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Parent-Child Guide is Celebrating it's 24th Year Anniversary Edition, Thank You Very Much!

It is Our 24th Year Anniversary Edition, and I would like to thank very much, all of our Loyal Advertisers, Writers and Readers for their Support over the last 24 years.

We really are appreciative and very grateful to all, who have advertised, contributed articles, and all the kind words that readers and advertisers have expressed about the *Parent-Child Guide*, providing local, informative,

contemporary, useful articles, along with our regular features within the Newspaper for 24 years.

We are also very grateful to the many advertisers that have advertised in support of the Parent-Child Guide Newspaper for 24 years or close to it, also, along with our professional writers who have written very informative articles for many years in the newspaper.

And, also we were very proud and grateful to

be given a Certificate of Recognition by the Premier and all of the MLAs of Nova Scotia at Province House on March 26, 2019 by Patricia Arab, MLA for Fairview/Clayton Park who congratulated the Parent-Child Guide Newspaper for providing community service by publishing articles and informative information for 24 years to HRM readers.

Thank you to everyone, very much who have con-

tributed to the Success of the Parent-Child Guide Newspaper, present and for the past 24 Years, and We look forward to keep providing more helpful information and articles for our great readers for many years to come.

Again, we were very proud and appreciative to be recognized by the Province of Nova Scotia and all of the MLAs

with the Certificate of Recognition.

Once again, thank you very much to all from Robert, Jennifer and the team of the Parent-Child Guide Newspaper and We wish everyone a very Safe and Happy Spring!



Robert Rockwell
Owner/Publisher

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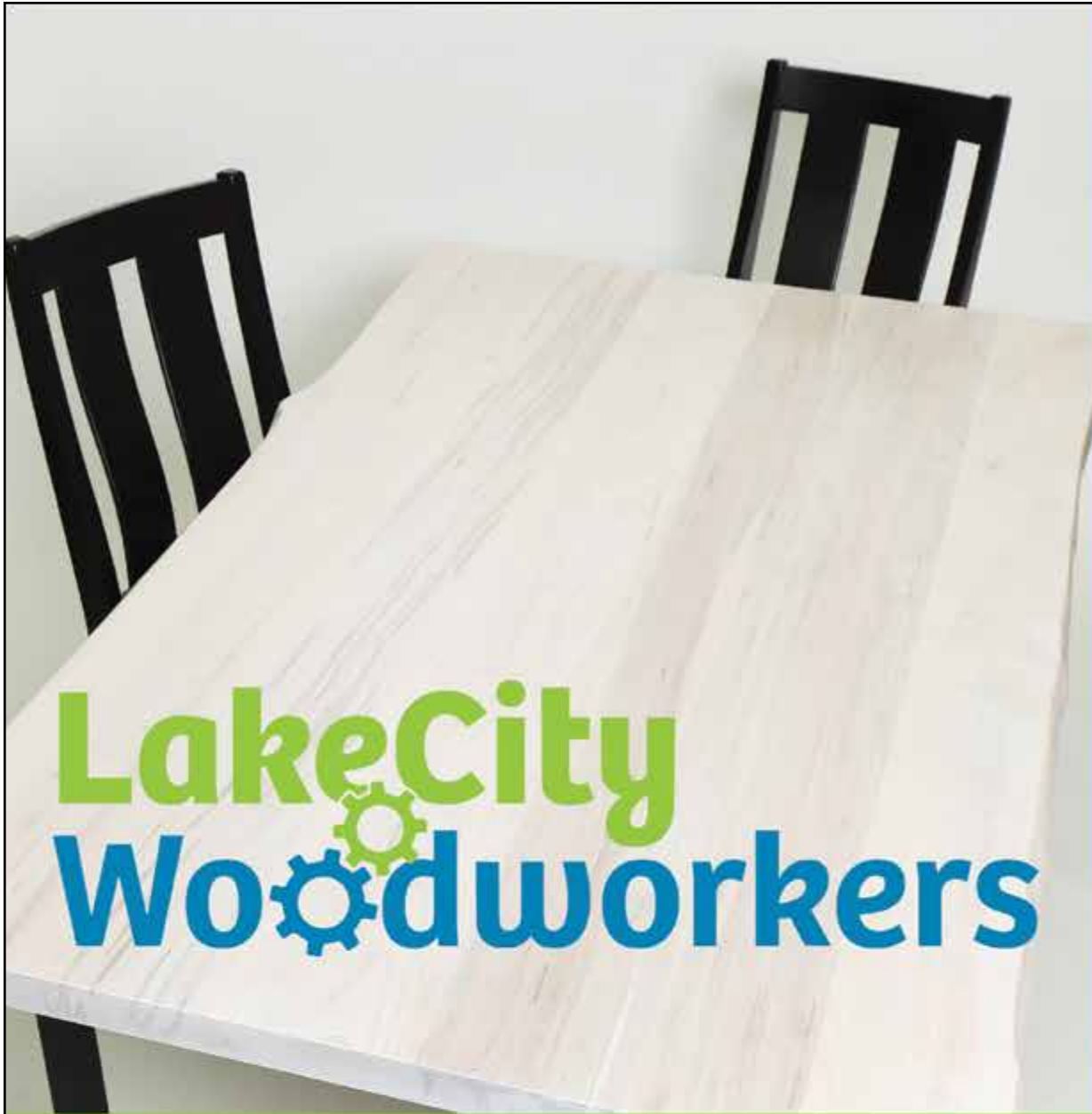
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Finding Perspective: That gives me hope

By Carol M. Shirley, Registered Psychologist, with ENIGMA

Leaving Toronto's Pearson International on the third of three connections to Halifax I was exhausted. It was a long yet awesome week away from my familiar routine. It was cold and snowing, with the promise of more. As the plane took off and lifted higher, first into the clouds, then above the clouds, something magical happened.

Through the small window I could see the golden shimmer of the sun. It danced off the floor of clouds illuminating the sky and creating a perfect reflection of

the very plane in which I was sitting. My thoughts drifted and I began to reflect on how the sun really does continue to shine... even when the snow is falling from the clouds making things appear quite dismal. The thought inspired Hope.

Perspective does become everything. The point of view or Perspective we have is unique to the individual. It has to do with our beliefs, values, experiences and our ability to, or desire to, see and experience things from varying angles or perspectives. I love to think of perspective

as four individuals, one on each side of a house; each seeing a very different view of the same building. They could find similarities and agree they are all looking at the same building or they could focus on differences and decide they are at different locations.

Perspectives, like opinions, are filtered through the lens of the individual. We can learn so much if we "try on" other peoples' perspective; if we try to see through their lens rather than judge through our own. Things that are not facts (fact; generally light

travels faster than sound) are subjective or have room for interpretation. Doesn't mean there is a right and wrong it just means we perceive it differently. That gives me hope.

What if we remember that above the clouds there is sunshine even on the stormiest days! That gives me hope.

For more information go to www.carolshirley.ca or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301, Halifax



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We were very proud and grateful to be given a Certificate of Recognition by the Premier and all of the MLAs of Nova Scotia at Province House on March 26, 2019 by Patricia Arab, MLA for Fairview/Clayton Park who congratulated the Parent-Child Guide Newspaper for providing community service by publishing articles and informative information for 24 years to HRM readers.

IWK Kermesse Art Show and Sale, May 22-30

Love Art? Then take in the IWK Kermesse Art Show and Sale, May 22-30. Over 100 local artists will be donating their paintings to this Art Show and Sale.

In conjunction with the Art Show, we will be selling raffle tickets on four very special items, including a water colour by Vivien Broomfield. These tickets are now available at Biggs and Littles Gift Shop at the IWK.

The proceeds from the Art Show

and Sale will support the Auxiliary's contributions toward providing care and comfort to patients and families at the IWK.

The Show and Sale takes place at the Chase Gallery in the NS Archives Building at 6016 University Ave. The Opening Reception is on Wednesday, May 22 from 7-9 (everyone welcome). The Show continues on Thursday, May 23rd through Saturday, May 30th. Admission is free. Please come out and support a good cause

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HRM MLAs and MPs Working Hard for YOU!

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CLAUDIA CHENDER
MLA for Dartmouth South

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The Food Banks of Canada report, *Hunger Count 2018*, reported that the percentage of children using food banks in Nova Scotia is 31.2%. Statistics Canada recently showed that Nova Scotia is the only province where child poverty rose between 2015 and 2017.

With that in mind, it may not surprise you that there are kids in Dartmouth heading to school without enough food. When chil-

dren are hungry, their ability to learn and to moderate their behaviour is severely impacted. After talking with teachers and librarians in the Dartmouth South school system, it's come to my attention that some are taking on the burden by themselves and feeding children out of their own pockets.

In addition to advocating for better school food policies, my office is working with the Downtown Dartmouth Business Commission, and

neighbourhood restaurants to look at ways to support our kids by providing non-perishable food items, fruit, sandwiches, and other snacks. If you would like to help out kids and teachers in Dartmouth, my office will be accepting grocery store gift cards and distributing them to the schools in need. If you are able, please feel free to drop off a card to our office at 33 Ochterloney Street, Suite 120, or directly to your neighbourhood school.

Nova Scotia Needs a Child and Youth Advocate

Susan Leblanc – MLA Dartmouth North

Nova Scotia has the highest rate of child poverty in the country. This fact is simply unacceptable, and we must do better.

This past fall, the NDP tabled legislation that would create a Child and Youth Advocate for our province. Right now, Nova Scotia and Quebec are the only provinces that do not have such an advocate.

Government decisions have an impact on children. Policies that deny children basic needs like healthy food and safe shelter, inaction around affordable housing, and low minimum wages are all things that make it difficult for children and their parents to make ends meet.

A Child and Youth Advocate would review policies and make recommendations to make sure children get the care and opportunities they deserve. This office could look at issues of inclusion in child care centres and pre-primary classrooms, and could recommend a plan of action to address the lack of services for youth with mental health care needs.

The government should make this important investment in the well-being of children and youth and make sure they have an advocate to speak on their behalf.



SUSAN LEBLANC
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Tony Ince
MLA Cole Harbour-Portland Valley

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How we coped as a community

For any parent, the loss of one child would be devastating, but the loss of seven is unimaginable. As a father and grandfather, I cannot fathom the depths of grief the Barho family endured after the devastating February fire. There are no words. How do we begin to cope with such a tragedy?



"To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world."—Fred Rogers

I found solace in the extraordinary outpouring of support. Hundreds attended the vigil at Parade Square, including our Prime Minister. Thousands attended the funeral, with hundreds of thousands more watching the live national broadcast. Media respected the family's request for privacy. A GoFundMe campaign exceeded initial expectations. Government expedited visas so family members could be here to comfort and support them through the aftermath.

Dark clouds of prejudice that often loom over society seemed to part, and true Canadian values

shone through. The love and support for these Syrian refugees—both at home and across the nation—was undeniable, regardless of their race, religion, or that they were Canadian immigrants.

Locally, another shining example was **Sarah MacDonald-Miles**, a Lockview High student and a co-founder of **Links of Love** ('making a difference one link at a time'). They sell essential oil diffuser bracelets for \$10 and donate 20% of proceeds to local charities as selected by the purchasers.

After the tragedy, Sarah decided to sell her bracelets specifically for the Barhos with 50% of every sale going directly to them. These beautiful bracelets are available online, so I encourage you to check out www.linksoflove.ca, read their background story and of course, purchase bracelets to wear or as gifts.

So, when thoughts of the Barho children come to mind, I'll remember how they brought us together as a country. Moving forward, let's remember to hug our children a little tighter, and perhaps be more aware of how we can support refugee families in our communities without a tragedy to inspire us.



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Darrell purchased two bracelets from **Links of Love** in support of the Barho family. (Please don't tell his wife and ruin her surprise!)

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Seniors' Living Care

211 is here to help put a little "spring" in your step

By Suzy Teubner, Director of Communications and Outreach,
211 Nova Scotia

March 20 officially ushered in a new season but we know that winter doesn't always follow the calendar. Many of us are still awaiting signs that colder days are behind us. Even if you feel the need to hibernate a little while longer, this is the ideal time to plan ahead. And 211 is here to help you "spring" into action.

There is no substitute for a walk in the fresh air. Outside activities revitalize us. If mobility issues make it difficult to enjoy participating, 211 can help with finding mobility aids that are affordable on any budget.

If you prefer group activities, 211 can navigate you

to a walking group in your community. We can also connect you to resources to help you explore the many provincial parks in Nova Scotia and reconnect with nature. You can also start planning a camping trip or day excursions to some of the beautiful beaches in this province. If you're a grandparent who has grandchildren visiting in the summer, create a "go-to" list—211 can help with this—to ensure that both you and the kids have activities you can all enjoy together.

You can also start your spring cleaning. 211 can help with a list of organizations that accept donations in your community. If you're hesitant about

getting rid of items you no longer use, remember that clutter can increase stress levels so think of the mental health benefits. If you're still having difficulty, ask family members to help make decisions about what to keep, donate, sell or throw away. You can share memories with them as you go through your belongings.

For more information about 211 or to find programs and services available in your community, call 2-1-1, visit ns.211.ca or text 21167.

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Eight years ago Ken and Michelle Porter arrived in Halifax with enthusiasm and dreams and not a lot else. Over those eight years they have seen more and more of those dreams become reality. Souls Harbour Rescue Mission now serves 190 guests daily at their Halifax Drop In Centre. Renovations are underway for a Life Recovery Shelter. There is a thriving Drop In Centre in Bridgewater and Truro. But there has always been one dream that has never had the opportunity to move forward. Until now.

Souls Harbour Rescue Mission is thrilled to announce the opening of Mission Mart! Located in the new development in Bayers Lake, this thrift store will not only help to support the work that Souls Harbour is doing in Nova Scotia, but also provide valuable job training for our guests and adults dealing with disabilities. "We sacrificed some floor space so that we can engage in job training for our guests and other adults with disabilities. Through Mission Mart, we can train people on stockrooms, janitorial, greeting, merchandising, cash, and we are even offering an in-store cafe, so we can train

in food services and serving," says Michelle Porter, CEO.

Obviously one of the first questions asked, is, "What about the free clothing and household items that have always been handed out for free?" This isn't going to change. "We will always give away free clothing to the needy. Food. Clothing. Shelter. At its core, that is what Souls Harbour is all about," clarifies Porter.

100% of the profits will stay in Nova Scotia, and 100% of the profits will be used for the work of Souls Harbour in helping the hungry, homeless, addicted and abused. Now that's a purchase you can feel good about.

Mission Mart is located at 265 Susie Lake Crescent and is open Monday to Friday, 9:00 am to 9:00 pm, and Weekends 10:00 am to 5:00 pm.

And to further support the cause, why not consider volunteering? This store is 99% volunteer driven and they need help from individuals, families and groups.

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Health & Wellness



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



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

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.



What's so special about a Specialist?

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

Have you ever found yourself faced with a referral to a dental specialist only to hear that your neighbour's dentist does everything at their own office? Have you wondered why?

The field of Dentistry is complex from the outside but is important to understand. A dentist is a person who completes four years of dental school where they undergo special training in the head and neck region. Typically, a student entering dental school will already have completed at least one degree. Before attaining the designation of Dentist (DDS after their name) all dentists in Canada must complete all requirements of their individual programs but also pass a National Board Exam for competency.

A practicing dentist has a broad scope of practice, meaning they can do a wide range of procedures from fillings, to crowns to root canals, and orthodontics. Some dentists find themselves particularly passionate about a certain niche

and focus their time and energy in that area. They often do continuing education courses to help build their expertise in a certain area. Dentists who choose this path often refer to their practices as "limited" to a certain area. However specialized they choose to make their practice though, it is still different from a Specialist's practice.

Confused yet?

True dental specialists are dentists who complete dental school and then go on to study an additional number of years (typically 2-6) in one particular area of dentistry. For example, an Orthodontist is someone who studies for three additional years focusing entirely on tooth movement with braces and Invisalign as well as growth modification. An orthodontist no longer practices any other aspect of Dentistry and instead works with your general dentist to deliver you complete care. Students in these specialist programs are referred to as "residents" much like a medical resident. Often times they are also called a graduate student as these additional years of study can lead to a Masters degree. Upon completion of these extra years of study,

these residents are tested by yet another set of board exams to achieve the designation of Board Certified Specialist. In Canada, specialists that have the designation FRCDC have completed this exam process. There are 9 nationally recognized dental specialties in Canada. You can verify that the person you are seeing is a registered dental specialist by visiting NSdental.org.

So all specialists are dentists but not all dentists are specialists. The bottom line is that you need to be informed about the level of expertise of the person who is treating you. As a general rule, as the complexity of a case increases, so does the necessity of having a specialist provide the treatment. That said, understanding case complexity is something that can be very

hard to determine. Talk to your dentist and if you have more questions, don't be shy to inquire about a specialist's perspective.

When it comes time to choosing care for the special ones in your life, consider the specialized knowledge and training of a board-certified dental specialist!

Dr. Sarah Davidson is a Board-Certified Orthodontic

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



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orthodontists
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patient of The Brace Space!

Summer Camp Guide

Artech Camps—Celebrating 15 years of technology and art camps—for kids & teens!

Artech Camps is celebrating fifteen years of providing quality technology and art camps! Week-long camps in a wide assortment of digital media arts is the mainstay of Artech.

Film and Animation camps open new avenues and forms of expression for youth. Kids love that they: "...[we] could use our own ideas and didn't have to do a specific story. We could be creative," comments one camper.

Fostering creative expression and problem solving is the goal of Artech Instructors. "We give them the tools, guide them in their use and are always amazed to see what they come up with!" says director Ronnie Scullion.

From 2d and 3d Game Design to Minecraft & Roblox, young people get to reimagine and redesign new worlds! They learn programming and design.

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



Ryan works on "Encounters With Aliens."

The #1 reason parents choose Artech: We have a low instructor to camper ratio. Compare our average 1-to-7 instructor-to-camper ratio with other camps. Small group learning is the key to Artech's success.

Information online at www.artechcamps.com.

Call 902-579-3317.

Camp location: NSCC Institute of Technology, Leeds Street.

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SUMMER 2019

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

Summer Camp Guide

Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au Camp de jour et au Camp en action du Conseil communautaire du Grand-Havre! Les camps auront lieu à l'école du Carrefour à Dartmouth et à l'école du Sommet à Bedford.

Ceux-ci se dérouleront en juillet et août 2019. Le programme du Camp de jour est destiné aux enfants de 4 à 9 ans et celui du Camp en action s'adresse aux jeunes de 10 à 13 ans. Les inscriptions seront ouvertes à partir du 1^{er} mai 2019.

Chaque semaine une thématique différente initiera votre enfant à des activités plus stim-

ulantes les unes que les autres. Des sorties à chaque semaine, des bricolages et une variété d'activités dynamiques tout en français seront au menu. Les jeunes inscrits au Camp en action participeront à des activités plus avancées et adaptées à leur groupe d'âge, incluant le go-kart, du trampoline acrobatique et Atlantic Playland! L'occasion idéale pour votre enfant de continuer à communiquer et jouer en français pendant les mois d'été!

Pour plus d'information :
Courriel : camp@ccgh.ca ou
Téléphone : (902) 435-3244

A French Summer in Halifax!

Offer your child an opportunity to have fun at the Camp de jour and the Camp en action, a French summer camp organized by the Conseil communautaire du Grand-Havre. The camps will take place at École du Carrefour in Dartmouth and at École du Sommet in Bedford.

The camps will be offered starting from July to August 2019. The Camp de jour is intended for children between the ages of 4 and 9 and the Camp en action for young pre-teenagers between the ages of 10 to 13 years old. Registration will be open on May 1st 2019.

Each week, a different theme will initiate your child to various stimulating activi-

ties. Weekly outings, crafts, outside water games and other energizing activities will be in store. Youth enrolled in the Camp en action will participate in activities adapted for their age group, such as go-karting, acrobatic trampolines and Atlantic Playland! The perfect opportunity for your child to continue to play and engage with others in French during the summer!

For further inquiries:
E-mail: camp@ccgh.ca or
Phone: (902) 435-3244

Courtlyn Arsenault,
Coordonnatrice du Camp de jour
camp@ccgh.ca
T: (902) 435-3244 #206



CAMP DE JOUR 2019

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For registration and more information:

CCGH-CAMPDEJOUR-CS.CA
CAMP@CCGH.CA

or by phone: (902) 435-3244



Located on the Northumberland Shore in Merigomish, Pictou County, NS, CAMP GEDDIE provides a fun and secure Christian Camping experience for the youth of Atlantic Canada. Now accepting applications for the 2019 season.

For Information: director@campgeddie.ca
Website: campgeddie.ca
Phone: 902-926-2632

Royal City Soccer Club Summer day camps

The Royal City Soccer Club is excited to bring our very popular summer soccer day camps to the Halifax and Dartmouth area this summer. For the past 27 years, we've hosted over 300,000 boys & girls in over 100 locations across Canada. We're the #1 grassroots soccer day camps in Canada.

Our program is designed to promote personal development, team building and of course, FUN! The camp program is uniquely designed to offer a soccer focus in the morning and a leisure swim with other organized camp activities in the afternoons. We encourage all boys and girls between

the ages of 5 and 13 to register.

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

Check out our website at www.royalsoccer.com for more information or call 1-800-427-0536.

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Locations in Halifax and Dartmouth

1-800-427-0536

royalsoccer.com

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AGES 6 - 10

- YOU'VE BEEN SLIMED! JULY 8 - 12
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1 Week Camp \$210 per child
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- Meet new **FRIENDS**

Summer Camp Guide

Unplug This Summer at Big Cove YMCA Camp!

Trade in your cell phone for a paddle and join us for an amazing summer exploring the Merigomish Harbour at Big Cove YMCA Camp.

For 130 years Big Cove YMCA Camp has been providing great camping experiences for youth across the province. Our programs include Outdoor Education Programs for schools groups, group rentals (reunions, corporate events and more), as well as Family Camp programs to allow the entire family to experience Big Cove together!

We offer a variety of programs for youth ages 6-17 throughout 8 weeks of summer. These programs focus on fun and skill development as well as developing leadership skills, enhancing self-esteem and providing youth with the chance to disconnect and foster an appreciation of the natural world in a safe and respectful community.

Campers will have the opportunity to go on an overnight trip in the Merigomish Harbour, either via canoe or one of our many hiking trails around camp. What better way to experience the outdoors than to cook your meals over a fire while telling stories with your friends; sleeping in a tent under the stars and waking up to the sun shining and the birds chirping in the trees.

Overnight trips range from 1-3 nights for junior and senior campers and progress to 10 days of ocean canoeing as our leadership campers travel to Cape Breton or Prince Edward Island.

Visit us online for more information about all that Big Cove has to offer including our 130th reunion in August! If you are a Big Cove Alumnus, we want to hear from you, visit our website to register for our alumni list and for the reunion event on August 31st!

Big Cove YMCA Camp – 902-425-9622
www.ymcahfx.ca | bigcove.campbrainregistration.com

Big Cove YMCA Camp
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CELEBRATING 130 YEARS!

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FOR YOUTH AGES 6-17

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- ~ drama ~ skit nights ~ campfires ~ sports ~ low ropes ~
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- ~ theme days ~ section programs ~ wilderness ethics~
- ~ canoe trips ~ hiking trips ~

Register now at bigcove.campbrainregistration.com

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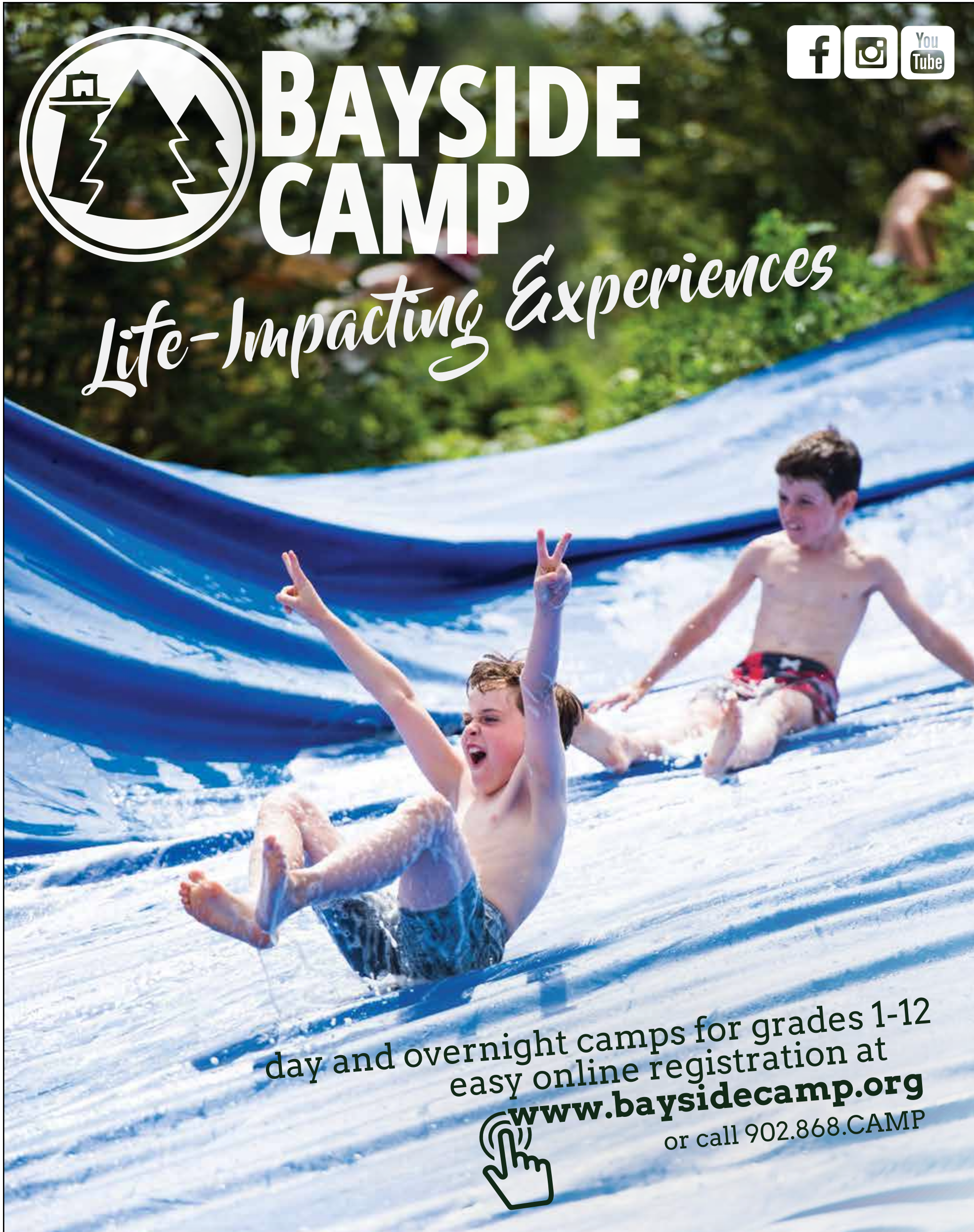

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Summer Camp Guide



Camp Mush-a-Mush
www.campmush.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.

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 7 - 10	\$95.00 + Tax
Young Camper	5 - 8	July 7 - 12	\$190.00 + Tax
Junior 1	9 - 11	July 14 - 19	\$190.00 + Tax
Intermediate	12 - 15	July 22 - 26	\$190.00 + Tax
Multi Age	10 - 14	July 28 - August 2	\$190.00 + Tax
Day Camp 1	5 - 12	July 29 - August 2	\$130.00/week or \$30.00/Day
Multi Age 2	7 - 14	August 4 - 9	\$185.00 + Tax
Day Camp 2	5 - 12	August 5 - 9	\$130.00/week or \$30.00/Day
Family	All Ages!	August 11 - 16	\$350.00 per family of 4

Register online at 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.

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

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Our exciting camps start June
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Summer Camp Guide

Get creative with the Summer School of the Arts at the Art Gallery of Nova Scotia

Summer School of the Arts offers a range of painting, sculpting and building classes that will satisfy even the wildest of imaginations. Kids can experiment with an array of supplies and materials, discover new techniques, and explore Atlantic Canada's largest collection of art.

We offer full-day classes for ages 5 to 12 with a variety of lessons led by practicing artists. They can experiment with printmaking and painting in "Exploration Imagination," play with colour and discover clay hand building in "Colour Wheel," or create their own three-dimensional objects in "Art in 3D."

Registration for camps is easy! Reserve a space online at artgalleryofnovascotia.ca, by phone at (902) 424-5280, or in person at the Art Gallery of Nova Scotia, 1723 Hollis St. Camps run 8 p.m. to 4 p.m. Monday to Friday. After-school care is available.

Classes begin July 2. Find the full list of classes and dates online at artgalleryofnovascotia.ca. Gallery members save 10%. Classes fill up fast so register early before it's too late!

Summer School of the Arts is the artventure they've been waiting for!



SUMMER SCHOOL OF THE ARTS

Our classes for ages 5-12 are led by local practicing artists and art educators and feature hands-on studio activities and explorations of the Gallery.

Art Gallery of Nova Scotia ENROLL TODAY: artgalleryofnovascotia.ca



Summer Social Skills Day Camp!

Dates: July 9th - Aug 29th. 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



To register please call 902-293-4801

www.bridgeway-academy.ca

Summer Camp Guide

Summer Art Camps at NSCAD

NSCAD Extended Studies is back with another marvellous 10 weeks of summer camps! Open to ages 5-18, this year is more art-rageous than ever with a wide range of camps for all skill levels and interests.

Learn all about animation in Animation & Animation Concepts, set sail on fun with Perilous Pirates, or try your hand at Sculpture for teens. Learn about the depths above and below us in Sea Stars, or about your artistic footprint in Eco Art for young ones. Campers can expect to try their hand at printmaking,

drawing, painting, sewing and crafting; the only limit to the work they produce is their imaginations.

New this year is our collaboration with The Writers' Federation of Nova Scotia in offering The Art of Writing: camps to help hone young writer's skills. We're also pleased to be back at the Discovery Centre for specialty themed workshops, and to table again at DCAF.

From drop off to pick up, your child is supervised by our terrific team! Camps include all materials, lunch supervision, early drop-off (8:30am) and late

pick-up (5:00pm). In addition, campers get a free NSCAD t-shirt to get messy in.

Our ARTrageous Summer Exhibition takes place at the end of August, showcasing student work made throughout summer. To stay up-to-date on your child's activities, we run a daily-updated blog showcasing their artistic adventures.

Register now to guarantee a spot in our fantastically adventurous 2019 Summer Art Camps! For more information, visit nscad.ca or call us at 902-494-8185.

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Summer Camps 2019!

All are welcome ages 5 – 12!
Snacks and meals are included!
Weekly trips and outings!

\$160/week, childcare subsidy accepted!

Contact Sarah Haggett to inquire:
902-457-3313 Ext. 5
childrensgarden@eastlink.ca
Check us out at: thechildrensgarden.ca
or on Facebook!
3461 Dutch Village Road



Meet your inner artist



Summer Camp
registration now open

make@nscad.ca | nscad.ca | 902.494.8185

Kids Who Lost Limbs in Accidents Spread Playsafe Message

Rebecca Mideros, 14, and Neveah Fehr, 11, lost limbs in accidents and are members of The War Amps Child Amputee (CHAMP) Program. As the weather warms up, they are warning kids to be aware of the dangers in their play environments and to stay away from "mean machines."

At the age of 4, Rebecca was standing up in a dinghy when it hit a big wave. She fell overboard and the motor injured her leg. Neveah was visiting a farm one day and wanted to help by riding on a lawn tractor. She fell off and her right leg got caught in the blades.

"Whether you're near, in or on the water, it's good to

stay alert. Accidents happen when you least expect it," says Rebecca. "I wouldn't want someone else to get hurt. It's very important to PLAYSAFE and be cautious," explains Neveah.

For more information, call toll-free 1 800 250-3030 or visit waramps.ca.



PLAYSAFE:
Don't Let It Happen to You

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

Visit waramps.ca/playsafe for the video and safety resources.

The War Amps

Summer Camp Guide

Is My Child Ready For Camp?

Submitted 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. Extra-curricular 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 35 years. We offer a variety of camp experiences in French from day camps to overnight camps for ages 6-18 yrs. Check out ns.cpf.ca for more information on our camps in July and August 2019!

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Education Week April 14-20

Finding Your Wings at Churchill Academy

By Paul W. Bennett

When Pat Doherty talks about the staff and students at Churchill Academy, there's a sense of pride in his voice. What makes it such a special place, he says, is the special group of people drawn to this closely-knit school.

Since Churchill Academy opened in 2004, Doherty has served as the School Head and inspirational leader. The Grade 4 to 12 school, located beside Saint Peter's Church on Crichton Avenue in Dartmouth, provides specialized, student-centred curriculum to children and teens who live with learning disabilities. For more, check out <http://churchillacademy.ca/>

"When students arrive here, school has been a difficult process for them," Doherty told *Hello Dartmouth*. "They haven't had a lot of successes, and they are dealing with learning

and behaviour challenges. This is a safe spot, a place where kids don't have to worry about sticking out because of those challenges."


Students at Churchill Academy study the Nova Scotia curriculum which is often modified with an Individual Program Plan. Class sizes are capped at eight students, and total enrollment tops out at 88 students. Funding-support is available to students who qualify under the provincial Tuition Support Program (TSP), covering up to 90 per cent of tuition.

The school's staff of twelve teachers bring considerable experience and specialized expertise in psychology, counselling and social work. "They work with the students on so much more than academics," says Doherty. "The time these teachers spend counselling the kids and

giving them coping strategies is so important to their development as people." Every student experiences daily physical activity and regular small-group field trips.

Some students reintegrate back into the public school system, but a core of students do remain through to high school graduation "We're always assessing whether a student is ready to 'leave the nest'," Doherty says. Every year students find their wings at this truly special place of learning.

Paul W. Bennett is Board Chair, Churchill Academy, and Director of Schoolhouse Institute, Halifax



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Submitted by Halifax Christian Academy

"Halifax Christian Academy has been embracing the future with a powerful new vision and mission for their Halifax and Timberlea campuses. Our staff is touching the lives of children from 18 months of age to 18 years of age. From diapers to diplomas we are nurturing our students' minds, bodies and souls. We are committed to providing a strong option for families who are seeking an educational partner that SUPPORTS and AFFIRMS their Christian faith," says Shaun Alspach, Head of School.

We are sure that everyone would agree that the world has changed dramatically in the 45 years that HCA has been partnering with families in our city. In response to this reality, the school brought in new leadership, and discovered and committed to a fresh new vision and mission, for the next chapter. Once HCA gained increased focus on who they are and what they were called to do, they have been blessed in so many ways.

"It is remarkable the resurgence and revival that we have seen at "HCA 2.0". We have grown by over 50% in the one year since committing to the new direction and reaffirming many amazing aspects of

our existing ministry," stated Alspach. "Parents are actively seeking alternatives to their current schools, and HCA is a powerful and effective choice. Now that we know exactly what we are all about, and the impact we have, we can be a powerful, life changing opportunity for students and families," he continued.

The school didn't stop there, in response to the reality of overcrowded public-school classes, last summer HCA expanded its impact in the Timberlea area by starting a new and successful elementary school program. They are not satisfied with the status quo and are expanding the program again to include preprimary through grade 2 for the 2019/20 school year. If you are a parent of a child in the BLT area HCA Timberlea is here to help and is offering new families a special "Founders Tuition". If you live in HRM and have elementary, middle or high school aged children, HCA's Armdale campus wants to bless you too, and invites you to connect by email, phone or through social media to learn how they create a winning climate for great academics and spiritual development.

"I would love for all children of faith receive the blessing of a discipleship infused educa-

tion at no cost. However, the reality is such that we receive no government funding, and are forced to charge tuition. That said, through our diligent efforts and our missional hearts, we ask parents to invest far, far less than other private schools.", said Alspach. "Does that mean we have the fanciest facilities in the world? No we don't. But it does mean that we keep HCA at a level of investment that flings the doors of blessing open to many families."

"Above all, what stands out about HCA is a sense of community and family. The people there go above and beyond to foster an inclusive and accepting environment. They are not just taking care of kids, they are helping them grow emotionally and intellectually, building confidence, and promoting important life values."—S Murphy

To increase the positive impact they have on families, HCA is also expanding its SUMMER CAMP programs (at both campuses). They have a full suite of summer camps to keep your children of all ages engaged, learning, having fun, and making friends. If you are interested in connecting with HCA to learn more and to receive a summer camp guide, please email info@halifaxchristianacademy.ca.

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Education Week April 14-20

How Well Will Your Kid's Brain Be Working By The End Of Summer?

Submitted by Oxford Learning

For students of all ages, summer can't get here fast enough! While kids may be ready for a vacation, the opposite is true for their brain. The brain never gets tired of doing the one thing that it was designed to do: learn.

So, what happens in the summer when kids are not in school, and not providing their brains with the active intake of information that it needs to stay sharp? Like any muscle, it weakens, and it begins to forget. When students are not actively engaging their brains, neurological connec-

tions can begin to deteriorate, making it increasingly difficult to recall the information that was learned throughout the school year.

Ask your kid today how to convert a fraction into a percent and he'll tell you to divide the top number by the bottom and multiply by 100. But ask him again in July or at the end of August and you'll likely get a blank stare.

Research shows that students can lose up to 30% of their academic skills over the summer break. This means that in the fall, students are further

behind than when they left school at the beginning of summer.

Maintaining academic momentum over the summer prevents this backward learning slide, helps students remember the material they spent the school year learning, and keeps their brains in active learning mode so that they are ready to learn from the first day of school.

A few hours a week of academic work maintains important school skills. Try these tips to keep kids of all ages mentally engaged over the summer:

cont. on pg 29

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Education Week April 14-20

cont. from pg 28

READ! Encourage kids to **keep reading** every day this summer. Frequent reading improves comprehension skills and develops vocabulary.

WRITE! Give children a journal or scrapbook and encourage them to **write** every day. Stumped about what to write? Keep lists of new words, start a short story, or just summarize the day.

TALK! Make discussing your day part of your family's regular routine. Chat about what you did, saw, or wondered about. This builds memory skills and keeps the mind active and engaged.

PLAY! Games such as Sudoku, crossword puzzles, board games, or any game with strategy and planning keep the cognitive wheels working. Discuss strategy, alternative moves, and different outcomes.

THINK! Keep the mind active by asking questions about anything and everything! Parents can model questions for kids. Don't worry if there aren't answers. An alert mind is always questioning and thinking.

JOIN! Enroll your child in a **class** at Oxford Learning. Flexible schedules mean that there's a great way to keep learning this summer for everyone!

Established in 1984, Oxford Learning goes beyond tutoring to help students reach their learning potential, not just for one grade but for a lifetime. The unique programs teach children to learn how to learn. Visit Oxford Learning online at www.oxfordlearning.com for complete program information or contact Oxford Learning Halifax at 902-701-9254 or Bedford at 902-700-6489



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When School is a Worrisome Next Step

By Pamela Streeter, Executive Director, Birch Hills Academy

In speaking with today's families many express concerns about their child starting school. In particular those families who follow the practice known as Attachment Parenting find that planning for school start a very stressful process.

Here is some information that can assist when making this important decision and some steps to ensure that you make the right choice for your family.

- Research supports that small classes (17 max) do make a difference especially in the first two years of schooling (grades primary and one). Gains are noted academically, in self-esteem, independence and confidence.
- Research supports multi-level classes (often multi-age) in developing quality leadership (ex. peer mentoring) and responsibility.
- Make a list of what is important to you in those early school years, what values, principles do you hold as a family that you wish supported in a school setting.
- Identify potential schools and make an effort to attend any Open Houses. These can be great opportunities to investigate alignment of family principles and school principles. Often families who currently attend the school are available to speak with prospective families. Don't hesitate to ask for names of families that you can reach out to.
- Schedule a tour/meeting and come prepared with a list of questions that will assist you in determining if the environment is a good fit. Do you leave feeling confident that your child will be safe, feel listened to, be respected, and form healthy emotional connections.
- Bring your child to visit the potential school as their reaction will help in the decision-making.



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"...I couldn't imagine my child thriving any more than he is in his Junior class." AR—parent

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Is it ADHD? Overcoming attention problems with the help of an Occupational Therapist (OT)

By Marcia-Lisa Dennis, OT Reg (N.S.), Doctoral candidate

Attention deficit hyperactivity disorder or ADHD is the most commonly diagnosed mental or behavioral disorder of children. ADHD affects about 10% of school-age children where boys are about three times more likely than girls to be diagnosed with it. The symptoms of ADHD are grouped into three categories: Inattention, Hyperactivity, and Impulsivity.

Inattention includes being easily distracted; difficulty following directions, finishing tasks, or not appearing to be listening; making careless mistakes; being forgetful; losing things; having problems organizing daily tasks; and tending to daydream.

Hyperactivity means that the person is fidgety; may talk excessively; they are constantly moving, running, climbing on things, or is just plain restless. It is as if they are always "on the go" and have no brakes.

Impulsivity refers to having trouble waiting for their turn; blurting out answers; interrupting others; saying or doing something that they later regret.

Did you know that there are over 20 other possible diagnoses* that can mimic ADHD because they contribute to inattention, hyperactivity and impulsivity?

ADHD... a set of symptoms

Is a runny nose a diagnosis, or a symptom of a cold or allergy? Is abdominal pain a diagnosis, or a symptom of gastro, appendicitis, or cancer? Is it possible then that an attention deficit and hyperactivity are symptoms of something else? These could be food sensitivities, hearing or eyesight problems, sensory processing disorder (ie. vestibular, tactile, auditory or visual processing disorder), emotional stress, trauma, an undiagnosed learning disability, poor sleep, diabetes, a seizure disorder, fetal alcohol syndrome, or even a head injury such as a concussion. This is why it is important that you tell your doctor all of the symptoms so that they can give a proper diagnosis because ADHD medication may not be needed for these other disorders. More importantly, these symptoms may be remediated with the right treatment. You may need to seek out the help of other professionals such as a developmental optometrist, audiologist, speech therapist, physical therapist, psychologist, social worker, and occupational therapist to get to the bottom of the symptoms.

OT Interventions to help with ADHD symptoms?

In order to deal with the symptoms, it is important to get to the root cause. Occupational therapy is able to look at the foundational skills needed to help the brain grow and

make new connections which is called neuroplasticity. Contrary to popular belief, it is possible to rehabilitate the brain and overcome symptoms of inattention, hyperactivity, and impulsivity. Working on basic reflexes, movement patterns, sensory processing, gross and fine motor skills, emotional regulation, and eye hand coordination are crucial for brain development. There are many interventions that exist that can help rewire the brain. Occupational therapy interventions (by an OT trained in cognitive rehabilitation) can include: a listening program, neurofeedback, or sensory integration therapy.

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*Taken from "ADHD does not exist: The truth about attention deficit and hyperactivity disorder.", by Dr. Richard Saul (2014)

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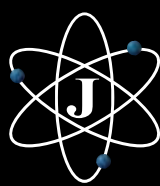
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Thank you once again for reading about our beautiful property. If you have any questions or require further details, please do not hesitate to contact me at any time. I can be reached direct at (902) 245-5841 or better yet, via email at valeriecarty@mountaingap.ca

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Why Early Learning is Important for Children

By Aileen Sullivan, Assistant Director and Inclusion Co-Ordinator

There are many reasons and benefits on why Early Learning is important for children. When children are involved in play-based learning, it supports the growth in their language development and builds their imagination. Play-based learning also allows children to expand their

understandings from previous learning experiences, which opens a door for new learning.

When children are acting out roles, experimenting with various materials or manipulating objects, they are engaging in play-based learning. When children are engaged in play in a

supportive environment, it teaches them how to problem solve, builds their language and communication skills, teaches them how to solve conflicts, and enhances their desire to learn. When an Educator responds to a child's thoughts and feelings, it helps a child develop a strong sense of well-being

in themselves.

Relationships between Educators and children can help the child learn how to interact in a positive manner with their peers. When Educators have a trusted and respectful relationship with parents, they communicate respectfully toward each other, they value each others knowledge of the child and they are more open to share information with each other about the child's development.

Educators believe in every child's ability to suc-

ceed, regardless of their circumstances in life and their abilities. We as Educators are always seeking ways to build our knowledge through courses and workshops. We believe every child has an opportunity to participate in programs and succeed. Each child will develop an understanding of different cultures, inclusion and will develop great relationships with educators and peers during this journey. With Early Learning in children, they will learn to take risks, they will build their self confidence and

it will help build their language skills.

Aileen is currently the Assistant Director at The Growing Place (Pleasant Street location). She also serves as Resource Coordinator where she specializes in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca

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HOME *Decor*

Wallpaper, Go Bold, Stay Beautiful

By Holly Gouthro, Interior Consultant, DWD Interiors

Spring is a great time to give your décor a hit of bold and add something new and fresh. Minimalism and neutral colours are still trending but that doesn't mean you can't add something fun or colourful to certain areas of your home. Here are a few ways to use wallpaper to go bold and it pays off.

Small spaces that you don't spend a lot of time in but that everyone will see. Prime example is your main floor powder room. Not the old wallpaper your thinking of with your grandmothers florals, but the new wallpapers that

are out today, they are amazing and can give a small room personality and make a statement. I like to go with a bold, usually a large pattern; it can be florals, abstract or geometric, anything really.

Most people paint their ceiling white and forget about it, but this is a totally untapped surface of a room. Wallpaper on the ceiling is a great way to add some interest to the room. When adding wallpaper to a ceiling you have to make sure the room has a start and stop point, no hallway ceilings running off. I tend to lean towards abstract or

geometric patterns for ceilings.

Kitchen cabinets or bookshelves with glass doors or open shelving are another place where a little bit of wallpaper goes a long way. Using wallpaper on the back panel of cabinetry is a fun way to jazz



it up. I like to add something with a little bit of sparkle and then have the interior of the cabinetry lit so it really shines.

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Protect Your Heat Pump Investment

Protect your heat pump system throughout the year following a few simple tips. In winter, watching for snow and ice build-up is important. The outside unit must remain uncovered. In spring, ensure plants, trees, shrubs are at least 1.5 ft away. Inspections can save unnecessary service costs.

To save the most money when using your heat pumps the thermostat should be set at 1 temperature and stay there. Changing settings multiple times per day can increase operating costs. It is possible to still lower the temperature when you go to work or go to sleep. Keep the set back temperature within 5 degrees of the regular set temperature. Set back adjustments should be limited to 2 per day.

Best practice, in winter months, is to set the thermostat above 18 Degrees Celsius. In summer months, set temperature above 20 Degrees Celsius. Setting temperatures below or higher than recommended can increase operating costs, coil freeze ups, condensation in your home and unnecessary service bills.

It is recommended to clean or replace heat pump filters at least once per month or when required. Proper care of your heat pump filter decreases the possibility of mold forming, which requires professional cleaning. Clean filters ensure the system will run more efficiently with lower operating costs, fewer service repairs and increase the life of your heat pump.

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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; a time to make a fresh start as you peel away the win-ter layers and watch the earth open up with colours, textures and fresh smells. A little splash here and there, before you know it spring is in the air.

I love to make time for planting in the early spring, repotting and getting seeds started. I thought this year it would be nice to share my love of gardening and toss mother nature a few seed bombs.

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 are often eaten up 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 the site and choose your seeds accordingly, be sure to choose flowers that match the area you're bombing. If you're choosing a spot in full sun, make sure to get flowers that are best 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 all seeds will sprout so make sure each seed bomb has an assortment of seeds.

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
- A bowl
- A baking tray

Instructions:

Mix the seed, clay, and compost together in a bowl to a ratio of three handfuls



of clay, five hand-fuls 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 are ready to take action and bomb the world with beauty!

Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 423-8870

Value Village FUNDrive Program

At Value Village, our purpose is to help improve lives through the power of reuse. In our stores, we take used goods and give them a second chance at life while keeping over 700 million pounds of reusable items out of landfills each year. That is just the beginning. Through programs like FUNDrive, we can take reuse one step further and strengthen our communities. It is extremely rewarding to give various community groups and nonprofits the opportunity to raise funds for their events or programs, but what really great is that through FUNDrives we are able to touch so many lives and teach the next generation about the power of reuse. How fortunate we are to be able to

share in this program!

The FUNDrive program began as an idea from two Value Village store managers to create local connections and help nonprofit organizations in communities near our stores earn money, as well as supply the stores with great products to offer for sale to retail customers.

Two years later, the FUNDrive program has grown and we work with over 6,000 nonprofit organizations across the U.S. and Canada. The FUNDrive team works hard to provide tools for organizations to promote their own FUNDrive events, to maximize donated goods for a successful FUNDrive and to raise money for their programs.

Value Village has developed relationships with many different kinds of groups, including bands raising money for new uniforms, churches needing to earn money to send their youth group on mission trips, race teams raising money for various causes, and schools—so many schools. Our ability to cultivate relationships and bond with so many groups is the driving force behind our team's passion to continue to grow and provide charities with an easy and fun way to raise funds.

Visit your location Value Village Community Donation Centres located at: 165 Chain Lake Drive, Halifax, and 375 Pleasant Street, Dartmouth.

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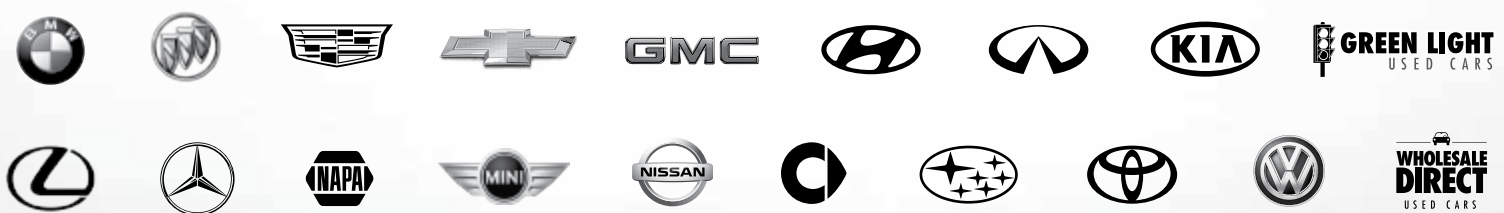
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