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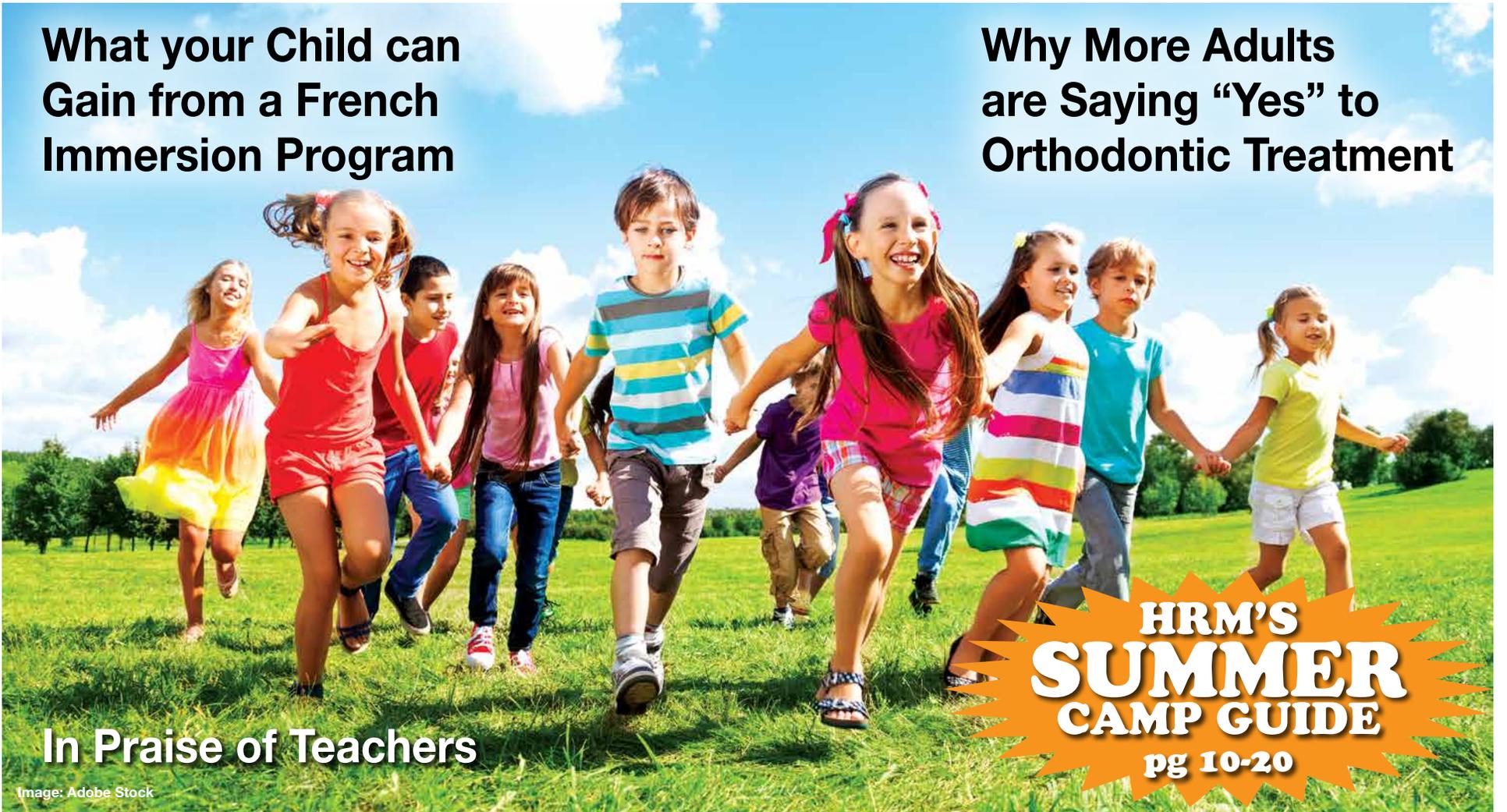


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In Praise of Teachers

By Claudette Bouman

Education innovations and reforms are slogans that become fuzzy phrases unless any such changes produce positive results for students. Unprecedented school changes have informed and shaped how children learn over the past two decades, just look at how computerized technologies are integrated into delivery of classroom instruction on any given school day.

The most common uses of technology in the classroom are: websites and social media, computer-based reading programs, computer-based assessment, and the hybrid Google Classroom with desktops/laptops and/or iPads setups. From elementary through to high school, students engage daily in activities that demand computers. One of my daughter's friends just graduated from Dalhousie with a computer science degree. In her new job she focuses on developing assistive technology for young and older people navigating cyberspace. Setting high-tech lessons aside, little academic success can be achieved without an army of dedicated teachers to fire children's curiosity and imagination and help grow their self-confidence.

As terrific as computer technologies are, they cannot replace the teacher-student relationship established as a basis for effective learning. The fallout from Covid-19 confirms what we already know intuitively. We need teachers to bring and keep learning alive.

My husband and I saw the fruits of suc-

cessful student-teacher relationships in the examples of our two children. Our son's grade 3 teacher intrigued her students by passing on science knowledge through owl kits from the Nova Scotia Museum of Natural History. Later in grade 4, our son's love of Tolkien began when his teacher read aloud *The Hobbit* to his class over the course of a term. What imaginings she must have created for the children and what great fun! When our daughter entered elementary school, her teacher was a goddess whose directives we dared not question or contradict. Our daughter hung on her teacher's every word to begin rapidly practising reading, writing, and speaking French. Thank goodness for Francophone teachers! I could never have taught my daughter French for the simple reason that I do not speak a word of it.

I still can't understand or accept the low reading level among too many African Nova Scotian students even after seeing it myself. A well-known and respected local politician once told me his son experienced reading difficulties early on in school but those snags were eliminated with the expertise and dedication of a teacher who had a reputation at the school for helping children reach reading success. Why don't we scrutinise proven reading success methods and apply them with generosity?

School success starts with children conquering the basics: reading, writing, and sums. Accompanying these

basics, is a natural curiosity and love for learning about the world in, for example, maths, science, geography, and history. Effective teachers make the most of this curiosity. While education reforms are needed to keep a large system not simply afloat but also relevant, not all educational changes prove to be better than what they sometimes attempt to substitute in.

Sophisticated computerized systems are in use in every facet of our lives today, health, engineering, and entertainment, to name a few. But it's the teaching and learning, occurring long before students enter specialized training and university programs, that determine the quality of learners' contributions to their own lives and society.

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.



Photo by Max Fischer, pexels.com

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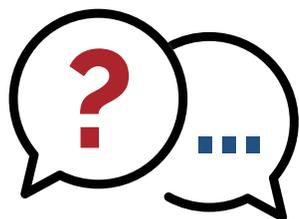
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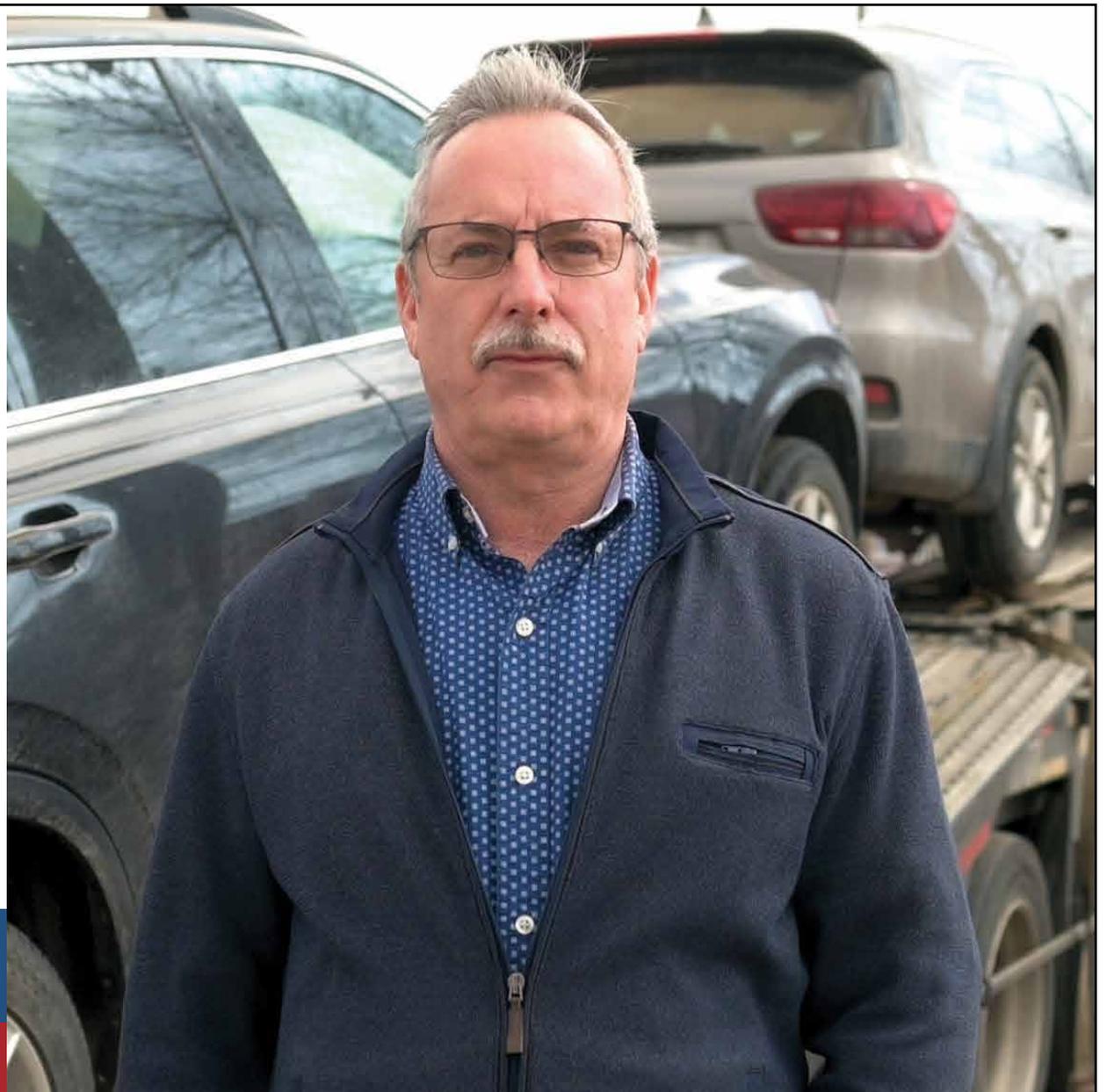
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HRM MLAs and MPs Working Hard for YOU!

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

Easter

I would like to wish everyone in the riding a very Happy Easter!



Healthcare Workers

Our health workers suffered greatly during the pandemic. They have taken care of us, and we must take care of them too.



Our government's new health care agreement takes strong action to...

- Support the health workers who power our health care system and reduce backlogs.
- Help people get good mental health care and substance use supports; and
- Ensure your health information is available to you and your health providers—so you get the best quality care.

For more information, please visit: https://www.canada.ca/en/health-canada/services/priorities.html?fbclid=IwAR0u5oyIVn-QOVjG8dxXEFJL7ncTzW3qVwBo_K7Ji1RWHgKIXIER45X-sK_E#a2

Mental Health

Did you know 1 in 3 Canadians say they are struggling with their mental health?



Every person is impacted by mental illness in some way. As part of our government's recent

healthcare investment, we are committed to making mental health care more accessible and affordable by ensuring provinces and territories treat mental health as a full and equal part of our health care system.

For more information, please visit:

https://www.canada.ca/en/health-canada/services/priorities.html?fbclid=IwAR1PWQA8qpWLSk-fXT7O06SZfFp5mpLPrTVbyULZM-FtbKXxmyJm6dp6okd_0#a2a

Improving Healthcare Services for Canadians

On February 7th, 2023, our government announced an investment of \$198.6 billion over 10 years towards improving health care services for Canadians.

As part of our investment, we are modernizing Canada's health care system with standardized health data and tools. Not only will these measures ensure that personal and private medical information remains secure and confidential, but it will also allow our government to build greater standards and policies around collecting health data and the use of digital strategies.

For more information about this investment, please visit:

<https://www.canada.ca/fr/sante-canada/services/priorites.html?fbclid=IwAR3dv0WLiRcPM-k9aPtQrasyUXguCGigagaYXAS-7Tb3377XagjCKgN3LS4Qnada.ca>

Oil to Heat Pump Affordability (OHPA)

Registration has opened for the Oil to Heat Pump Affordability (OHPA) Program in Nova Scotia. Low-to-median-income Canadian households may receive up to \$5,000 in federal support from this program in addition to up to \$5,000 from the Canada Greener Homes Grant (CGHG), and additional support from the Province of Nova Scotia.

You can register now for the OHPA Program on EfficiencyOne's website:

[https://www.energycans.ca/residential/services-rebates/oil-to-heat-pump/?fbclid=IwAR25azo7dx6xEpMCU3QBF-HsPyQGlnu3p67RbJzv5z_nY_dCg_QsMxfSgTlMyNovaScotia\(energycans.ca\)](https://www.energycans.ca/residential/services-rebates/oil-to-heat-pump/?fbclid=IwAR25azo7dx6xEpMCU3QBF-HsPyQGlnu3p67RbJzv5z_nY_dCg_QsMxfSgTlMyNovaScotia(energycans.ca))

Essential Workers

The COVID-19 pandemic created significant challenges for educators who have endured school closures, isolation and constantly changing work environments while meeting the needs of our children and youth.

That is why last week, the federal government announced \$798,500 in funding for the CTF - FCE to promote mental health and prevent mental ill-





DARRELL SAMSON

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Welcome to Spring ... A time of plans and projects ...




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ness for essential workers in K-12 schools, including educators and administrators.

For more information, please visit:

<https://www.canada.ca/en/public-health/news/2023/03/government-of-canada-invests-798500-to-support-the-mental-health-of-educators.html?fbclid=IwAR1ekcMNE7MyvR7GNmrJWyyjqj-MFcSy4wqBe7EUUp-UvSz2auS-2W2CnIz-3klth of educators - Canada.ca>

Halifax West MP Report: Budget 2023

By Hon. Lena Metlege Diab, Member of Parliament

Spring's arrival brings with it a welcome change of weather, and a refreshed fiscal plan for Canada. This year, based on Canadians' feedback, your federal government introduced a prudent budget that focuses on health care, greening the economy, and providing relief from inflation. Here are some of Budget 2023's highlights for Halifax West:

Stronger Health Care

Budget 2023 delivers almost \$200 billion to strengthen our public health care system over the next decade. It also includes renewed funding for sexual and reproductive health care and the launch of a national 988 suicide prevention helpline. Building on the success of the interim Canada Dental Benefit, the Canadian Dental Care Plan will also be launched to provide dental coverage to all uninsured Canadians making under \$90,000/year by 2025.

Inflation Relief

A one-time Grocery Rebate is being issued to help with the rising cost of food. Delivered through the GST Credit mechanism, this new payment

will offer targeted support for those that need it most. Eligible couples with two children will receive up to \$467; a single Canadian will get up to \$234; and the average senior can expect \$225, on top of their regular, inflation-indexed benefits. Budget 2023 also caps the excise tax on alcohol and cracks down on junk fees—like telecom roaming charges—that get added to many products and services.

A Green & Competitive Canada

As the world turns to electric vehicles and the United States makes big investments in clean energy, Canada can't—and won't—get left behind. To build a greener economy, we've introduced major new tax credits for investments in clean electricity, clean-tech manufacturing, and clean hydrogen—all while ensuring that the companies that access these supports pay their workers fairly. We will also help deliver clean electricity to Nova Scotia by advancing the Atlantic Loop project.

Support For Young People

Inflation and inadequate housing supply are posing

challenges for young people. That's why we're increasing Canada Student Grants by 40% and increasing the interest-free Canada Student Loan limit. We've also launched the Tax-Free First Home Savings Account that allows prospective first-time buyers to save up to \$40,000 completely tax-free. The \$4 billion Housing Accelerator Fund has also been launched to directly support municipalities like HRM in unlocking 100,000 new housing units and encouraging density and complete, connected communities.

Of course, that's just a snapshot of what's in the federal budget. Watch my Facebook and Instagram—and your mailbox—for more updates!



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HRM MLAs and MPs Working Hard for YOU!

A Message from Rafah DiCostanzo, MLA for Clayton Park West

Welcoming Spring

I want to take this opportunity to wish the *Parent Child Guide* a Happy 28th Anniversary. They provide a great resource for members of the community to hear about what is happening in our area. I thank them for allowing me to share MLA news in their guide.

A new season is here and I'm looking forward to welcoming stronger sunlight and warmer weather! It's a beautiful time of year to watch the days grow longer and to have the flowers blossom in our community.

Keeping the Community Clean

As we bid farewell to winter, I look forward to getting outside more and interacting with constituents in Clayton Park West. I'm passionate about keeping our community the beautiful place that it is, and part of that is keeping it clean! April is the time for Earth Day. We will be holding a clean up event where we encourage everyone

to come out and play a part. We will be cleaning up around Halifax West High School – it's important our students have a safe and clean environment to walk through everyday. Our Clayton Park Litter Prevention Committee is an integral part of our community. We are planning on holding clean ups in April, May and June. If you're interested in taking part in our Earth Day clean up event and/or becoming part of the LPC moving forward, check out our Facebook page or contact our office for upcoming dates.

Slow Down Signs

Another sign of spring is seeing the children in our community back on the playgrounds and taking advantage of time going for walks on our streets. Our 'slow down' signs are meant to remind drivers of their speed when driving through the community. Studies show that placing three consecutive signs with short distances apart can help reduce the number of speeding drivers. Constituents can access

these signs by calling our office by phone or email.

24-hour urgent care needed

The state of our healthcare system remains both a top concern and priority for me to help improve. We know far too many residents are waiting much too long for care in overcrowded waiting rooms. Here in Clayton Park West, the Bayers Lake Community Outpatient Clinic will act as another resource for our constituents to receive care. Scheduled to open in August 2023, it is slated to have 17 examination rooms and diagnostic imaging but is set to be closed on evenings and weekends for the most part.

Your voice matters, We need your Help

We need your help to get 24-hour urgent care at this new facility. A petition that I have organized to push this necessity forward has garnered more than one thousand signatures and we want to keep it going! Help spread the word and sign

here: <https://chng.it/42yHFYp9>

Community BBQ

One of our most anticipated events of the year, when we partner with the Friends of Clayton Park Society to hold the annual Clayton Park West MLA barbecue. Plans are underway for the event in July. The pandemic has made it difficult to host this event in past years, so I'm excited for everyone to be able to come back together. We have had nearly one thousand participants in past BBQs and hope to match that attendance this year. This is such a fun time for family, friends, volunteers to come together and meet their neighbours to connect over some delicious food and fun activities. Check our Facebook page for date and time. We hope to see you there!

Coffee and conversation

Every month, I host coffee and conversation at the café beside my office. Residents of Clayton Park West are encouraged to



Rafah Di Costanzo
MLA - CLAYTON PARK WEST

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Hon. Patricia Arab
MLA, FAIRVIEW-CLAYTON PARK

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info@patriciaarab.ca
patriciaarab.ca PatriciaArab PatriciaArabFCP

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share issues, ideas, and upcoming events in our community. To arrange a date and time, please don't hesitate to contact our office. Thank you for the honour of serving our Clayton Park West community.



Suzy Hansen
MLA HALIFAX NEEDHAM

902 455 7300
6080 Young St Suite 1000, 10th Floor
suzyhalifaxneedham@gmail.com
Let's Connect!

A Message from Suzy Hansen, MLA for Halifax Needham

Greetings from Halifax Needham, I am wishing everyone a happy Spring and let's hope the Easter Bunny finds you in April and leaves you some well-deserved treats. As the weather warms up and the days get longer, getting outside with the kids should be a top priority. Our family always finds time to get outside to be active together as a family.

Spring is the perfect time to fly a kite. The months in spring tend to be windy which is perfect kite-flying weather. Pick a location with a wide-open field, like Fort Needham Park or Citadel Hill, so that you have plenty of room to chase your kite and not run into any obstacles. If you have more than one kid, give them each a kite and let them race them or challenge each other to kite acrobatics!

Spring is a great time to workout outside with the kids. Bring them along on a run around the neighbourhood. Do yoga together outside in the back yard. Take them to

the local playground and run off all that energy. Kids that see their parents being active are more likely to be active as well. Be an example and get out and sweat.

I also enjoy spending time with friends and doing karaoke in and around Halifax Needham, so please follow me on my socials to see where I pop up next for Karaoke. Come and join me for some singing and great company.

Make sure you, your family, and friends take some time to get outdoors to enjoy some of our province's beautiful trails. Being outdoors and connecting with nature is so important for our mental health and well-being.

Let us all welcome Spring and connect with me @suzyhalifaxneedham to stay updated. Please Take care of yourself.



Wishing Parent-Child Guide a happy 28th year!

LISA LACHANCE
MLA, Halifax Citadel-Sable Island

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www.LisaLachance.ca

A Message from Susan LeBlanc, MLA Dartmouth North



On December 19 of 2022 I was honoured, as MLA for Dartmouth North, to recognize 15 exceptional residents with the Queen's Platinum Jubilee Medal. Nova Scotia was one of 6 provinces to honour community members with a Platinum Jubilee Medal, meant to both honour The Queen's 70 years of service and the contributions and achievements of residents.

For our very Dartmouth North ceremony, we gathered at North

Grove on Primrose Street and enjoyed music by a young local violinist Ella Rogerson, and desserts from both Delectable Desserts and New Leaf Catering. Photography was done by Dartmouth North's Snickerdoodle Photography.

The stars of the night were the deserving recipients and the audience was filled with their adoring fans; family, friends, colleagues and community members.

The Dartmouth North recipients of the Queen's Platinum Jubilee were: Geoff Bennett, Elizabeth Blanchette, Josephine Downey, Angus Duncan, Shianne Gordon, Cheyenne Hardy, Arthur Hood, Guyleigh Johnson, Elizabeth MacPherson, Margaret Anne McHugh, Anthony Scoggins, Mary Rigby, Viki Samuels-Stewart, Fatema Sidat, and Beth Vallis.

Together the awardee's accomplishments included: securing funding for a local canoe club's renovations; efforts to increase political engagement and voter turnout in Dartmouth North; decades of labour activism; establishing and running a public housing tenants' association; working to end food scarcity in our community; supporting survivors of sexual violence; running a university food bank and soup kitchen; publishing several books of poetry; running a thriving music festival; leadership in

Scouting; decades of work within the co-operative movement; a lifetime of activism for peace, justice and reconciliation; an accomplished career in human rights, equity, diversity, and conflict resolution; organizing the local Mosque's community outreach and charitable work; hours upon hours of supporting local youth in sport.

What a list of accomplishments, indeed!

I am proud to be in community with these movers and shakers and was so pleased to celebrate all that they have contributed—and continue to contribute—to our beloved Dartmouth North.



I ♥ Dartmouth North

SUSAN LEBLANC
MLA DARTMOUTH NORTH

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HRM MLAs and MPs Working Hard for YOU!

A Message from Hon. Tim Halman, MLA Dartmouth East

As you are reading this article, it is more than likely that I am in the Legislature, working hard to bring you the representation that Dartmouth East deserves. This Budget season I am sure that our government will bring many new ideas to the table in an effort to address the concerns of all Nova Scotians. Indeed, many of our successes are already coming to fruition in the community. For example, in an effort to address the ongoing housing crisis we have worked with NSCC Akerley to construct student housing for NSCC students, creating a space for them and easing the pressure on the wider availability of units in the market. Other government accomplishments include expanding the Dartmouth General Hospital, so that more services and a new ER will be available at the facility. Dartmouth is a growing community, and our healthcare facilities deserve expansion in recognition of this. Our government is happy to

help deliver these benefits for the community.

Beyond the already announced projects for our community, I look forward to representing Dartmouth throughout the upcoming Budget season. While there are many issues to be debated and addressed, I am confident that our government will continue to implement forward thinking, long term solutions to ensure that the challenges we face as a province today are resolved and competently managed going forward into the future. I remain optimistic and excited about the progress our city is making, and I look forward to continuing to represent Dartmouth East in the government and the Legislature.



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Multi-age 1	7-14	July 16-21	\$205 + Tax = \$235.75
Day Camp 1	5-12	July 17-21	\$140 (\$35/day)
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Summer Camp Guide

Building off the World Cup

Submitted by Royal City Soccer Club

This past December, we all witnessed the greatest World Cup ever...with the greatest final game ever...featuring, arguably, the greatest soccer player ever and perhaps the next great one too! The Canadian Mens National Team returned to World's biggest sporting event after more than 35 years...and scored our first World Cup goal. With our recent Womens National Team success at the Olympics and World Cup, what better time to continue building our Canadian soccer program.

Our Canadian stars didn't come out of nowhere, they started playing soccer at the grassroots level early in life. This is where Royal City Soccer Club comes in. As a non-profit community organization, the Royal City Soccer Club has been hosting grassroots summer day camps for children aged 5 to 13 years old. For over 30 years, we've been the promoting soccer in 100 locations across Canada. Over 300,000 children have benefited from our unique day camp experiences.

Campers, as we like to call them, not only build on their individual skills but they'll also learn life skills like leadership, team building and even problem solving that extend far beyond the one or two weeks of their camp session. The self-confidence they gain at our program becomes very evident when they return to their regular soccer games and teams. You don't have to be a great soccer player and often, you don't need any soccer experience at all to attend a soccer camp. Whether your child wants to improve his/her skills or simply want to try soccer in a non-competitive, fun environment, soccer camp is the right choice for you.

We encourage all children between the ages of 5 and 13 to register for either our full day or morning sessions during the months of July and August. Each camper receives a soccer ball, tshirt, camp medal and much more. We also offer supervised extended care drop off and pickup times.

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Summer Camp Guide

Why Performing Arts Training at Age 4 Can Benefit Young Children: The Stagecoach Approach

Submitted by Stagecoach

Is 4 years old too early to enroll my child into a performing arts program?

Not at all! Research has shown that exposure to the arts at a young age can have a significant impact on a child's development, and performing arts training in particular can provide numerous benefits for young children. That's why Stagecoach, a leading performing arts school, has developed its Early Stages program specifically for children aged 4-6.

According to experts, participating in performing arts activities can help young children build their confidence, develop their communication skills, and boost their self-esteem. It also provides an outlet for their creativity and imagination, while promoting teamwork and social skills.

Stagecoach's Early Stages curriculum is carefully crafted to encourage these skills while providing a safe, supportive, and fun environment for young children to explore their love for singing, dancing, and

acting. Their expert teachers are passionate about helping each child unlock their potential and empowering them to reach their full potential.

Through the Early Stages program, children can expect to learn new skills in singing, dancing, and acting, while also developing essential social and emotional skills. As they gain confidence in their abilities and work as part of a team, they will also develop their imagination and creativity.

Parents looking for a way to help their children develop essential skills and build their self-esteem are encouraged to consider performing arts training at an early age. With Stagecoach's Early Stages program, children can experience the joy of the performing arts while developing skills that will benefit them for a lifetime.

Call or text 902-266-2601 for more information regarding their Early Stages program in Bedford, Halifax and Truro. Your child will love it!

Parent-Child Guide



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Summer Camp Guide

Is my Child Ready for Camp?

Submitted by Rebecca Lancaster, Executive Director,
Canadian Parents for French, Nova Scotia

With summer just around the corner, many parents are looking for summertime activities for their children that enrich the path to success. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to do this.

Overnight camps can help build independence if children are ready for the experience. When making the decision whether to send a child to an overnight camp, it is important to consider your child's strengths and weaknesses. How independent is your child presently? Are they comfortable being away from you? Can they handle the daily routines of self care such as teeth brushing, dressing themselves or making beds? Counsellors are there to help campers with responsibilities, but your child should be prepared to take on new roles and tasks.

Camp life is fun but full of activities and schedules. How well does your child take direction? It is important to be able to listen to counsellors and understand directions. Is it hard for your child to switch activities? Having a flexible personality helps with the routines and activities at camp.

Making friends or bringing friends? While making friends is one of the best aspects of summer camp, not all children are socially equipped for camp. If your child is shy or has trouble making friends, bringing a friend to camp helps ease the situation. Also, your child is less likely to want to come home if they sign up for camp with a friend.

Most camps focus on technology free activities, so prepare your child to spend time outdoors and away from television, computers and cell phones. Being technology free at summer camp gives children the opportunity to develop new hobbies, sports and engage with their friends.

Many factors contribute to your child's success and motivation, your support and encouragement is one of the main ways to help your child to feel confident. If your child isn't ready for camp, then it is okay to wait another year or two.

CPF Nova Scotia has organized French summer camps for over 45 years. We offer a variety of camp experiences in French from day camps to overnight camps for ages 6-14 yrs. Check out ns.cpf.ca for more information on our camps in July and August 2023!

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FUN

Places To Go!

Brief Facts on Maple Syrup

By Melanie Munroe, Ross Farm Museum

We just had our Maple Syrup Weekend here at Ross Farm Museum, so we thought we'd hit you with a few sweet (pun intended) factoids about the industry in NS!

Maple syrup is a delicious and natural sweetener that is often associated with Canada. Nova Scotia's maple syrup industry is relatively small, but it is growing and has become an important part of the province's agricultural sector and a source of delicious, high-quality syrup for consumers.



Image by diapicard from Pixabay

The production of maple syrup in Nova Scotia usually begins in early spring, typically around late February or early March, when temperatures start to rise above freezing during the day but still drop below freezing at night. These conditions are

ideal for the process of sap flow, where the sap from the sugar maple trees is collected and boiled down to create maple syrup.

Nova Scotia's smaller maple syrup producers typically use a method called "sap gathering," where they hang

plastic bags or buckets on the trees to collect the sap as it flows. Once collected, the sap is then taken to the sugarhouse, where it is boiled down until it reaches the desired consistency and sweetness.

While Nova Scotia's maple

syrup industry may not be as large as some of the other maple-producing provinces in Canada, the quality of the syrup produced in Nova Scotia is often considered to be exceptional. This is due in part to the unique climate and soil conditions

in the province, which can create a distinct and flavourful syrup.

In addition to its use as a sweetener for pancakes and waffles, maple syrup can also be used in a variety of other culinary applications. It can be used as a glaze for meats, as a topping for ice

cream, or as a flavouring in cocktails and other beverages.

Whether you're a local resident or a visitor to the province, be sure to try some of Nova Scotia's maple syrup and experience its unique flavour and character for yourself.

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FUN Places To Go!

Campers LOVE Yogi Bear's Jellystone Park Campground!

Yogi Bear Jellystone Park Campground, Kingston, NS, located in the beautiful Annapolis Valley is ready for guests to spend another 'beary' fun filled season with Yogi Bear, Cindy Bear and Boo Boo. Here is what a camper had to say...

"Amazing and highly recommended for families, especially families with younger children!!"— Heather M, camper buzz from a guest in 2022

Every weekend is unique, from a county Fair and Ranger Smith heroes themed weekends to Christmas and Halloween. There are jam packed recreation schedules, and activities for all ages. Yogi Bear Campground hosts events, such as live music and entertainment and movies under the stars. We also have a wonderful light show which has more than 3000 lights which dance to the music almost every evening at the campground. Kids can meet with our friendly bears each day OR guests can book a bear visit for a more personal experience.

Yogi Bear Campground has lots to offer, and we are adding new things all the time. In 2023 we will open an outdoor gym and a disk golf Practice location along with a 3 on 3 basketball court. Our campground is truly all about the kids.

We are ready to provide a WOW experience during your stay at Jellystone Park.

"What a great family camping park! They have plenty of activities for kids and, later in the evening, for adults. The staff that welcomed and oriented us were friendly and helpful. Nothing we needed throughout the weekend couldn't be found within the park. With firewood being available from a cart that was always around like an ice cream truck. Most impressive to me, and I can not stress this enough, the bathrooms were clean and well stocked. Even though the park was full, I never waited more than a few minutes. And they are private, shower and all. The cherry on top of one of our young son's first family camping trip. A valued memory made perfect."—Lisa M, camper buzz from a guest in 2022

Join our staff for a water fight, a sing-off, sit by a fire or make a craft. We are here to help make memories.

"It rained the entire time we were there but it didn't matter as there was always something to do, either the arcade which the kid spent alotta time in, or the pool and big bouncy thing that they had. We're going back again rain or shine and we're gonna have a blast."—Twiggy, Camper Buzz from a guest in 2022

Come stay and play at Yogi Bear Jellystone Park Campground, build memories, and find out for yourself what all the Camper Buzz is about. See you this summer!

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Health & Wellness

Why More Adults are Saying “Yes” to Orthodontic Treatment

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), The Brace Space Orthodontists



More often than not, when people hear “braces”, they think of their kids. But today, more and more adults are seeking options to improve their own smiles. You might be surprised to know, that in some practices, nearly half of all orthodontic patients are now adults.

So what is motivating this wave of adult orthodontics? There is now increasing awareness of the importance of oral health to our overall health. A healthy smile involves a functional bite, where the teeth are well-supported, and therefore prevents unusual wear. The bonus is that a healthy smile is also a beautiful smile and by putting your teeth in the proper position you are also giving yourself the smile you dream of!

Despite all of the benefits of having your teeth properly aligned, some adults remain hesitant to go through orthodontics. The stigma that braces are for “younger patients” may make them feel uncomfortable or they can’t imagine wearing metal braces. In some cases they had treatment as teenagers and are reluctant to go through braces twice. Whatever the reason, adults that are seeking consultation with an Orthodontist are pleasantly surprised with what they learn. Not only are orthodontic offices very accustomed to adult patients, but with new advances in technology, the smile of your dreams may be easier to attain than you might imagine!

Conventional braces have improved significantly and there are now fantastic clear options. The revolutionary new LightForce braces technology are 3D digitally printed braces, that are not only clear, but custom

as well, meaning one size fits one. They are now smaller, more smooth and lower profile than ever before, which makes them more comfortable to wear. Conventional braces remain an excellent way to straighten your teeth.

For the more esthetically conscious patient, clear aligners are an exciting alternative to conventional braces. Invisalign is a popular clear aligner product that offers patients a nearly invisible solution for correcting their smile. Orthodontists can seek advanced training to treat even highly complex cases. Many patients who have been previously told they are “not an Invisalign case” are finding they now are. Treatment can begin as simply as having a digital scan from which your custom-made aligners are made.

The most advanced techniques in Orthodontics are offered right here in our community. Visit your local Orthodontist for a free consultation today, and learn about the options that are available for you, and you just might leave smiling!

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

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Publisher's Message

Parent-Child Guide is Celebrating it's 28th Anniversary. Thank you very much!

Welcome to our Special 28th Anniversary Edition! We are humbled by the support we've received from you, our loyal readers, advertisers, and contributors for the last 28 years.

We are so grateful to all who have advertised, contributed articles, and read our newspaper. And we're overwhelmed from all the kind words that readers and advertisers have sent to the *Parent-Child Guide*.

We especially wish to thank our many loyal advertisers who have supported our newspaper for the past 28 years. Without your support, we would not be able to provide our readers with local, informative, contemporary content they have come to expect.

We owe our success to you, our dear readers, and we promise to continue to provide the quality content you've come to expect from the *Parent-Child Guide* for many years to come.

Once again, from me, Jennifer, and the team at the *Parent-Child Guide*, thank you from the bottom of our hearts.

Robert Rockwell
Owner/Publisher



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Education

What your Child can Gain from a French Immersion Program

Submitted by Oxford Learning

Should I enroll my child in a French immersion program?

It's a big debate that many Canadians have: will enrolling your child in French immersion affect their grades? The reality is that choosing French immersion will not negatively affect the average student's academic trajectory, but it may even help sharpen language and math skills.

Research shows that children who learn a second language have a variety of cognitive benefits, such as mental flexibility, nonverbal problem-solving abilities, and enhanced critical thinking skills.

Did you know that French is spoken by more than 300 million people worldwide? It's also the second most widely learned language after English, with over 7.9 million Canadians (around 20%) speaking French.

With that many people speaking French, and Canada being a bilingual country, it's an enormous asset to enrol your child in a French immersion program.

A French Immersion Program's Value

Children who do not speak French can enrol in a Canadian-made educational program called French immersion. Most subjects are taught and learned to children in French, such as:

- Math
- Science
- Art
- History

- Music
- Geography
- Physical education

The immersion program in Canada has drawn praise and spread quickly throughout the world. Many parents have enrolled their children in schools that provide these programs, even though it is optional.

The purpose of the French immersion program is to:

Take use of children's innate capacity to study and learn French with ease

Make use of their social skills, and expose children to a new language and culture.

Give kids opportunities to participate in native language development, academic success, and overall cognitive development

How French Immersion Programs Benefit Your Child

1. French Immersion Improved Cognitive Skills

According to studies, learning a new language at a young age—particularly between the ages of 5 and 7—helps your child develop cognitive abilities like reading comprehension and problem-solving.

Being bilingual or multilingual helps people and students to increase their analytical and creative thinking abilities. Don't worry if your child needs help learning two languages at once. People's cognitive flexibility will increase as they age.

Being bilingual or multilingual improves a person's capacity to adapt to and manage unexpected situations as they grow.

2. French Leads to Better Educational and Career Opportunities

Better educational possibilities are available to your child if they are fluent in English and French.

Being bilingual means your child can enroll in both English and French post-secondary schools or universities. Also, when applying to post-secondary education, showing that your child was in an immersion program can be more appealing to admission advisors.

Plus, it opens the door for better employment rates and career advancement. In Canada alone, there are many multilingual jobs available. On top of that, bilingual employees make about 10% more money than their anglophone or monolingual counterparts.

3. A Second Language Leads to Excellent Communication Skills

Enrolling your child in French immersion will help them to express themselves and communicate their ideas more effectively than individuals who speak one language.

Additionally, teaching your child a second language helps them become sensitive communicators. They can comprehend and react clearly, which helps them recognize cultural differences



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HOME Décor

Dated Dining Digs

By Holly Gouthro, Interior Consultant, DWD Interiors

Where you eat your meals at home has become a very different experience. Stuffy, isolated dining rooms that seldom get used are becoming obsolete to many new or renovated houses. Homeowners are choosing to utilize their space for something they use on a daily basis.

There are multiple alternative options other than a traditional dining room. Many homes within the recent years have moved to open concept. This can be a good option if you like to entertain; you can decide whether you would

like to use the space more for dining or lounge area. Another option people are moving towards, especially with smaller families, is to only have counter seating for meals. Though this is more popular in smaller spaces, some larger homes are having grander islands with lots of seating and only a smaller kitchen table as they don't feel the need for a separate dining room.

If you do choose to have a dining area there are a few suggestions that will help when choosing the right furniture and fixtures. One thing that really gives your

space some character is to not get a matching set of table and chairs. If you choose a wooden table you can pair it with metal or upholstered chairs to give the space more interest.

When selecting a light fixture for your dining table, you should aim for something that is at least 12" narrower than your table, and when hanging your fixture it should be 30-36"



from the top of the table to the bottom of the fixture. If you have a longer rectangular table, a linear chandelier is a nice way to give light over the whole length of the table. It is also visually pleasing.

When you arrange your dining space, remember to allow for a minimum clearance of 24" around the table/ island for seating and pushback space, but 30-36" is ideal.

Happy dining in your new digs!

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CRAFT CORNER

Spring into Action

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Spring is often seen as a new beginning; time for a fresh start as you peel away the winter layers and watch Mother Nature open her doors to colour, textures and fresh smells. A little splash here and there and before you know it spring is in the air.

This year I have a space on the property where I want to add more colour and attract bees and butterflies but don't want to disrupt the soil and dig up a whole new garden bed.

Seed bombing is an easy way to help a struggling ecosystem by way of introducing new vegetation to an area. If you were to just scatter seeds they could often get eaten by insects, birds or rodents and even washed away by the rain. With clay-based seed bombs the seeds are protected inside the ball; when it rains the clay in the ball holds the water and helps the seeds germinate. When they germinate the compost will encourage the seedlings to grow.

Before seed bombing assess your grow area and choose accordingly, there may be a small amount of digging or mowing to be done to prepare the area. Be sure to choose flower seeds that match the area you're bombing. If you're choosing a spot in full sun, make sure to plant flower seeds that will thrive in full sun. Plants that are native to your area are

much more likely to grow and less likely to endanger the bird/insect populations as well as the environment. Not everything will sprout so make sure each seed bomb has variety.

The instructions are actually very simple, a bit like making chocolate truffles.

Ingredients:

- A mixture of seeds
- Potter's clay powder
- Peat-free compost
- Water
- Bowl
- Tray



Instructions:

Mix the seed, clay, and compost together in a bowl to a ratio of three handfuls of clay, five handfuls of compost and one handful of seed. Add water slowly and gradually (you don't want it too gloopy), mixing it all together until you get a consistency that you can form into the size of a golf ball. Lay them out to dry on a sunny windowsill for at least three hours.

Now you're ready to take action and bomb the world with beauty!

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