to participate! We are always looking for volunteers to help and would encourage anyone interested to reach out to our office. Be sure to check out our social media for details as they are announced each month.

### Rapid COVID Test Kits

While you are out and about this summer, be sure to stop in and pick up some rapid test kits at our office. Please email or call our office to arrange to pick one up!

### Safe Walking to School: A New Initiative for Clayton Park West

During the summer break from school, our office will be working with

community members on the new Safe Walking to School initiative. As your MLA, I have heard from many of you at the doors during my campaign regarding the traffic and parking issues at our three schools: Ecole Rockingham Elementary, PP-9 Park West School, and Halifax West High School.

We are working hard to establish a volunteer group to help lead this community initiative and would love to have you involved in making this a safe and successful initiative.

### How can you help?

- Volunteer as a parent, or senior student to chaperone walking groups once a week;
- Help us with the strategy and planning of this initiative; and/or
- Have your business support this initiative by donating rewards for student participation.

If you are interested in volunteering, please reach out to our office.

Once again, I would like to wish you all a safe and happy summer! We are always here to help constituents, so please reach out at any time—we would love to hear from you.

*Rafah*

*Congratulations  
class of 2022!*

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## A Message from Hon. Tim Halman MLA Dartmouth East

### Happy summer, Dartmouth!

I've always loved summer as an MLA because there are so many fantastic community events to take part in. One of my favourite activities that had become a bit of a tradition (pre-COVID) was attending a citizenship ceremony at Pier 21 on Canada Day. There is always something so special about that event.

COVID-19 has altered or cancelled some of these summer activities, but we keep moving forward in finding ways to enjoy the summer weather together and safely. I'm looking forward for what's to come, including high school graduation ceremonies, the 2022 Epic Canadian Run in July, as well as a national baseball tournament and international Canoe Sprint and Paracanoe World Championships right here in Dartmouth.

In balancing my ministerial and MLA responsibilities, my time will be split between my offices in Halifax and Dartmouth, but I'm looking forward to events happening on weekends and in the evenings.

This summer, in addition to all the exciting events we'll be having, I'm looking forward to getting back to the doorsteps. I want to be out in the constituency and speaking to residents as much as possible to hear what's on your mind.

Keep an eye out, I may just be at a local event or knocking on your door sometime soon!



## A Message from Lisa Lachance, MLA Halifax Citadel-Sable Island

Nova Scotia celebrates Pride season from June-September when 2SLGBTQ+ communities and allies come together to celebrate and show support for gender and sexual diversity.

Our understanding of gender and sexuality constantly evolves. You may be familiar with lesbian, gay and bisexual that are used to describe sexual orientation and attraction. Gender identity describes our internal understanding and experience of our own gender. Transgender folks feel that their gender may differ from the sex they were assigned at birth.

Nonbinary people see gender identity as outside of the male-female gender binary and may use gender-fluid, genderqueer, and other terms. Two-Spirit (2S) is used by First Nations peoples whose sexuality and gender exists in ways that challenge colonial constructions of a gender binary.

It's never too early to begin having open, age-appropriate



dialogue with your child about sexuality and gender. It's important that youth feel safe to express themselves, fully and authentically. There are many folks in Nova Scotia dedicated to promoting 2SLGBTQ+ inclusion. You can be a rainbow ally too: Get comfortable talking about gender and sexuality; from Sydney to Yarmouth, celebrate Pride in your family—decorate, attend Pride events with your family, and make it part of your summer traditions; encourage your child's school to access Youth Project programming. The Youth Project is a youth-led organization offering events, programs, services, and resources tailored to young people and families.

Don't forget the power of one! Trans and non-binary young people have higher rates of mental illness, homelessness, and suicide. But research has shown that this all changes when they have one supportive adult in their life. You can make the difference!



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# HRM MLAs and MPs Working Hard for YOU!

## A Message from Braedon Clark, MLA Bedford South

First and foremost I would like to extend my Congratulations and thanks to the *Parent-Child Guide* which is celebrating its 27<sup>th</sup> Anniversary this year.

Robert and Jennifer Rockwell are dedicated, kind, and very patient captains of this incredible family newspaper. Not only is it a wealth of knowledge and useful information for families and people of all ages but it is also free.

*Parent-Child Guide* speaks to how the Rockwells are great community ambassadors. Their never-ending generosity and infectious humour are very much appreciated on our good days and most especially on our not so good days. Keep up the great work, your community loves you and values your service.

As we get ready to welcome summer, I would like to take this opportunity to congratulate all the students who will be graduating this year and would like to give a huge THANK YOU to all the teachers and

parents who continue to nurture and work hard to help kids see that learning experiences are positive and rewarding for self growth. No matter the time in life, learning should always be a part of our daily journey and the earlier our kids see the value and fun with being curious and improving their skills and knowledge, the more meaningful and enriched their lives will be.

So have a fun summer and I hope you can get out and about to participate in the many great activities planned both locally and throughout the province. **Happy Canada Day everyone** as we celebrate our great country's birthday on July 1!


Stay safe and I hope to see many of you throughout the coming months as my family and I create some fun family memories out in our community.

All the best,  
Braedon Clark, MLA Bedford South



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## A Message from Lorelei Nicoll, MLA Cole Harbour-Dartmouth

June and July are busy months of events with graduations, weddings, summer vacations and holidays. I wish to congratulate all graduates from the elementary schools, junior high schools, and high schools serving the students of Cole Harbour-Dartmouth!

Special congratulations to our university and college graduates as they embark on their next chapter in each one's chosen career path!

As always, I am here to be engaged on all matters,

in particular, those of a provincial nature. Please reach out to me with your concerns.

As always, if you know of anyone celebrating a special occasion, birthday, anniversary or if a new business is opening up in Cole Harbour-Dartmouth, please let us know. We love to celebrate and share your great news.

I look forward to seeing you out and about in our neighbourhoods. Until then, stay well, stay safe and have a wonderful Nova Scotia summer!




 **Lorelei Nicoll**  
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MLA Cole Harbour-Dartmouth

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# FUN

## Places To Go!

### Beat them Gas Prices, Visit a Museum—Get Outdoors!

By Pete Cullen, Executive Director, Ross Farm Museum

It's tough to read the news these days. Prices are putting pressure on families as well and filling up the car is a major headache. We're all feeling it, and we're worried.

I'm a biased writer, but I have a strong suggestion—stay in the province, visit a museum. There are more than 250 museums across Nova Scotia, and certainly the 28 museums of the Nova Scotia Museum system offer a wide variety of activities and cultural experiences—and they are inexpensive options. Many of the Nova Scotia Museums offer outdoor experiences as well, like the WHOLE of Sherbrooke Village in Sherbrooke, Ross Farm Museum in New Ross, Highland Village in Iona, Acadia Village in Pubnico, the Fundy Geological Museum or walk the wharves in Lunenburg at the Fisheries Museum, learn

about the Black Loyalists in Shelburne or get educated about fire safety at the Firefighters Museum in Yarmouth. Across the province there are museums to explore. There will be one handy to you!

See, while walking around, or getting a wagon ride, or doing a fossil find—while airing off the kids—you're chatting with expert interpreters who will explain and show you a lot about the histories and cultures of Nova Scotia. We combine fresh air with a fresh look at past practices. We like to show as much as tell and explain what we're doing in the process. There are so many things to see about the variety of cultures of the Province, but also about their ways of life. Looking for a great bang-for-your-buck experience for you and the kids, Nova Scotia's museums certainly offer an excellent, healthy and educational option.

But again, I'm biased. I'm the Director of Ross Farm Museum! Get out of town and come on down! WE are here for YOU!

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\*All programming is subject to Public Health guidelines.



### POP UP FRENCH ACTIVITIES

Join our Halifax au Soleil team for amazing activities in French this summer. Each week, Baluchons will be a fun, in-person, outdoor activity around town for families to enjoy together "en Français". L'Odyssee are exciting activities organized for youth aged 14 and up. L'Odyssee activities will include enjoying a mini putt session, bowling, climbing at OnTree, and a beach party. Sign up at ns.cpf.ca for weekly updates on our summer Pop Up activities.

### Mes amis et moi en ligne!

CPF Nova Scotia is offering virtual French activities. During the summer, there will be weekly book/conversation club. We are also partnering up with Kids Code Jeunesse to offer weekly coding workshops. Coding teaches kids to connect, learn and share "en Français".

Information and registration form for camps and summer activities can be found at [ns.cpf.ca/en/youth/french-camps](http://ns.cpf.ca/en/youth/french-camps)



# Health & Wellness

## Age 8 is Best

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



**T**he Canadian Association of Orthodontists recommends that every child be seen by an Orthodontist by the age of 8. At this age the adult teeth are just beginning to erupt and an Orthodontist can already tell the way a bite is developing. It is rare for any treatment to be recommended at this age, but to gather a base-

line is crucially important to determine ideal timing of future treatment, if needed. Furthermore, there are a few select bite problems that must be treated before all of the adult teeth erupt. This is also a good age to introduce children to appliances that they may require such as a thumb happier breaker appliance or expander.

### Every person deserves the right to see an Orthodontist.

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

### No referral is needed.

You do not need a referral from your Dentist to see an Orthodontist.

Orthodontic screening programs may be complimentary in some offices. It is our shared belief that any barriers to accessing orthodontic information

should be removed and that early detection of problems is important. As such, we offer a complimentary orthodontic screening program for all children until the age of dental maturity at which time if treatment is not indicated, there is no further obligation.

### There is no downside.

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

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



Photo: A patient of The Brace Space

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\*as recommended by the Canadian and American Orthodontic Association





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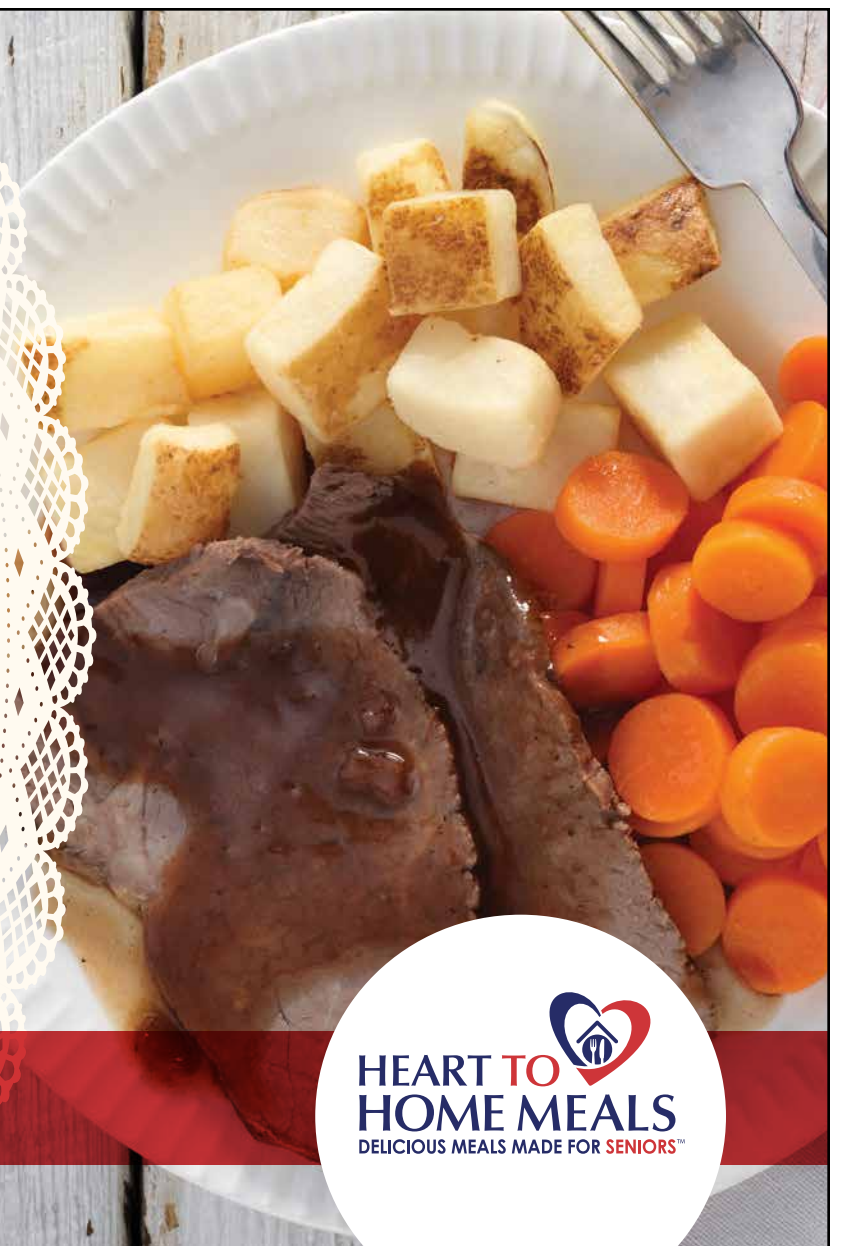
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# Lawn Mowers are “Mean Machines”

By Adam Kingsmill, submitted by The War Amps

Accidents can happen in a split second. When I was two years old, I ran into the path of a riding lawn mower and lost my right leg below the knee.

I grew up in The War Amps Child Amputee (CHAMP) Program and I help pass on the Association’s PLAYSAFE message. With lawn cutting season here, I want kids to know they should not ride, operate or play near lawn mowers.

I accept who I am today, but I wouldn’t want anyone else to go through what I did. Lawn mowers are tools, not toys.

Adam Kingsmill, 20  
Smithers, BC

(The War Amps video, Lawn Mowers Are Mean Machines, focuses on the dangers of lawn mowers and is a valuable resource for families and educators. Please take some time to watch the video at [waramps.ca/playsafe](http://waramps.ca/playsafe).)



Photo: Adam as a child (left), and today (right).

**PLAYSAFE:**  
Don't Let It Happen to You

**Adam**

**Rebecca**

The War Amps “kids-to-kids” safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: “Spot the danger before you play!”

Visit [waramps.ca/playsafe](http://waramps.ca/playsafe) for the video and safety resources.

You can always spot the student who spent their summer with Mathnasium.

Summer is the ideal time to do something that will give your child a huge advantage when school resumes in the fall: Accelerate their math skills with Mathnasium.

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[mathnasium.ca](http://mathnasium.ca)

# Education

## Summer is the Season for Math

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There’s no better time for kids to catch up and get ahead than during the summer break. And don’t worry—your child will still enjoy their summer. Because we make learning math fun.

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Rosalie Mendiola, Mathnasium of Halifax  
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The Math Learning Centre

# Education

## 4 Tips to Beat the 'This-Book-Is-Boring' Blues

Submitted by Oxford Learning

How many times as a parent have we heard: "This book is so BORING" or "This book is so OLD" or even "This book SUCKS"?

All parents have likely heard one or more of these sentences from their child in regards to required school readings.

It's almost impossible for most students to reach the end of high school without needing to read some kind of classic literature. Whether it is Shakespeare or Bronte, lessons about symbolism, metaphor, and imagery can be complex. Lessons about language structure can make it difficult for students to appreciate the reading process. Especially when the books contain

complex themes and are not the most "enjoyable" read for everyone.

Without petitioning the school board for curriculum changes, how can anyone encourage their child to engage with 'boring' books and not develop a distaste for reading thoroughly? Check out these fantastic tips and tricks to get students to love reading.

### 1. Ask Questions

If kids say they don't like a book that has been assigned, they should be able to articulate why.

Try asking what they would instead be reading and why. If they say, the main character is 'stupid,' ask them which part of the book made them think that. You will quickly discover whether your child is forming engaged opin-

ions or simply repeating ideas without backup.

### 2. Read Alongside the Student

Read the book yourself. Discuss with your child which parts you liked (and which parts bored you as well!) If your child can tell you specifics (even if they are bashing the book while doing it), at least you know they're reading and remembering the story.

As a bonus, this process creates excellent bonding time between parents and kids!

### 3. Find Modern Reference Points

Often old materials and subjects are recycled in many different forms. The same storyline could exist in modern movies, books, and TV shows.



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The student may be too distracted by the language and old referenc-

es to realize that what they are reading now has been used in mod-

ern times. Check out this great example of this is that the 'love tri-

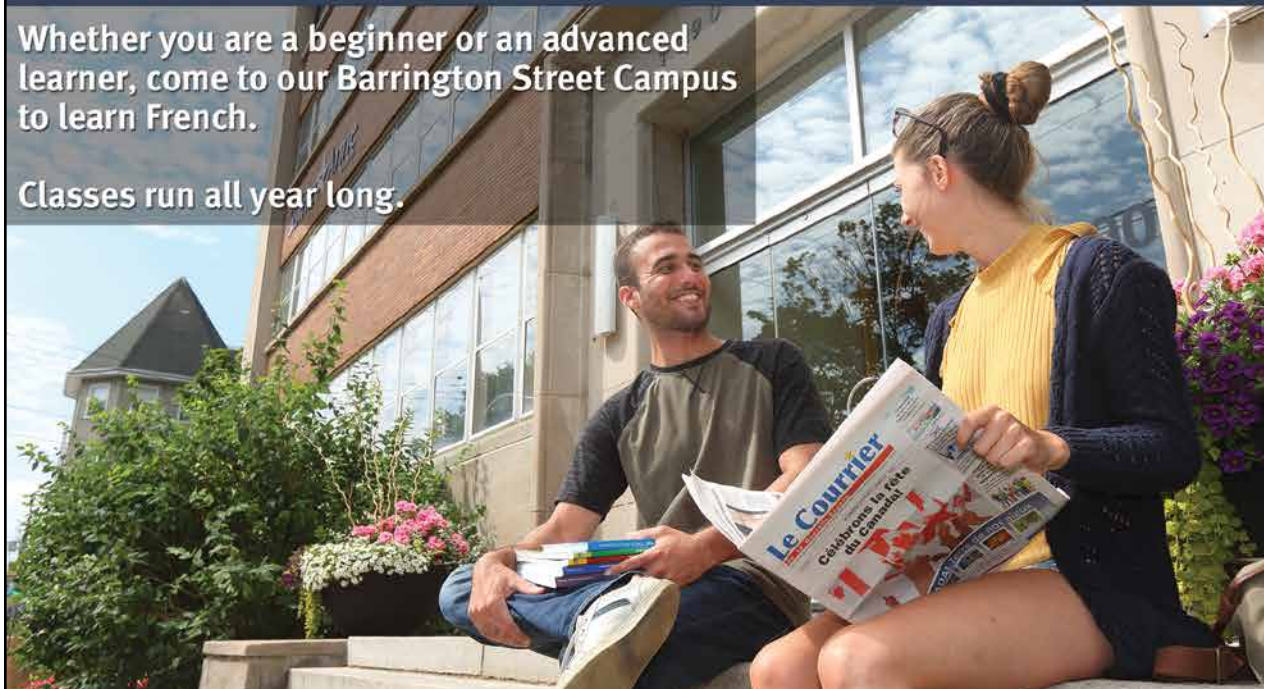
cont. on page 22...

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# Education

## An Early Elementary Program for Skill Development

By Pamela Streeter, Executive Director, Birch Hills Academy

The integration of natural outdoor spaces with the traditional indoor classroom setting builds on children's natural curiosity. This is especially critical in the early elementary years when the skills needed to be a successful learner are developed.

Studies show that early learning is critical in creating the type of learners we will become. When children feel confident they are more willing to take new risks learning by leaps and bounds over their peers. This includes presenting them with meaningful and engaging tasks. The outdoor environment captures children's imaginations and should not be discounted as "play" for the learning that can take place.

The goal of the early elementary program, grades primary through three, is to create effective learners who embody the following skill sets:

- **Independence** - Students are self starters and take initiative not be

ones to wait for a teacher to hold their hand through an activity.

- **Social awareness** - Awareness of issues that hit close to, and far from, home and are sensitive to the needs of others.
- **Executive skills** - Building time management and organizational skills.
- **Self regulation** - The ability to understand and self-manage behaviours and reactions.
- **Collaboration** - Effectively working in groups and teams, developing the necessary skills for cooperation and communication.
- **Communication** - Developing language to communicate their wants and needs daily in classroom life and beyond.
- **Conflict resolution** - Providing opportunities and the space to learn

cont. on page 22...

CONSEIL SCOLAIRE ACADIEN PROVINCIAL

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Birch Hills Academy specializes in developing the skills your child must have to become a successful, independent learner.

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The Power of Effective Learning

## Getting Ready to Start Daycare

By Angie White, The Growing Place

Starting a new daycare can be tough for both parents and children. There are a lot of big emotions that come with leaving your child with someone neither of you know. These emotions, while hard to listen to, are completely normal. Preparing yourself and your child will help get through this tough time.

Before starting a new centre, take the time to visit and have a look at the room. Bring your child along so they can see what is going on in the classrooms and see the teachers before having to stay. Ask questions and introduce the child to other children. Allow them to have their personal space when doing this so they don't get too overwhelmed.

Talk to your child at home about going to daycare and the reason for it. Read them a story about starting daycare. There are several good books for children around this topic. *The Kissing Hand* and *Bye Bye Time* are two that I know of that are really great.

Talk to your centre about transition days. Most centres offer a few days where child could be dropped off for a few hours in the morning and get picked up before lunch to get used to their new surroundings without having too many big transitions. Bring a comfort item from home, whether it be a blanket, a stuffed toy, a soother, etc.

When you first drop them off, there will be tears. This may last a few days, a week or more. Ensure you tell your child that you will be back, give them a hug, tell them you love them and say "good bye". Don't try to sneak out as this makes it harder and can cause more anxiety.

Separation anxiety is a real thing. And it can be scary for many children. Teachers will work with families to help ease this anxiety. They may have a special activity for the child or even have their favourite toy put aside so they can have it when they come in.

Just remember, the big emotions are normal no matter how prepared you are.

*Angie is currently our Assistant Director at The Growing Place (Pleasant Street location). She also serves as Inclusion co-ordinator where she specializes in supporting children with special needs in our classrooms, as well as offering support to families. Angie is also our Arts and Crafts expert and is an endless creative resource for our classrooms.*

# The Growing Place

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#### 4 Tips to Beat the 'This-Book-Is-Boring' Blues *cont. from page 20...*

angle' plot in *Wuthering Heights* between Catherine, Linton, and Heathcliff is also found in *The Hunger Games* between Katniss, Peeta, Gale.

A quick search online will help you find many more reference points that might be a little more engaging and modern for a student to understand.

#### 4. Pay Attention to Reading Complaints

Students sometimes disguise misunderstanding as dislike. This happens often and is sometimes challenging to distinguish between the two.

So, if your child isn't comprehending what they're reading, it's unlikely that they will enjoy it. The book itself may not be too dull or old at all. It might be that the child's reading level does not match the level required to understand and appreciate the book.

Contact Oxford Learning today to learn more about how we can help your child to develop stronger reading skills and get the most out of their education!

*Now offering online & in-person classes, Oxford Learning provides students with the opportunity to learn from anywhere & still fit learning into their busy schedules. Contact us today at [bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com) 902-405-4116 or [halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com) 902-423-4484.*

#### An Early Elementary Program for Skill Development *cont. from page 21...*

about oneself and others and how to interact with empathy for all creatures.

- **Curiosity** - Fostering and maintaining a child's natural curiosity through close interaction with the environment and opportunities for hands on learning.
- **Reading & Representing** - Children will seek out other learning opportunities when they are confident in their reading ability and in their ability to communicate their learning.
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- **Environmental connections** - Whether urban, suburban or rural, connections with nature can be made outdoors with opportunities for nature journaling and teaching environmental stewardship.

*For more information, please call our Founder, Pam Streeter at 902-832-6700.*

*Visit our website at [birchhillsacademy.com](http://birchhillsacademy.com)*

# CRAFT CORNER

## Summer Time, Fun Time!

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

It isn't officially summer until having my first glass of lemonade. It's the quintessential thirst-quencher on a hot summer day, reminiscent to those summer days of lemonade stands and hot days at the beach.

The trick to a really good lemonade is to start with a basic simple syrup. This will allow you to sweeten the lemon juice without having the gritty sugar sink to the bottom.

Start by combining equal parts water (2 cups) with either sugar or honey (2 cups) into a saucepan. Over medium-high heat simmer for about 5 minutes until the sweetener has dissolved and liquid looks clear again. Let cool. This should last 3-4 weeks in the refrigerator.

For the lemon part simply juice a bunch of lemons (or limes) depending on how much lemonade you plan to make. Approximately 3-6 lemons per serving. Mix in some simple syrup and gradually add water until it reaches your desired level of sweet or sour. Serve over a glass of ice and garnish with lemon slices.

What I love most about a classic old fashioned lemonade recipe is it's versatility. Once you have your basic recipe mastered and level of sweetness preferred you can mix in different flavours to take your drink to the next level.

Combine ingredients such as lavender, mint, basil, rose-



mary or jalapeño to your simple syrup and use this to flavor and sweeten your lemonade. Alternatively you can blend up a handful of fresh or frozen fruit and mix in with the lemon juice and simple syrup before adding the water. If you do not like pulp simply strain the fruit through a fine mesh strainer.

**Notes:**  
I love to sweeten my lemonade with a tablespoon of blackberry or raspberry jam and a splash of lavender simple syrup.

For a refreshing summer cocktail simply add your favourite spirit or mix with sparkling wine for a delicious sangria lemonade!

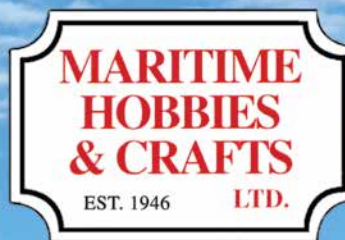
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Tired of old news? Read the Parent-Child Guide...

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