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# How to Build Strong Relationships

By Rodney Keddy, Registered Psychologist

What can a person do to build a fulfilling, loving, and strong relationship? While the focus of this article is mainly on intimate relationships, the same concepts can be used on any and all relationships, including the often underestimated, but equally important, relationship that you have with yourself.

In Don Ruiz's book "The Four Agreements" he describes a series of "ways of being" that could greatly alter a person's life. As I read the book I reflected on the work that I do as a marital therapist. I thought of the issues and concerns most often described by couples and how many of these could possibly be nullified by practicing these agreements.

While I concluded that following the agreements consistently would likely have the best outcome, I also know that *old habits die hard*. Perhaps being aware of the concepts can have its own benefits, as it can shine a light on our own responses to others and make us more aware of those areas we would like to improve upon. After all, change starts with awareness.

The first agreement Ruiz speaks of is "*Be impeccable with your word.*" He calls this the most important of all the agreements, yet also the most difficult to follow. I think each of us can attest to this. How often have you said you are going to do something and haven't actually done so? I cannot tell you how many times I have heard one partner tell the other how frustrating it



is when he or she does not follow through on his or her word. When one looks at the origin of the word "success" it is found to mean "to follow through."

The second agreement is "*Don't take anything personally.*" Again, this is not easy to do. You may ask yourself how this is even possible. If you find you are

someone who takes everything personally, then you probably think everything is about you. Ruiz suggests quite the opposite. In fact, he suggests that anything another person says or does has nothing to do with you. When you take something personally it can lead you to become defensive, which is problematic for

*Continued on page 12.*

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# Alone When Together: A Look at How Technology is Shaping The Way We Communicate.

By Deborah Bird M.Sc., Registered Psychologist

One doesn't have to look far to observe humans staring intensely into an electronic device screen, be it a smart phone, tablet or laptop. It can be unsettling, yet far from uncommon, to witness a group of friends, together in a public area, engaged in discourse that involves little to no verbal communication with one another.

Let's look inside our own households and consider how our families are often physically together and yet no one is interacting with each other as we, alternatively, are checking and liking Facebook posts, reading blogs, tweeting

or searching for ways to escape our current reality. Has technology increased or decreased our ability to connect with each other?

It's a controversial question that has yet to be determined. Dr. Sherry Turkle is a Clinical Psychologist at MIT that has founded the MIT Initiative on Technology and Self. Over the last 32 years, Dr. Turkle has studied the impact of technological devices and the Internet on society as a whole. In the early stages of her research, Dr. Turkle recalls seeing computer science academics at MIT who were interconnected to the web. She

was amazed at the extent these "Zyborgs" forfeited their comfort in exchange for constantly being connected and wearing these devices, (Turkle, 2011).

Today, the majority of us can consider ourselves "Zyborgs". Many of us tote around small devices in our pocket that connects to an extension of our brain, the web. We're never really alone because we're only a tap, text or tweet away from connecting with anyone,

anywhere, 24 hours a day, 365 days a year. The allure of connectivity has greatly affected our ability to establish relationship boundaries.

According to Dr. Turkle, many of us keep smart phones at our bedside. It's the first thing we check when we wake up and it's the last thing we view before going to bed. Many of the adolescents I see report sleeping with their devices and protest when they are asked to place them on the

nightstand. Frequently they deny my request to leave their phone turned off because they might miss a text from an upset friend or partner. These adolescents are often sleep deprived and report symptoms related to anxiety and depression. Proper sleep is essential for our physical and mental health.

We can all learn from Dr. Turkle's research. The next time you're feeling alone, isolated and disconnected from the world, please

disconnect your devices and reconnect in-person with your friends, family and children. Sherry Turkle, 2011. *Alone Together: why we expect more from technology and less from each other.*

*Deborah Bird is a Registered Psychologist with Jacqueline Milner-Clerk and Associates, which is a practice that employs male and female psychologists/therapists who provide psychological services to children, adolescents, adults, families and couples. She can be contacted at 461-8133.*

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I'm pleased and grateful to be publishing the 19th Year Anniversary Edition of the Parent-Child Guide newspaper. I sincerely thank all the companies for their advertisements and support over the 19 years. I thank all our excellent local writers for the time and effort they put into preparation of their articles, and also our readers for their continuing positive interest in the newspaper. We will continue to provide informative articles for HRM residents in the coming years. With gratitude and appreciation,

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Ask Away - Questions and Answers with Dr. Nina Woulff



# The Wild, Wild Web - Is the internet Really that Dangerous for my Children?



For over 25 years, psychologist Nina Woulff has provided answers to questions posed by CBC radio listeners on the popular Maritime Noon live phone-in. In a series of columns for Parent-Child Guide she will share some of the most frequently asked questions she has encountered. In this issue she will deal with questions about Internet usage by children and teens.

**Question:** I hear all kinds of stories about the dangers of the internet for children. However, it seems to me that kids can learn a lot from the internet and at least I know where my kids are when they are on the computer. So what's all the hub-bub?

**Answer:** In a recent Canadian study of 5,436 youth in Grades 4 through 11 revealed that close to 100% of youth now have access to the internet - mostly through portable devices rather than the a home computer. The results of computer use are mixed. On one hand, some children who use computers moderately (less than 8

hours per week) appear to have some improvement in reading skills. However, on the other hand heavy use of computers and the internet (8 hours or more per week) by children is associated with much less time spent in physical activity and obesity. As well, internet use increases the likelihood that children will be exposed to online porn, cyberbullying violence and other unsuitable content (such as sites on self-harm).

**Question:** How can I tell if my child's computer usage is becoming too all-consuming?

**Answer:** Here are some warning signs if your child is using a home computer - think of the acronym "Junkie" :

**J**amming up telephone lines or generating large bills for Internet related buying

**U**nterested in activities at school or home other than computer related.

**N**ever getting enough sleep - staying up late and getting up early for internet activities

**K**eeping monitor screen covered when you enter the room or quickly changing the screen

**I**ncreased talking about online friends you have never met

**E**-mails from many people you have never met and know nothing about

**Question:** Are there some basic internet and computer rules that are useful to prevent problems?

**Answer:** You can begin by limiting the number of hours of computer access. As well you can:

- Make a rule that you regularly check your child's portable devices
- Have periodic discussions about which sites are acceptable
- Become Internet literate and mutually share Internet experiences
- Together with your children do web-based surfing for information on areas of common interest
- Install parental control software on all internet enabled portable devices.

**Question:** But -is the internet really that dangerous? I mean it seems like all children are now on the internet. Isn't this a lot of hysteria?

**Answer:** Well with the explosion in the access and use of the internet there have recently been a number of surveys about internet usage and youth and here are just a few findings:

- 48% of tweens and teens from 12-17 say they've been in a car while the driver was texting.
- 22% of teenage girls say they posted nude or semi-nude photos or videos of themselves online
- 70% of children 7 to 18 years old have accidentally encountered online pornography, often through a web search while doing homework
- 86% of girls claimed to be able to conduct online chats without their parents knowing

-31% of kids ages 12-18 have lied about their age in order to access a website.

-90% of children ages 8-16 have seen online pornography(Law enforcement officials estimate that more than 50,000 sexual predators are online at any given moment.)

- 65% of 8-14 year olds have been involved in a cyber-bullying incident (96% of teens use social networking applications such as Facebook, MySpace, Chat rooms, and blogs)

-69% of teens regularly receive online communications from strangers and don't tell a parent or caretaker..

Approximately 89% of sexual solicitations of youth were made in chat rooms or through Instant Messaging. Approximately 116,000 child pornography requests are made daily on the Internet.

- 1 in 5 youth ages 10 to 17 received a sexual solicitation or were approached online

**Question:** Whoa! I can see there are real threats out there - I feel overwhelmed - how do I figure out how to check on and limit all these threats??

**Answer:** Well, I agree it is a formidable challenge to figure out how to best protect your children from the negative aspects of internet use. Fortunately, (thanks to the positive aspects of the internet...) there are several sites that can offer parents clear information and good guidance. The United States FBI has created an online

Parent Guide to Internet Safety and the UK has created a website entitled UK- Safer Internet Centre.

Parents need a modern variation of the age-old expression "It's ten o'clock - do you know where your child is?"

Nowadays the question is: "Do you know where in cyberspace your child is?"

Dr. Nina Woulff has a private practice in Halifax which provides psychotherapy for children, teens, adults, parents and couples. For more information, phone 492-1271 or check her website at: www.DrNina.ca

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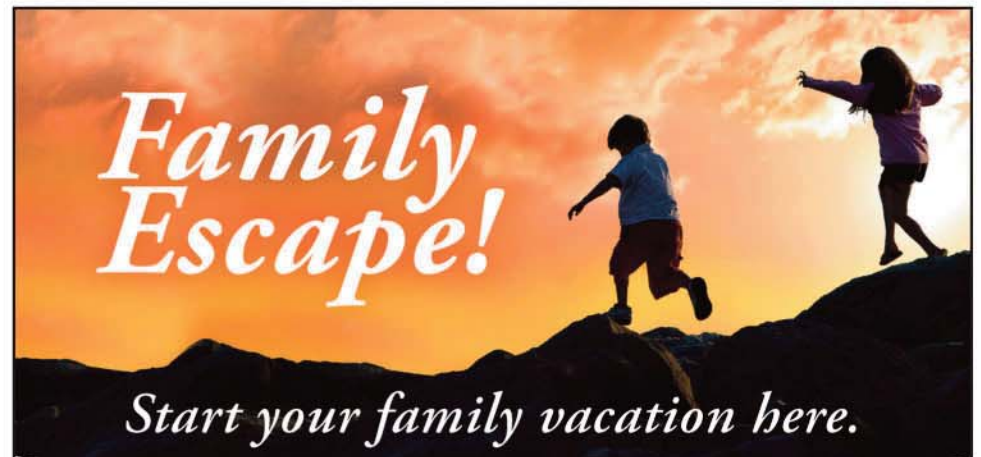
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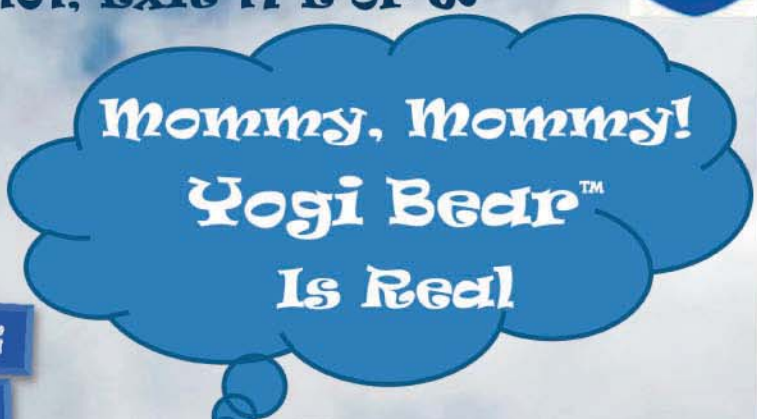
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# Health & Wellness

## 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?*

## Summer Fun with HRM Beaches and Free Lessons



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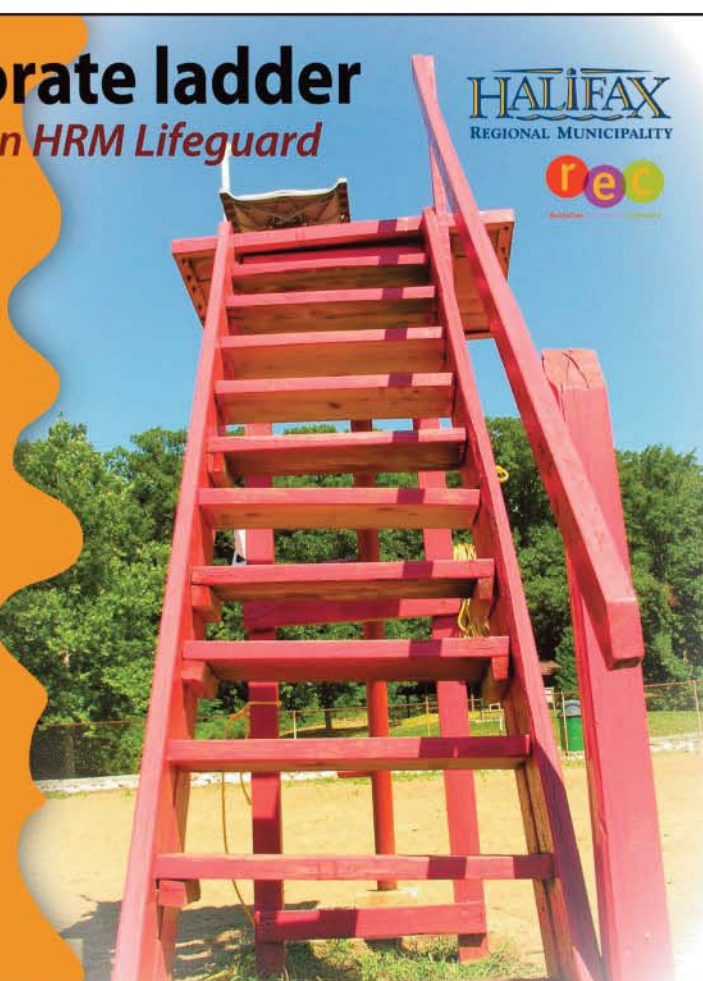
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**Aquatic Services**



There's plenty to do in Halifax this summer, in the water and out - take a look at a few activities that you and your family can take up - free of charge!

### Summer fun with HRM Beaches

Swimming lessons, Bronze Medallion, Bronze Cross and Junior Lifeguard programs will be free of charge once again this summer at all HRM beaches as well as the Halifax Common Outdoor pool.

Registration is still required and will take place as follows:  
Registration for first 2 sessions takes place June 11 starting at 10am  
Registration for last 2 sessions takes place July 9 starting at 10am  
(Session start dates are: July 1, July 14, July 28, August 11)  
Register by calling 490-6666, or online at <http://www.halifax.ca/rec/programsandactivities.html>

### Sun and fun at the Emera Oval

Starting in June come to the Emera Oval for free family fun 7 days a week:

- Inline/roller skating - if you need skates and protective gear borrow ours!
- Special events throughout the summer
- Learn to bike lesson

As well Inline skating for school groups will be offered in June!

For schedule and event information call 490-2347 or visit [www.skatehrm.ca](http://www.skatehrm.ca)



# Health & Wellness

## Does your child need to see an Orthodontist?

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



far-off burden to be contended with like school tuition or driving lessons. But long before my niece requires braces, she needs to be seen by an Orthodontist. So when is the right time?

My own children are young, however I watch and worry as their little jaws grow (one has a developing underbite.) I want to be sure they are given the absolute best treatment to ensure they have a healthy and functioning bite and a beautiful smile. I know that starts with early monitoring and proper timing of treatment. As an Orthodontist, it's perhaps not surprising I appreciate how important all of these things are. But what about you? Whether it is for your young child, teenager or yourself, do you understand the importance of Orthodontics for your own or your loved one's health and well-being?

Orthodontics is a specialized area of dentistry that focuses on

growth and development of the jaws and alignment and movement mechanics of the teeth. Although some dentists perform limited orthodontic work, an Orthodontist is a Board-certified Specialist who is a dentist first, who then completes a 3-year residency and Master's Degree in Orthodontics following their dental training. The easiest way to verify if a Dentist is an Orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7. An early exam is an important step in your child's healthcare as early detection of some problems can be treated to avoid surgery later on. Your Orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead. As we all know, a forecast is not always perfectly accurate,

but it does help us plan for big storms so that we aren't caught off-guard. Although the bites of my own kids aren't perfect, I've got a plan in place that offers them the best end result. Regardless of being an orthodontist, as a parent, I find that comforting and I think you will too.

To learn more about the indications and benefits of early treatment look in the next issue of Parent-Child guide.

*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.*

My sister and her husband recently welcomed their daughter into the world. Watching these first time parents navigate through uncharted waters, I was reminded of how overwhelming all of those "firsts" are. New parents face such a challenge when trying to make sure all of the appropriate steps are taken to ensure their child's health. Eye tests, ear tests and vaccinations abound. Most parents won't think about the development of the jaw and bite and whether all of the teeth are forming properly. "Braces" are a



## "Spring ahead and Keep Water Safety in Mind"

By Chantal Walsh, Health Promotion Specialist, Child Safety Link

As the days get longer and weather gets warmer, we start to think about our favorite spring and summer activities. Taking a dip to cool off in a pool, ocean or lake may be near the top of your family's list. When swimming or playing near water, it is important for families to keep safety in mind. Did you know that children aged 1-4 are at the highest risk for drowning? This year, *Parachute Safe Kids Week* is June 7 - 14, 2014 and the theme is *water safety*.

Drowning is one of the second most common causes of injury death for children in Atlantic Canada. For every toddler who drowns, up to five more children have a near drowning where they have to be admitted to the hospital. Most toddler drownings happen in home swimming pools.

Backyard pools should have a four foot high fence on all four sides, with a self-closing and self-latching gate. The house should not replace one side of the fence. It is also important to fence those big inflatable pools if they will stay full all summer - it is not enough to take the ladder down at night. If four sided fencing, self closing and self-latching gates are used, nearly all toddler pool drownings and almost 1/3 of all toddler drownings could be prevented.

There are many other ways parents can reduce the chance that a child could drown.

- Parents should be within arm's reach of children under age 5 when playing near water, even when not actually swimming.
- Never leave a baby alone in the bath, even for a second. A bath ring or seat that goes in the big tub will not be enough to keep your infant safe if you leave the room. Babies have drowned when using bath rings after slipping under water and getting stuck. Most infant drowning happens in the bathtub.
- Empty all wading pools and buckets when they are not being used. A small child can drown in as little as a few inches of water (enough to cover the mouth and nose).
- Children who cannot swim should wear a properly fitting life jacket or personal flotation device (PFD) when they are near or in the water. Everyone including those who can swim should wear a life jacket or PFD while boating. Life jackets and PFDs are only available for children who weigh more than 20lbs, so make sure the PDF fits your child - not that he will grow into it.

For more information about safety for your children by age and stage, visit [www.childsafetylink.ca](http://www.childsafetylink.ca) or call 1-866-288-1388.

Have a safe and happy spring and summer season!

They're smiling because they've seen their Orthodontist!



\* Patients of the Halifax Orthodontic Specialist Group

The Halifax Orthodontic Specialists Group  
Two convenient locations

The Canadian Association of Orthodontists  
Recommends that all children see an Orthodontist by age 7.  
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For more info on helmet safety, visit  
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## Kids upset about getting a needle? It doesn't have to be this way!

Dr. Christine Chambers at the Centre for Pediatric Pain Research, IWK Health Centre, is a child clinical psychologist and pain researcher with over 20 years experience studying and helping children in pain.

No parent likes taking their child for needles. We know that what parents say and do though can have a big impact on how much pain children feel. There are simple ways parents can help, like using topical anesthetic creams (available from the pharmacy), distracting them with a song, story, or video game, and using relaxation. Parents can also avoid using reassuring phrases (e.g., it'll be okay), as it can signal that they are nervous or worried, which can make their child's pain worse.

To increase awareness about needle pain and empower parents to request the best pain care available, we created a short, fun video, "It Doesn't Have To Hurt" (<http://pediatric-pain.ca/it-doesnt-have-to-hurt>). And the best news? These tips are all backed by science!

Interested in participating in research? If you have a child between 3-12 years old contact us for more information. Compensation is available and studies are approved by the IWK Health Centre's Research Ethics Board.

### Contact Information:

Phone: (902) 470-6906

Email: [CPPRWest@iwk.nshealth.ca](mailto:CPPRWest@iwk.nshealth.ca)

Web: [www.pediatric-pain.ca](http://www.pediatric-pain.ca)

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**A fun video for parents  
with simple ways to help  
children with needles**

[www.pediatric-pain.ca/  
it-doesnt-have-to-hurt](http://www.pediatric-pain.ca/it-doesnt-have-to-hurt)



**Participate in Research!**

**We need 3 to 12 year old children  
and a parent to participate in fun  
research projects...**

**Contact us at (902) 470-6906 or  
[CPPRWest@iwk.nshealth.ca](mailto:CPPRWest@iwk.nshealth.ca)**

Compensation available.  
All studies approved by the IWK Health  
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**Centre for Pediatric Pain Research**  
*SCIENCE HELPING CHILDREN*

KIDS UPSET  
ABOUT  
NEEDLES?

**It Doesn't Have To Hurt**

## Dry eye: a very common eye problem

By: Stephanie Blackmore, OD, Family Vision Clinic



Many people have experienced dry eyes at some point in their life. The symptoms of dry eye include watering or 'leaky' eyes, eye discomfort which can include a burning feeling or a feeling that something is in the eye, often described as a 'sandy' feeling or, blurred vision. In some dry eye cases, people do not experience any symptoms and the clinical signs of dry eye are diagnosed during an eye examination by an eye care professional.

Many people are surprised to hear that watery eyes are a symptom of dry eye, as it seems counter-intuitive that with the presence of excess tears, often flowing over the cheeks of the dry eye sufferer, the eye would actually be considered 'dry.' Watery, or leaky, eyes often signify dry eye as it means the body is trying to overcompensate for an already dry ocular surface by pumping out excess water to the eye to try and fix the dry eye problem. In a simplified model of what makes up the eye's tears, there are three main layers, including oil, water and mucous. If the oil layer (that sits on the top of the tear film) isn't adequately covering the lower water and mucous layer of the tear film, the excess water will fill the eye cavity and eventually flow over the cheeks of the dry eye patient, leading to the 'weeping' complaint that many dry eye patients have. The tear film serves to protect the eye by keeping it moisturized and hydrated, which contributes to clear, healthy vision. In dry eye, the glands and ducts that supply the water, oil, and lipids to the tear film are simply not working as they should, which can lead to a tear film break down, thus leaving the eye dry and vulnerable to damage and vision effects.

The reasons for dry eye are varied and can include medication side effects, dehydration, poorly working oil or water glands in the eye lids, some systemic disease effects, and environmental factors,

including weather or working conditions. If an environment is overly dry or excessively windy, dry eye can result, as the water is whisked away from the surface of the eye and into the dry or windy environment. When people concentrate on an activity, like working at a computer or watching TV, for long periods of time without a break, the blink reflex occurs much less than during other activities that require less concentration and thus, less oil and water is physically moved to the eye's surface (blinking squeezes the glands surrounding the eye and releases oil and water onto the eye's surface).

Although there is no 'cure' for clinical dry eye, there are some treatments like artificial tears, prescription eye drops, and therapeutic treatments, such as eye compresses, that can help to reduce or eliminate the symptoms of the dry eye sufferer. Dry eye is an eye condition that requires continuous care and treatment to get results and freedom from its symptoms. For more information about dry eye or if you experience any eye discomfort, please see a Doctor of Optometry to discuss and manage any eye problems you may have. Diagnosing and managing dry eye is important to preserve the health of your eyes and maintain clear, comfortable vision.

*For further information or to have an eye examination, you can see Dr. Stephanie Blackmore or any of her colleagues at the following Family Vision Clinic locations.*  
**Halifax Location:** Park West Centre: 287  
 Lacewood Drive 457-2224, **Bedford Location:** Nine Mile Circle: 620  
 Nine Mile Drive, 407-7174, **Dartmouth Locations:** Queen Square: 45 Alderney Drive  
 469-8230, **Tacoma Plaza:** 50 Tacoma Drive  
 434-1231, **Superstore Mall:** 650 Portland Street  
 462-4600.

Continued from page 4.

## How to Build Strong Relationships

communication. So what can you do when your partner is expressing him/herself and you find yourself taking it personally and feeling defensive? Bite your lip; tell yourself it is not about you, and continue to listen.

The third agreement is "Don't make assumptions." Ruiz suggests that the main problem with making assumptions is that we believe they are the truth. We can do this in many ways; such as thinking we know how another person is feeling, what they are thinking, etc. In the area of couples therapy this is generally referred to as mind-reading. One of the problems with mind reading is that it can lead the mind-reader to come up with a certain response or approach that may not be appropriate. For example, if you thought your partner was angry with you, would it affect how you interact with him or her? I am betting it would, and likely to

the detriment of communication between you. So what do you do if you find yourself making assumptions about your partner's thoughts, feelings, and even behaviours? You get more information and seek clarification. Asking questions is generally an effective way to accomplish this. Summarizing or paraphrasing what you hear is also useful as it allows for further clarification.

The fourth agreement is "Always do your best." This one is really what allows the other agreements to take hold. Aim to be as consistent as you can with practicing the agreements. No one is expecting perfection, just your best, and your best will vary from day to day, recognizing that it can be affected by various factors such as your mood, level of stress, and motivation.

As you go over these four agreements, reflect upon what

each means to you. Think about the relationships in your life and how to apply the concepts to them. Perhaps share the agreements with your spouse or partner and consider making the application a team effort. In trying to implement and practice the agreements, I would suggest beginning by focusing on one at a time. Pick one of the agreements and spend the next couple of weeks with that in the forefront of your mind. Then choose another for the following two weeks, and so on, with each building upon the practice of the previous ones.

*Roth Associates in Psychology Inc. is a full-service counselling firm whose Registered Psychologists and other professionals offer assistance to children, adolescents, adults, couples and families. Daytime, evening and week-end appointments are available, please contact (902) 454-6166.*

# Nova Scotia Museums

The Museum of Natural History presents BUGS

A long-arm beetle more than ten feet tall, a giant butterfly with a five foot wingspan, and heavily-armored stag beetles with jaws as big as your leg await you in this fascinating look at the insect world.

The Museum of Natural History presents: BUGS: Outside the Box. This selection of greatly enlarged insect sculptures, each showcasing the beauty hidden within the (mini)beasts of the natural world. Intricate details not visible to the naked eye are showcased alongside educational topics, including an exciting look at museum collections and taxonomy, and an exploration of the power of magnification.

Outhouse Exhibit Services has teamed up with Italian sculptor and naturalist Lorenzo Possenti of Ecofauna to create this traveling exhibition, which is the premiere of his work in North America. Lorenzo's exceptional and detailed works of art showcase the marriage of art and science.

**BUGS: Outside the Box visits the Museum of Natural History February 8 through May 19.**



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Photo: USGS Bee Inventory and Monitoring

# Summer Camp Guide



## SUMMER 2014

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



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Follow us on Facebook at: Dartmouth Sportsplex Community Association



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# Summer Camp Guide



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We know that keeping the brain learning and the body moving on breaks from school is important, so why not take advantage of this great pairing and give your child a school advantage this Summer?

**Spots fill up fast!**

Call today for more information.

**Registration for Summer Camp now open!**



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

[bricks4kidz.com](http://bricks4kidz.com)

Join the conversation!



**Halifax and Hammonds Plains**  
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[halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com)

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405.4116  
[bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com)



# Summer Camp Guide



## Art & Technology are Exploding at Artech Camps 2014!

Artech Camps is celebrating 10 years of high-tech, state-of-the-art camps for kids from 6 through teen years!

Artech Camps is where kids:

- Create their own video games - they take home and can play on their own computer!
- Produce Animations and Films that they can watch over and over again!
- Build & program robots. Step into the Future!

the game play and game rules. Minecraft and Angry Bird fans will get to create their own blockbuster games this summer!

Campers produce their own films and animations learning production and filming techniques like Green Screen or Rotoscope. They work individually or in groups taking stories from concept through set design, script writing, filming and editing.

Computer Programming is now offered for the more seasoned and older campers.

Campers create their own characters, monsters and levels for their video games. They determine

Find out about all these programs online at [www.artechcamps.com](http://www.artechcamps.com). Call toll-free for more information 1-877-530-3177.



### Making Artech Camps Accessible

Campers (11 and up) will be able to take part in camps from anywhere on Planet Earth! We want to make our camps within reach of every young person - those who live remotely or those who may be homebound! They will need a computer and webcam to join in the fun!

125 Years



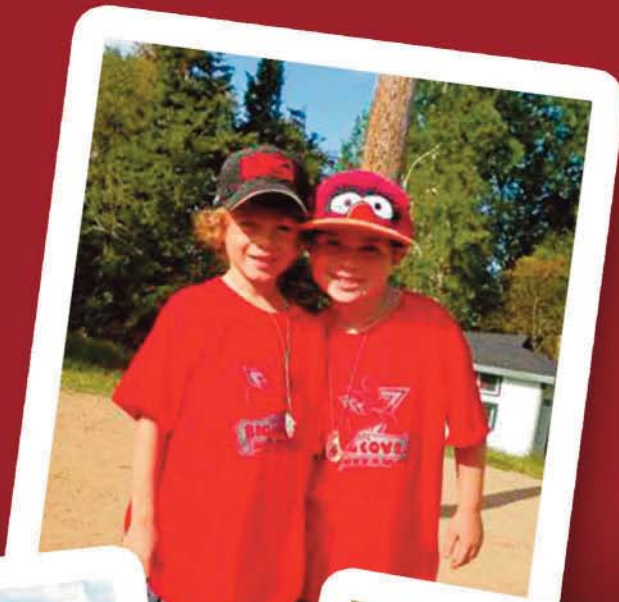
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# Summer Camp Guide



**SpellRead is a game changer, and with lots of physical activity included, this day camp is a winner!**

453-4113 • www.halifaxlearning.com

**Halifax Learning** **SpellRead**

Halifax • Sackville • Dartmouth • Tantallon • Fall River • Bedford • Truro • New Glasgow



## Halifax Learning is offering a SpellRead and recreation full day camp from July 2 - 31, Monday to Friday 8:30-4:30

Children are dropped off at Halifax Learning at 8:30 a.m. and participate in their SpellRead program each morning. The afternoon is spent participating in fun, active and engaging outdoor and sporting activities.

SpellRead is a scientifically proven reading remediation program for all ages. Please see our website for student results. (www.halifaxlearning.com)

**Limited space available.**

**Please call Eryn at 453-4113 for a full camp itinerary or email: [information@halifaxlearning.com](mailto:information@halifaxlearning.com)**

**SpellRead** **Halifax Learning**

SpellRead really is a game changer - we have now been in Nova Scotia for 14 years and have helped over 3000 students become skilled, confident readers. As time goes on, we love seeing students we have worked with early on popping by and sharing both their personal and academic successes. It is especially heartwarming to hear how students who had weaknesses in the area of reading and spelling have since flourished in those areas. Halifax Learning will continue to be a support centre for students. We offer free in-depth reading assessments and math assessments. Our centres also offer general tutoring and we have an excellent summer program designed to not only engage children in reading but also in physical activity! Read and get active this summer.

For more information please call: 453-4113.

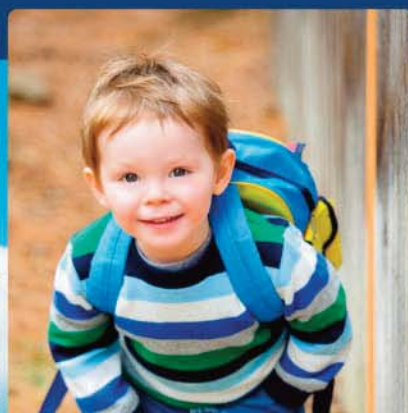
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\$800/month



**Pre-School**  
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**Register now!**



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835-2384  
**BedfordAcademy.ca**

# Summer Camp Guide

## Summer Fun at NSCAD University

**Make art!**

**I-AM NSCAD**

Summer fun is just around the corner! Come and join us at NSCAD Extended Studies Summer Camps for a messy, outside the box, creative

good time! This summer we're offering camps that range from helping build skills and strategies in painting, drawing and ceramics, as well as new fun ways to flex your creative muscles. Come build an arcade, get creative with textiles, sail the seven seas, learn to tell stories visually, and so much more! And due to popular demand we're bringing back not one, but two sessions of Box Town this year! We're so excited about our 8 weeks of camps for kids and teens ages 5-18 years old, and you should be too! We offer early drop off and late pick up, as well as supervised lunches, all in Halifax's vibrant downtown! So come join our awesome instructors and make something great this summer! Registration begins April 14th. for more information or to register call 494.8185, or visit NSCAD.ca.



## Spring Classes & Summer Camps

for ages 5-18

For more information or to REGISTER

visit: [nscad.ca](http://nscad.ca)  
call: 494.8185



# Summer Camps for Kids.

## TRY TENNIS SUMMER CAMPS

- June 17 - August 29
- 10 Weeks of Camps
- Full and Half days
- Indoors - Rain or Shine
- Safe Non-Contact Sport
- Camp Tshirt/prizes
- Games & Activities
- Early Drop-off/Late PU

## AGES 4-16 • All Levels • Racquets & Balls Supplied

- Younger kids use smaller racquets, smaller courts, BIG FUN!
- Call 423-3682 or visit our website for details at [www.dntc.ca](http://www.dntc.ca)

## ADULTS - TRY TENNIS TOO! 14 lessons/\$140<sup>+HST</sup>

  
**Daniel Nestor**  
Tennis Centre

Learn • Train • Play • Compete

Bedford, NS • 902-423-3682 • [www.dntc.ca](http://www.dntc.ca)



**NEW  
INDOOR  
FACILITY**



Our teaching strategy is established by Tennis Canada and other international methods to create a fun active way of learning. Juniors start by using smaller racquets, softer tennis balls and smaller courts. As they progress with their skill levels the equipment and size of court changes to meet their development. A safe & fun alternative to other sports.

# Summer Camp Guide



## SMU

### JR HUSKIES CAMPS

For more information visit our website or call 420-5555

### Summer Camps

- Coed Tots Basketball
- Coed Basketball
- Coed Soccer
- Boy's Hockey
- Girl's Hockey
- Girl's Volleyball

Full and half day camps  
Camps for beginners to elite players

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

## Social Justice Youth Camp - Youth Can Change the World!

Where can youth find a camp where they discover different cultures, explore what social justice is in creative and fun ways and where they can truly be themselves? Social Justice Youth Camp - that's where! Held each year at Tatamagouche Centre, it is the most diverse camp in Atlantic Canada, including participants from First Nations, newcomer communities and from rural and urban areas.

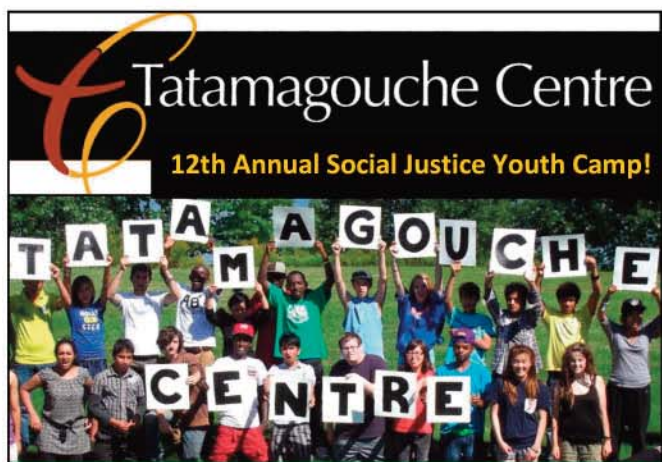
Youth are encouraged to share their opinions and ideas. There is a focus on team building and exploring ideas through a variety of mediums - written and spoken word, crafts, improvisation, music, and games - providing everyone with the opportunity to do what they love and to push their boundaries into trying something new. All while exploring the things you don't learn in school

- delving into issues such as social justice, the environment, culture and diversity.

"For the first time in my life, I was 110% myself, which is amazing," said a camper from last year. Social Justice Youth Camp is a place where youth can truly be themselves. Differences are embraced, kindness prevails and participants create an open and understanding community during their time together at camp. As another camper says, "in 5 days I learned so many things, the youth - we can change the world."

Join us for Social Justice Youth Camp, the only camp of its kind in the Maritimes for youth ages 15-19.

For more information contact Tatamagouche Centre.  
[www.tatacentre.ca](http://www.tatacentre.ca) or call 1-800-218-2220



**Tatamagouche Centre**  
12th Annual Social Justice Youth Camp!

**TATAMAGOUCHE CENTRE**

**Social Justice Youth Camp August 25-29**  
For what you don't learn in school - join youth ages 15-19 for a camp that focuses on social justice, the environment, culture and diversity. The only camp of its kind in the Maritimes!

**1-800-218-2220 www.tatacentre.ca**



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

**Blast through the summer with super fantastic weekly camps!**

Register online at:  
[www.creativekids.info](http://www.creativekids.info)

Centre hours: 7:00am-6:00pm

# SUMMER 2014!!

**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 2 1/2 acre wooded setting with natural play spaces and pool.

**Weekly Day Camps At Creative Kids Education Centre**

**Fort Mania, Rainbow Loom, Magic School Bus, Water Works, Amazing Race, Little Chefs, Minecraft, 'Hunger Games', Art.... 40 Camps!!**










Register Online Now:  
[www.creativekids.info](http://www.creativekids.info)




# Summer Camp Guide



## LAUGH. PLAY. SWIM. SMILE.

- Over 50 summer camps to choose from!
- Options for ages 4-17
- Daily swim & lunches included for most camps
- Convenient & free early drop-off/late pick-up available

REGISTRATION NOW OPEN!

DAL.CA/CAMPS • 494-3372

DALPLEX



Come for a week or two, a whole month, or the entire summer!



- 30 UNIQUELY THEMED CAMPS FOR AGES 5-12
- SOMETHING FOR ALL INTERESTS - SPORTS AND LEISURE, AQUATICS, FINE ARTS, SCIENCE AND MORE!
- MANY NEW AND EXCITING FIELD TRIPS PLANNED



All of our camps are designed to deliver the Canadian Sport For Life (CS4L) Physical Literacy ABC's (Agility, Balance, Coordination and Speed). These are the building blocks for all sport and recreation activities and, when developed early in life, increase the likelihood of children becoming successfully active adults. Through specially designed games and play, our campers develop these skills without even realizing they're learning!

The fun begins July 2nd and camps run weekly from 8:30am-5pm every day until August 29th.



DON'T WAIT! REGISTER TODAY AT [CANADAGAMESCENTRE.CA](http://CANADAGAMESCENTRE.CA)



Canada Games Centre

CANADIAN SPORT FOR LIFE

It happens here.

490 2400 | [www.canadagamescentre.ca](http://www.canadagamescentre.ca) |  



## SUMMER RIDING CAMP!

**HATFIELD FARM**  
Cowboy Adventures!

Two Daily Lessons!  
And Woodland Trail Rides!

The chance to enjoy...

- \* Fresh air & fun!
- \* Grooming & Tacking
- \* Crafts & games
- \* Horse anatomy
- \* Sleepover Party (optional)
- \* Farm safety & more!

2014 Camp Dates

July 14th - 18th

July 21st - 25th

August 11th - 15th

August 18th - 22nd

For more info call us at  
(902) 835-5676  
or visit us online at  
[www.hatfieldfarm.com](http://www.hatfieldfarm.com)



Building healthy communities

423-9622

[www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca)

# Summer Day Camps

Extended drop off & pick up times: 7:30-5:30

July 7 - August 29

Registration begins April 7<sup>th</sup>



Camp Location  
5303 Tobin Street

# Summer Camp Guide

**BOOK NOW!**

## Parent Child GUIDE

**BOOK NOW FOR THE JUNE/JULY SUMMER EDITION!!**

Printing on June 13! Deadline for ads is May 30

For More Information Please Contact:

Robert Rockwell 209-4461 parentchild@ns.sympatico.ca

**CPF** Canadian Parents for French  
Nova Scotia

NOVA SCOTIA BRANCH  
8 Flamingo Drive  
Halifax, NS | B3M 4N8  
t: 902.453.2048  
1.877.273.5233  
f: 902.455.2789  
ns.cpf.ca



## French Summer Camps 2014

**FrancoForum**

St Pierre et Miquelon, July 4-9 (grs 9-12)

**Nautical Camp**

Magdalen Islands, July 13-19, (grs 6-9)

**Sea Kayaking Adventure Camp**

Magdalen Islands, July 13-19 (grs 9-12)

**Camp Université Sainte-Anne**

Church Point, August 11-16 (grs 9-12)

**Camp Fran-tastique**

Digby County, August 4-8 (grs 4-6)

**Camp Kadimah**

Lunenburg Country, August 18-23 (grs 4-8)

*French camp is a great way to learn and enrich language skills, make new friends and have fun this summer!*

Day camps are held in Halifax and Dartmouth in July (grs P-3)

For more information, call 453-2048 or toll free 1-877-CPF-5233.

Website ns.cpf.ca @CPFNovaScotia #iSupportCPFNS Facebook.com/CPF.NS



圣玛丽大学孔子学院  
Confucius Institute at Saint Mary's University

For more information, visit  
[www.smu.ca/ci](http://www.smu.ca/ci)

## 中文夏令营 2014

## Chinese Summer Camp

Date: August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	OR 18	19	20	21	22	23
24/31	25	26	27	28	29	30



Age 7 - 12  
Time 9:00am - 5:00pm



Cost \$200+tax (10% off for second child from the same family)



Location Saint Mary's University campus

Minimum 10

Maximum 20

This summer camp aims to offer an exciting learning experience to children, featuring Chinese language and culture through fun activities and exercises. Through a dynamic and eager-friendly curriculum, children will have the opportunity to learn to speak Mandarin Chinese, to write beautiful Chinese characters, and to get to know about the many fascinating facets of Chinese culture, such as crafts, calligraphy, painting, foods, music, and a gentle form of Martial Arts.



923 Robie Street, Halifax NS  
confucius.institute@smu.ca  
Tel 496-8255 Fax 491-6230

[www.smu.ca/ci](http://www.smu.ca/ci)

## Summer Music Academies

Concert Band | Strings Festival  
JULY 6-12 | JULY 14-20

Join us for a summer music experience that hits all the right notes. Whether you'd like to learn the basics of an instrument or take your skills to the next level, you'll learn more about music in one week at Acadia than you could imagine.

academies.openacadia.ca  
1.800.565.6568 | 1.902.585.1434  
academies@acadiau.ca



LUTHERAN CAMP MUSH-A-MUSH has been a place for kids and families to come since 1948. Located in Middle Cornwall, Nova Scotia,

Camp Mush offers many children's camps during the summer, and also rents out its facilities from May until November.

PROGRAM	AGES	DATE	REGISTRATION COST
Beginner	5 - 8	July 6 - 9	\$90.00
Young Camper	6 - 8	July 6 - 11	\$180.00
Junior 1	9 - 11	July 13 - 18	\$180.00
Intermediate/Senior	12 - 15	July 20 - 25	\$180.00
Multi-Age	10 - 14	July 27 - August 1	\$180.00
Junior Intermediate	7 - 14	August 3 - 8	\$180.00
Family	All Ages!	August 10 - 15	See Below

\* Based on a family of four. Each additional person will be \$65.00 per person. Rate for one person will be \$180.

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

Register online at [www.campmush.ca](http://www.campmush.ca). Or mail registration to:  
**Lutheran camp Mush-a-Mush**  
P.O. Box 196  
Bridgewater, N.S. B4V 2W8  
Attention: Personnel Committee  
Include non-refundable deposit cheque of \$50 for each registrant.

## Summer Camp Guide

### Beat Learning Loss over the Summer!

By Pamela Streeter, Director, Birch Hills Academy

Summer is fast approaching with students anticipating the traditional summer activities. While the two months are a welcome break from the routines of school and extra-curricular activities by students, research demonstrates that summer learning loss does occur. This explains the common practice in many classrooms in September of reviewing previous years material.

How can summer learning loss be prevented? Extending the school year by adding more days, attending summer school, and modifying the school calendar to provide more frequent, shorter breaks are all options. Another option is to attend summer camps designed to deliver a mix of academic support and non-academic activities.

Birch Hills Academy in partnership with Creative Kids Education Centre is offering just such a mix of camps this summer:

The Academic Accelerator Camps will address individual student needs in the following areas:

Reading skills, including reading comprehension, vocabulary, phonemic awareness, and grammar with our interactive, adaptive software program,

Writing skills, including hand writing mechanisms, sentence structure,

vocabulary and grammar, Organization, Project, Essay, and Study Skills,

Attention, Working Memory, and Processing Speed are all skills required to be successful in today's busy classrooms.

Social Skills for Success Camps will develop those skills necessary to support interactions and communication with classmates, teachers and parents including:

Social Success for School - building and maintaining positive friendships, actively listening and participation, and building confidence in ability and understanding,

Self-Esteem and Confidence - building a positive self-image, understanding our emotions, stress management, and coping strategies,

Leadership Skills - goal/strategy building, time management skills, supporting and building relationships, and conflict resolution.

For more information visit [www.birchhillsacademy.com](http://www.birchhillsacademy.com)

## Beat Summer Learning Loss!

Throughout the summer Birch Hills Academy will offer the following camps:

**Academic Accelerator (grades 2 through 9)**

**Social Skills For Success (grades 2 through 6)**

**Junior Leadership (grades 7 through 9)**

**Senior Leadership (grades 10 through 12)**

Visit our website [www.birchhillsacademy.com](http://www.birchhillsacademy.com) for more information

832.6700

[info@bha-ns.com](mailto:info@bha-ns.com)



# Birch Hills Academy

*The Power of Effective Learning*

## SCHOOL'S OUT. SUPERNOVA'S IN!

INSPIRING SUMMER ADVENTURES IN SCIENCE, ENGINEERING, & COMPUTER SCIENCE AT DALHOUSIE UNIVERSITY.



SuperCHARGE your summer with SuperNOVA's hands-on, minds-on programs for ALL youth ages 5-18! Register online at [www.SuperNOVA.dal.ca](http://www.SuperNOVA.dal.ca) or by calling 902.494.6220.

**SUPERNOVA**  
at Dalhousie University

A member  
organization of  
[www.actua.ca](http://www.actua.ca)

**actua**

Learning for Change.  
Découvrir pour demain.

Follow us on Facebook and  
Twitter: [/SuperNOVAatDal](https://twitter.com/SuperNOVAatDal)

# Summer Camp Guide



## Exciting Summer Camps

Maritime Conservatory of Performing Arts  
6199 Chebucto Road, Halifax  
423-6995 • www.maritimeconservatory.com  
Registrations are being accepted now for the following camps:

# SUMMER CAMPS

**Dance:**  
Creative Movement, Children's Dance Camps,  
Ballet Classes all ages, Dance Intensive

**Music:**  
Kindermusik, Strings, Winds,  
Music Theatre!

Phone: 423-6995 6199 Chebucto Rd. Halifax, NS  
Visit us online: [www.MaritimeConservatory.com](http://www.MaritimeConservatory.com)

Register now!

<b>MUSIC CAMPS</b>		
SUMMER MUSICAL THEATRE COMPANY:	Elementary Company Players	Grades 4-6
		July 7-11 9:00am - 4:00 pm
	Junior Company Players	Grades 7 - 12
		July 28 - August 1 9:00am - 4:00 pm
CONTEMPORARY VOCAL PROGRAM:	Grades 7-12	July 14-18   9-4pm
CELLO CAMP:	Ages 6-14	July 7-11   1pm - 4pm
BRASS BAND CAMP:	Ages 8 and up	August 18-22 9:00am - 4pm
SUZUKI & CELTIC STRING INSTITUTE	For both Suzuki & non Suzuki students	August 11-15
	Pre twinklers (pre-school)	9am -12pm
	Older twinklers, Suzuki Book 1-4	9-4:30pm
	Fiddle Students	9-4:30
INDIVIDUAL SUMMER LESSONS AVAILABLE IN PIANO VOICE STRINGS WOODWINDS, BRASS		
<b>DANCE CAMPS</b>		
CREATIVE MOVEMENT CAMPS (ages 3&4)	Monday -Friday 9:30-11:30	June 23-27 July 21-25
CHILDREN'S DANCE CAMPS (ages 5-9)	Monday-Friday 9:00-4:30	July 2-4 (*3days only Wed.-Fri.) July 7-11 July 14-18 July 21-25
**Half Day option available upon request		
EVENING ENGAGEMENTS - BALLETT CLASSES		
TEEN/ADULT BEGINNER (age 12+)	June 17 - July 22	Tues. 5:30-6:30
INTERMEDIATE	June 17 - July 22	Tues. 6:30-7:30
ADVANCED (drop in fees available)	June 17 - July 22	Tues. 7:30-9:00
SUMMER DANCE INTENSIVE BALLETT, PARTNERING, CONTEMPORARY, POINTE, ETC. August 18-29 ADDITIONAL WORKSHOPS AND ACTIVITIES		
INTERNATIONAL GUEST TEACHERS: Joan Kunsch, Kealan McLaughlin, Amanda LaRusic, Jane Wooding Gala performance to conclude		

## KIDS FINE ART CAMPS

Alderney Landing, Dartmouth Waterfront

**TWISTED TEA PARTY**  
JULY 7<sup>TH</sup> - 11<sup>TH</sup>

In this mash-up of *Through the Looking Glass* and *The Secret Garden*, participants can explore the wacky world of their own imaginations! Surrealists Salvador Dali and Frida Khalo, day trips to Art Galleries and Public Gardens will inspire their own stories, sculpture and art creations all of which will be made into a Twisted Tea party at the end of week in costume which parents will attend.

**ROBOTS VS. SEA MONSTERS**  
JULY 21<sup>ST</sup> - 25<sup>TH</sup>

In this fantastic camp mash-up participants will explore Sea monsters, machines and the culture of Steampunk. The classics *Moby Dick* and *20,000 leagues under the sea*, Robotics, Ocean myths and Steampunk will inspire a large scale creature sculpture to be unveiled at week's end!

REGISTRATION: [www.alderneylanding.com](http://www.alderneylanding.com) or call (902) 461-8401

WEEKLY CAMP FEES: \$185 per child, per camp. Fees incl.: supplies, daily snack & lunch on Fridays

AGES 6 TO 12 MONDAY TO FRIDAY 8:30am - 4:30pm

Port of Halifax

**SUMMER THEATRE SCHOOL**  
JULY 14 - 18 AND JULY 28 - AUGUST 1  
Please visit [www.onelighttheatre.com](http://www.onelighttheatre.com) phone 902.425.6812

# Summer Social Skills Day Camp!

**Dates:** July 8th - Aug 28th 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 404-8433(TIDE) or email [angela@turningtides.ca](mailto:angela@turningtides.ca)

www.turningtides.ca

# Summer Camp Guide



## SPRING AND SUMMER

### DYNAMIC

Now in our nineteenth year, we have a reputation for dynamic growth and vigorous response to the needs of minor hockey players.

### HIGH QUALITY AND ENJOYABLE

The principle objective of all our camps is to provide high quality instruction in a positive, supportive and fun environment.

We have worked with in excess of 80 players who have moved on to Major Junior, University or Professional hockey and we have also worked with players who have taken their first steps on the ice. Our foremost commitment continues to be the development of every individual player at our schools.

**For complete information on our schools visit**  
**[www.tomduffeyhockey.com](http://www.tomduffeyhockey.com)**

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

*Where children come to grow!*

## SUMMER CAMPS

Extended drop-off & pick up times - 7am to 6pm  
Huge playground • Meals & snacks included  
Awesome themes every week!

**GREAT LOCATION!** 21 Glen Arbour Way  
Hammonds Plains  
830-9514

Check out our website or call for more details:  
[www.willowbraechildcare.com](http://www.willowbraechildcare.com)

## Camp de jour : s'amuser en français! Having fun in French!

### Camp De Jour



# Camp de Jour 2014



**Votre enfant peut avoir beaucoup  
de plaisir à apprendre...en français!**

**Inscrivez votre enfant au  
Camp de Jour ou au  
Camp en Action du CCGH!**



**Pour inscription et information: visitez le [www.ccgh.ca](http://www.ccgh.ca) / ((902) 435-3244**

Qu'est-ce que votre enfant va faire cet été? Va-t-il visiter des musées? Des parcs d'amusements? Développer son imagination et sa créativité? Faire du sport? Il peut faire toutes ces activités et encore plus... et avoir de plaisir à le faire en français!

sport, artistic and creative activities. Your child will have fun in French and enjoy the sun and the summer season!

Camp de Jour et/and Camp en Action :

Du 2 juillet au 22 août 2104/  
From July 2 to August 22 2014

Le Camp de Jour et le Camp en Action du Conseil communautaire du Grand-Havre offrent aux enfants de 5 à 13 ans la possibilité de s'amuser, d'apprendre et de grandir en français durant l'été.

You want your child to have a summer filled with exciting activities that are educational and amusing in French? The Conseil communautaire du Grand-Havre has 23 years of experience in Summer Camp activities. The Camp de Jour and Camp en Action for children aged 5 to 13, offer various excursions, recreational,

• Camp de Jour (5 à 10 ans) et Camp en Action (10 à 13 ans) à l'École du Carrefour, Dartmouth et à l'École secondaire du Sommet, Bedford.

• Inscription/registration : 110 \$ par semaine/per week - Camp de Jour  
• Inscription/registration : 140 \$ par semaine/per week - Camp en Action

Pour information ou inscription/For information or registration : [accueil@ccgh.ca](mailto:accueil@ccgh.ca) ou téléphonez 435-3244 or visit the website: [www.ccgh.ca](http://www.ccgh.ca)



# Summer Camp Guide

## Camp Tidnish - Access Fun

Camp Tidnish is a summer residential camp for children, youth, and adults with disabilities operated by Easter Seals Nova Scotia in partnership with the Rotary Club of Amherst and is an Accredited member of the Camping Association of NS & PEI. At Camp Tidnish your camper will have an amazing summertime adventure where traditional camping experiences are enhanced by barrier-free accommodations to meet their physical and social needs.

experienced counsellors, nursing staff, food services staff and full time directing staff.

Some of our most popular programs include sailing on the Tidnish River in our accessible pontoon boat, hay rides, trampoline, and traditional camp activities like campfires and swimming in our indoor, heated, fully accessible pool.

For more information about our programs, session dates or to register for camp, please visit our website [www.easterseals.ns.ca](http://www.easterseals.ns.ca) or contact camp director Patti Sampson at [camping@easterseals.ns.ca](mailto:camping@easterseals.ns.ca) or by calling 902-453-6000 ext 227.

Our child and youth campers get to experience the thrill of going away to summer camp, just like their classmates, while our adult campers can enjoy a relaxing vacation away from work or home all while supported by our

## Is my 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](http://www.campingns.ca).

### Dartmouth Skating Club

#### Spring & Summer Programs

- Power Skating
- Canskate (Learn to skate ages 3 and up)
- Figure Skating

\* All Programs are taught by Skate Canada professional coaches

For more information please contact Kyla McNeil - [Kylamcneil@hotmail.com](mailto:Kylamcneil@hotmail.com)

835-2012  
[Dartmouthskatingclub.ca](http://Dartmouthskatingclub.ca)









## Register NOW!




Easter Seals Nova Scotia

For more information or to register please contact camp director Patti Sampson.


[camping@easterseals.ns.ca](mailto:camping@easterseals.ns.ca)  
902•453•6000 ext 227  
[www.easterseals.ns.ca](http://www.easterseals.ns.ca)







## Camping Association of Nova Scotia and PEI



Visit our website for more information on camping in Nova Scotia  
[www.campingns.ca](http://www.campingns.ca)

# Summer Camp Guide

**THE Little  
Gym®**  
Serious Fun.



127 CHAIN LAKE DRIVE, BAYERS LAKE  
431-KIDS (5437)

"LIKE" US ON FACEBOOK : THE LITTLE GYM OF NORTH HALIFAX  
tlgnorthhalifaxns.com

## Parent-Child Guide

**DON'T MISS OUT!!!!**  
**NEXT EDITION: GETAWAYS  
& RESORTS, SUMMER CAMP  
GUIDE, FUN PLACES  
TO GO & MORE!!**

**BOOK  
NOW!**

**Printing on June 13**

Deadline for ads May 30.



**For More Information Please Contact:**

Robert Rockwell • 209-4461 • parentchild@ns.sympatico.ca



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# Education

## Learning Doesn't Stop Just Because School Is Out

Submitted by Oxford Learning HRM

Pre-Prim to Grade 12 Reading Writing Math French SAT/ACT Prep

### Oxford Learning is... BETTER REPORT CARDS

Approach the process of learning properly and you wind up creating more than hard-working students with good marks; you create motivated, self-assured, independent thinkers who really understand what they learn. That means better grades... on every test, in every subject, and on every report card.

All Ages. All Grades. All Subjects.

Enrol Today!



oxfordlearning.com

Halifax & Hammonds Plains  
halifax@oxfordlearning.com

423.4484

Bedford  
bedford@oxfordlearning.com

405.4116

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.

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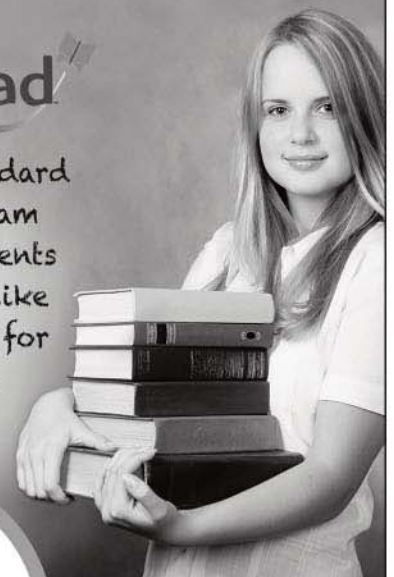


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By Elizabeth Shearouse – MYC Teacher

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Composing boosts problem solving skills. Students must search for the right solution as to how to finish a phrase, find the right chord, or fit a rhythm to a melody. Composing is a unique form of self-expression. It

can be a productive outlet for frustration and sadness. Some of the most beautiful music has come to us from heartbroken composers. Finally, composing is fun! Children who compose are more likely to enjoy

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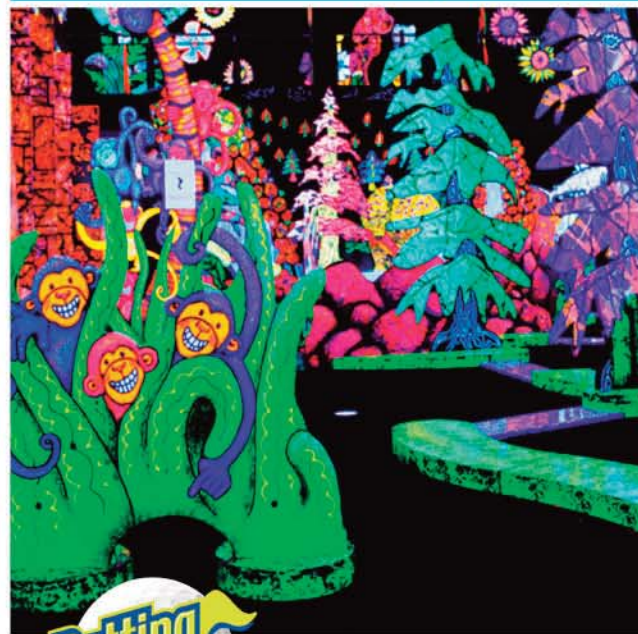


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are young, happy and healthy. Identifying diseases is easiest when you have values to compare to when running tests for certain health ailments. A senior pet can benefit from having one of these exams as they will help detect diseases in their early stages and may help your pet respond positively to medical treatment. Early detection also helps you avoid significant medical expenses and risks to your pet's health.

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• Urine protein/creatinine ratios are checked to see a more accurate measurement of how well the kidneys are able to manage their workload

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through out their lives, much like humans. The technologies are out there to help you keep your pet happy and healthy, why not take advantage of them today?


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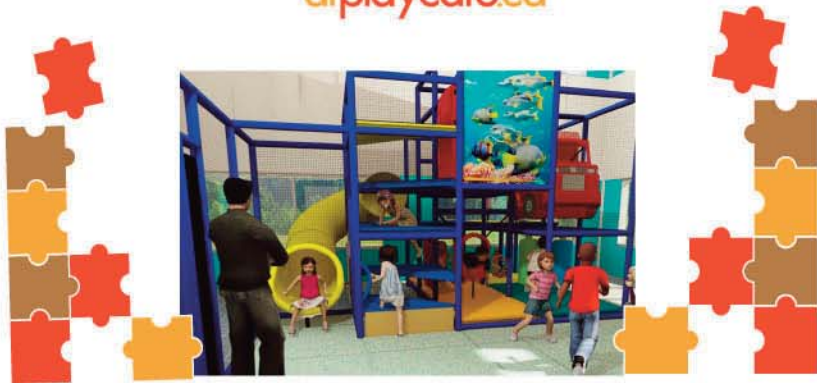
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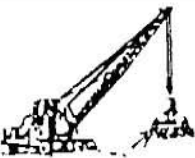


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## CRAFT CORNER

## Time To Renew

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

Spring, like the age-old sayings go, is a time for fresh starts and trying new things. Let the new growth be a starting place for revived ideas as you begin your own pursuit of creativity. I enjoy celebrating artistic endeavors in all of its forms: painting and crafting, music and composition, literature and poetry. These expressions of creativity infuse our lives with meaning and purpose.

Take advantage of the slowly lengthening days. I plan on getting up an hour early and open the windows to let in new ideas. I love the fresh morning breeze to awaken my senses! I like to sit by the window in the kitchen with a hot cup of tea writing or sketching for about 30 minutes, a relaxing way to start the day.

A stroll in the warmer afternoon or sitting on a park bench to eat lunch can evoke thoughts of new beginnings and encourage great ideas. You may find a pleasant surprise of fresh growth all over again or perhaps notice the landscape

begin to open up with colour and everything appearing lighter.

Creating a space to arrange any of the projects finished up over the past few months. In youth, our mothers may have urged us to help with spring-cleaning, for myself a bit of tidying up before the sun goes down helps to achieve a nice clean environment. I have a landscaping friend gather a few branches off of some trees she was pruning to use for my display.

I have been working on a flock of lavender love birds, cherry blossoms and lavender filled hearts, sculpted with wool (a.k.a. needle felting). This has become a new craft addiction of mine which I find very relaxing and surprisingly easy.

Needle felting uses special needles from an industrial felting machine referred to as "barbed" needles, they have notches along the shaft of the needle that grab the top layers of fiber and tangle them with the inner layers of fibers as the needle enters the wool. Since these notches face down towards the tip of the needle, they do not pull the fibers

out as the needle exits the wool. Once you have achieved a base piece of tangled and compressed wool, the felt will be strong and can be used for creating sculptured pieces.

For the love of birds! I started off by making a cocoon of lavender, spreading out a small amount of wool roving into the in the palm of my hand and then sprinkle on top a bit of lavender. Folding the wool around the lavender I started poking lightly trying not to jab myself in the hand. Once I had the cocoon made I would start adding more fiber to create and sculpt the shape and colour of the bird. I used the same technique to make the hearts, sculpting it into the desired shape.

You can make just about anything that inspires you. Patchwork on the elbows of a sweater, rattle balls, plush animals, jewelry, and flowers. It is a fun and easy craft for everyone to take part in.

Please drop in to Maritime Hobbies & Crafts to see our craft corner, 1521 Grafton Street, Halifax, 423-8870, [www.MaritimeHobbies.com](http://www.MaritimeHobbies.com)

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\*While supplies last. No purchase necessary. The "Mopar Cooler Promotion" contest consists of an online sweepstakes with regionally awarded prizes. A skill-testing question must be correctly answered. Complete contest details available at [www.mopar.ca](http://www.mopar.ca). Online sweepstakes ends with all entries received by 11:59 pm (ET) June 14, 2014. Prizes consist of 150 Limited Edition Vintage Mopar Coolers (approx. value \$225 each) awarded regionally as follows: British Columbia (including Northwest Territories)/Alberta/Prairies: 40, Ontario: 60, Quebec/Atlantic: 42. Jeep and HEMI are registered trademarks of Chrysler Group LLC, used under license by Chrysler Canada Inc.

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