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INSIDE

- 5 **Summer camp, oh what to do?**
By Carol M. Shirley, Registered Psychologist, with ENIGMA
- 6 **What Does Your Child Really Need This Summer?**
By Anita Sablone, M.A., R. Psych.
- 8 **Our Top 5 Tax Topics for families**
By Michelle Axworthy & Stacey O'Neill, lawyers with the Family Law Team at Blois, Nickerson & Bryson LLP
- 9 **Prevention Of Sports-Related Dental Injuries**
By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists
- 9 **The New Age of Orthodontics: Any Age**
By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group
- 11-14 **Fun Places to Go**
- 15 **Getaways & Resorts**
- 16-31 **Summer Camp Guide**
- 32 **Education**
- 33 **Craft Corner**
Gearing up the garden.....
By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts



It is Our 22nd 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 22 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 22 years.

Parent-Child Guide 22nd Year Anniversary Edition, Thank You Very Much!

We are also very grateful to the many advertisers that have advertised in support of the Parent-Child Guide Newspaper for 22 years, also, along with our professional writers who have written very informative articles for many years in the newspaper.

Thank you to everyone, very much who have contributed to the Success of the Parent-Child Guide Newspaper, present and for the past 22 Years, and We look forward to keep providing more helpful information and articles for our great readers.

Once again, thank you

very much to all, and We wish everyone a very Safe and Happy Spring!

Robert Rockwell,

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NEXT PARENT-CHILD GUIDE

Will Be Our Summer Edition with Summer Camp Guide, Fun Places To Go and Regular Sections!
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CONGRATULATIONS ON YOUR 22 YEARS!

Summer camp, oh what to do?

By Carol M. Shirley, Registered Psychologist, with ENIGMA

8 weeks of summer can feel like an eternity when you are looking for child care. Trying to balance child care while working to ensure your child has a positive experience

can be overwhelming. Summer camps are often the answer. I believe it would be prudent to involve your children in the decision-making process of

choosing a fit that's right for them.

We know people are more likely to participate with a positive attitude when we are involved in the birth of the plan. Talk with your children about their preferences, the parts they are excited about and the parts they are concerned about. It's not possible to talk people out of their fears. But its advisable to listen.

When we minimize the fear, they tend to feel like you're not listening and they are not being heard.


You don't need to "fix" anything. Just listen. For more anxious children it may be a good idea to introduce them to the location, spend some time getting familiar with the venue.

Allow your children to pack their own stuff, help them figure out what they will need, help them gather it but let them pack their bag so they can find the things they are looking for. Let them know (generally) what you will be doing while they are at camp. It's also a good idea to celebrate any special dates (Birthdays, etc) that fall while your child is away either before or after they return, so they too

can be a part of the celebration. Children are very sensitive to your emotions. Show them you believe they will be safe. Help them to understand the skills they will learn and the value of them having these skills.

"Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on the earth, for what they believe they will become." B. Hampton.

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What Does Your Child *Really* Need This Summer?

By Anita Sablone, M.A., R. Psych.

Summer is right around that corner - *again*. Nearly every parent is planning madly for enrolment in summer camps, family vacations away or nearby at the cottage... and for all that time in between.

For some parents, all that time in between activities and getaways is difficult to navigate. The media and also other parents tell us that our children need to be active, happy and nurtured emotionally, physically and mentally.

But what do our children *really* need in order to have a 'great summer'? The answer is relatively easy and sounds simple, but is harder to act on - especially given present societal pressures and expectations.

Children and teens need a healthy balance of time with people, time away from primary caregivers and time to themselves. How do we provide this to them? Scheduling a camp for a week when a parent needs to work is a great example. How does a parent then temper that time away with time alone (without technology!) and time with a parent, being nurtured and heard?

Here are some beginning ideas, for the summer and beyond:

Take an inventory of your child's interests. We often feel that we know our children and what they might like to do, but perhaps the interests of your child have changed. Or, with some uninterrupted conversation, you begin to realize that the interest in whales and oceans has changed to tidal pools or crustaceans!

Make it a point at the beginning of the summer to make a list of 'Things I'd Like to Know More About' with your child. Teach yourself about the topic, and start an engaging conversation about it with your child. Orient portions of library trips, activities and day trips around each child's interest in turn. Teach your child how to explore a concept or idea with a mix of self-directed teaching and just pure happening on interesting details about their interest area.

Hang out together. As parents who are working/studying hard to maintain or increase a standard of living, we often put pressure on

ourselves to always be 'doing something' with our children. Shouldn't that time together be interesting and memorable, because it may be necessarily brief or not frequent? Of course! -you feel you have neglected time with your child while you worked extra hours or studied instead of going to the park. How can you now make that time together, whether it be an hour or a whole afternoon, memorable?

What your child *really* needs may surprise you.... Children and teens need relaxed, unstructured time with their parents just as much, if not more, than goal-directed or activity-based time. Some of my most memorable moments from my own childhood are when we were Maritime storm-stayed and no one could go anywhere! My parents then sat down with me and chatted, with the conversation leading itself. They taught me how to patiently listen, to respond with my ideas and value quiet time with others.

Or walking in the garden with my mother, to 'see what's up'... all times when the world seems to veritably stop for a moment or an hour, and suddenly there are opportunities for more connection and quieter communication. Sit down with your child, hide the clock and make it a goal to let them lead the conversation. Or go for a walk or bike ride with them... sometimes the loudest conversations are when we are not talking at all.

Limit 'screen time'. The media has saturated us with warnings about screen time and its adverse effect on children and teens. What we are just now beginning to realize is that adults are detrimentally affected, too - and in turn, families.

We need to protect ourselves, as well as our children, from the overuse of cell phones, laptops, video games and television. If your goal is to connect with your child, put away the devices. When interaction with your child is over a screen, like a video game, you are both missing out on the give-and-take that mobilizes the nervous system into making integrated pathways leading to growth. Be present to one another, listen actively and put away anything that is competing for the time you deserve to give to each other.

Make sure peer time is good time.

For smaller children, it is easier to plan a get-together and structure the time (or not) to make sure it goes well. With teens, it is more difficult.

Be part of your teen's summer social life, at least in an informed sense. Know who the new friendships are with, and how important these budding relationships are to your teen. Use times such as driving them places, having coffee out or 'sitting on the edge of the bed' conversation moments as a way to ask simple questions. You may be surprised how much information you are given, when you slow down and are present to your teen. They still value your attention, especially when it is undivided - they may choose to not show it, but they do.

Teach them how to 'be' in quiet or in stillness. Share with your child or teen how the stress of the day affects you - but focus then on the strategies you use to help yourself put away the day. Educate them about your 'quieter self' - the one who paints after everyone is in bed, reads an incredible novel or engages in a meditative sitting practice.

Let them see and learn from you - learn about the value of quiet time by yourself, where you focus on your inner stress and make a plan for re-entering a difficult situation. This is an important skill to teach your child and teen, and also it also shows your vulnerability/strength more as a person, not a parent.

You know your child best... I think we all need to make sure we are mindful of each of our children's present needs in turn, and think of ways to nurture them *using our presence*.

So... nurturing and meeting needs doesn't necessarily mean a trip to the local bookstore or a pricey summer camp experience. It may be as simple as providing your child time with you to ask questions, to teach them how to listen to their own thoughts and be present, and to value the relational experience of others. That is a true gift that can last a lifetime.

Anita Sablone is a registered psychologist from Carleen Hall Psychological Services, Inc. with over 18 years of experience working within the school system and private sector. She specializes in supporting children, teens, young adults and their families through assessment, counseling and consultation services (e.g., working with a child's teacher or school).

Recommended Reading:
The Irreducible Needs of Children: What Every Child Must Have to Grow, Learn and Flourish. T. Berry Brazelton & Stanley I. Greenspan (Perseus Publishing, 2000).

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Our Top 5 Tax Topics for families

By Michelle Axworthy & Stacey O'Neill, lawyers with the Family Law Team at Blois, Nickerson & Bryson LLP

With tax season upon us, it is helpful to understand the various tax benefits and credits relating to separated families. Here are our top 5 topics discussed with clients:

1. Childcare

Which parent claims the childcare deduction generally depends on the parenting arrangement. If there is a primary care parent, typically that parent will claim the deduction. They will often pay these costs directly, and receive a contribution to the expenses as part of child

support.

It is possible for parents in shared parenting to make different arrangements for childcare expenses. For instance, each parent might pay some or all expenses directly to the provider, and each claim what they paid for income tax purposes. It is important to receive legal advice about child support arrangements and shared parenting situations.

2. Dependent Children

After a separation, one or both parents may be able to claim the federal 'eligible dependent

credit' to reduce their taxes payable. If there is a primary care parent, they may claim the credit if they meet specific criteria. In shared parenting, it can be possible for both parents to be eligible to claim the credit by claiming the child every other year or each claiming one child. Child support Orders or Agreements should be carefully drafted for this to be possible.

3. Canada Child Benefit (CCB)

The CCB is a tax-free monthly payment. Eligibility is determined by the Canada Revenue Agency. If there is a primary

care parent, that parent should apply for the benefit. In shared parenting, typically each parent can apply for 50% of the benefit entitlement calculated by CRA for their household.

4. Legal expenses

Certain legal expenses incurred to establish a right to child or spousal support can be deductible to the recipient in the tax year they are incurred. We provide annual Tax Receipts to clients related to this deduction.

5. Child support /Spousal support
Child support paid pursuant to the Federal Child Support Guidelines is not taxable or tax deductible.

Spousal support which is paid on a periodic basis and according to an Agreement or Court Order is tax deductible to the payor and is taxable income to the recipient.

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Health & Wellness

Prevention Of Sports-Related Dental Injuries

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists



Dr. Negin Ghiabi

Sports activities have an inherent risk of orofacial injuries due to falls, collisions, contact with hard surfaces and equipment. Children between the ages 7-11 years old are most susceptible to sports-related oral injuries. Consequences of orofacial

injuries for children and their families are substantial because of potential for pain, psychological trauma and cost. The latter includes indirect cost such as hours lost from school (for children) and work (for parents).

The majority of sports-related dental and orofacial injuries affect the upper lip, upper jaw and upper teeth. Although some of these injuries are unavoidable, most can be prevented. Helmets, facemasks and mouthguards have been shown to reduce the frequency and severity of dental/ orofacial trauma. Using these protective pieces should be mandatory during field or ice hockey,

football, baseball and other such sports activities.

A mouthguard is an appliance placed in the mouth to reduce injuries to the teeth, jaws and the lips. It will protect the teeth and jaws from fracture and displacement and the lips from bruising and laceration. Custom-fabricated mouthguards made in the dental office using a model of the patient's teeth provide maximum protection against injury. Over-the-counter mouthguards, on the other hand, provide less protection against injury to the teeth and may interfere with speech and breathing. These temporary devices could serve as short-term options during orthodontic treatment and

during the period of transition from baby teeth to adult teeth.

Routine dental visits can be an opportunity to initiate parent/child education and recommendations for the use of a properly fitted mouthguard.

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and adolescents. We welcome new patients as young as 1 year old. No referral is needed. For more information please call 902-407-7377



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

The New Age of Orthodontics: Any Age

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



Think you are too old or too young to think about Orthodontics? Well think again.

Orthodontics is specialized area of dentistry that focuses on growth and development of the jaws and alignment and movement mechanics of the teeth. Healthy teeth and jaws are an important part of overall health. We rely on the mechanics of this complex system to function properly in order for us to eat, chew, swallow and speak properly. In other words, Orthodontics involves a lot more than just straightening teeth.

It is a common misconception that Orthodontics is "braces for teenagers." While the teenage years coincide with the eruption of permanent teeth and a growth spurt that makes treatment at this age ideal, teen treatment is only one part of an Orthodontic practice.

Young children can also benefit from a trip to the Orthodontist as early diagnosis and preventative measures may mean they never require braces. The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7. An early exam is an important step in your child's healthcare as early detection of some problems can indicate early treatment to avoid braces or surgery later on. Your orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead so that you can plan for any future treatment needs. Often Orthodontists like to see patients at a regular recall interval to track growth over time.

Adults, of all ages, can also benefit from treatment to ideally align teeth and jaws and more then ever adults are choosing to embark upon their own orthodontic adventure. The effects of aging, combined with a poorly functioning bite, often causes wear of the teeth and surrounding structures. Adult patients may be seeking a treatment plan to fully restore their teeth to proper function or they may simply wish to improve esthetics to achieve the smile they have always dreamed of. Often times they are pleasantly

surprised to find that esthetics and function go hand in hand so they will find their final result is both a functioning bite and beautiful smile.

Although some dentists perform limited orthodontic work, an Orthodontist is a certified specialist who is a dentist first, who then completes a 3 year

residency in Orthodontics following their dental training. The easiest way to verify if a dentist is an orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

Whatever your age or motivation, there are new advancements in Orthodontics that allow you to reach your goals more efficiently

and esthetically. Ask your local Orthodontist what Orthodontics can do for you and your family.

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.



Thank you!!

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When you are in the lookout for a place to keep the whole family happy, hop! skip! jump! Indoor Play Space is the place. With a huge play structure and a designated toddler area, children and their parents can join in the active fun together. The lounge and café areas give the family the opportunity to relax after play time and grab a snack on the go. Voted as Top Indoor Playground in Halifax, hop! skip! jump! sets the gold standard for indoor play. Every effort is made to ensure space is welcoming, clean, and safe!

For a limited time hop! skip! jump! now offers 50% discount on play-passes on Wednesdays after school 3-6 pm. This makes the perfect go to place for afterschool play dates!

hop! skip! jump! appreciates its customers and values them by offering its customers a loyalty program where customers can earn points on all purchases made. Visit on Mondays for double the points!

Located at 10-100 Susie Lake Crescent in Bayers Lake, the hours of operation are Sunday - Thursday from 9:30 a.m. to 6 p.m. and Friday - Saturday from 9:30 a.m. to 7 p.m. There is parking in front and back of the facility.

For more information on hop! skip! jump! Indoor Play Space, visit: hopskipjump.ca, like on Facebook: [/hopskipjump_hfx](https://www.facebook.com/hopskipjump_hfx), follow on Twitter: [/hopskipjump_HFX](https://twitter.com/hopskipjump_HFX), and on Instagram: [hopskipjump_hfx](https://www.instagram.com/hopskipjump_hfx) or please call 902-406-4406.



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FUN

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FUN Places To Go!

The Play Box Party place, café and playground

If you are looking for a hassle free and fun place to have your child's party, look no further. The Play Box is what you need.

offering a range of snacks, meals and espresso based drinks, there is something for everybody.

Located on Portland Street, Dartmouth, the owners have put together a unique party package which allows you to enjoy your child's party, rather than feel hassled and stressed. They offer two party packages that include food for all the guests; invitations; a return pass for the birthday child and a dedicated party room.

The Play Box also offers great rates for HST registered organizations. Day cares and Summer Camps can bring their children along and enjoy the facility.

In addition to offering admission discounts to military, fire and police, The Play Box also operates a loyalty card system. Punch cards for multiple visits and individual play passes are also available and ideal for presents.

As one of the owners, Stewart Adams, states; 'we wanted to make the party as easy as possible for those who have to organize it. The idea is that they bring the cake and the kids and we take care of everything else.'

The Play Box is located at 104-105 Evergreen Place (opposite Penhorn Mall/Sears) 530 Portland Street, Dartmouth. Catering for 0-12 years of age; opening hours are Mon-Sat 9.30 - 5.30, Sunday 10.00-4.00.

Private parties are also available after normal opening hours. Anyone who is considering holding a party at The Play Box is more than welcome to go for a look around and chat to the owners.

For more information The Play Box can be contacted on (902) 463 0034; e-mail: theplaybox@outlook.com; facebook: theplayboxltd; website: www.funattheplaybox.ca; twitter: @theplaybox1

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- PINEA BIRD SOX PINEA BIRD SOX
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- CORN
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Summer Camp Guide

Mad Science: Turning Laboratory Science into Learning Fun

Mad Science is back for another summer with camp locations in Halifax, Dartmouth and Hammonds Plains where budding Mad Scientists ages 5 to 12 can choose from a variety of thrilling topics.


In Flight Academy, the time will fly as kids become junior aviators and discover the principles of flight and aerodynamics and then zip up their spacesuits for a planetary tour while they investigate the wonders of the Milky Way.

In Crazy Chemists, children will learn to recognize chemical reactions and mix up a few reactive ingredients to make bubbling potions the likes of Hogwarts. The end of the week will finish with a boom as kids discover the secret recipe of the Mad Science foam factory.

And in Secret Agent Lab, kids take a fun journey into the world of detection, spy science, and forensics as they help "Headquarters" discover who the sleeper agent is and learn the skills to eliminate, detect and capture the spy!

Register now at www.madscience.org/maritimes and while you're there, get information about everything from special events and in-class workshops to birthday parties and after-school programs. Mad Science offers unique and exciting ways to continue the learning process!

Mad Science of the Maritimes
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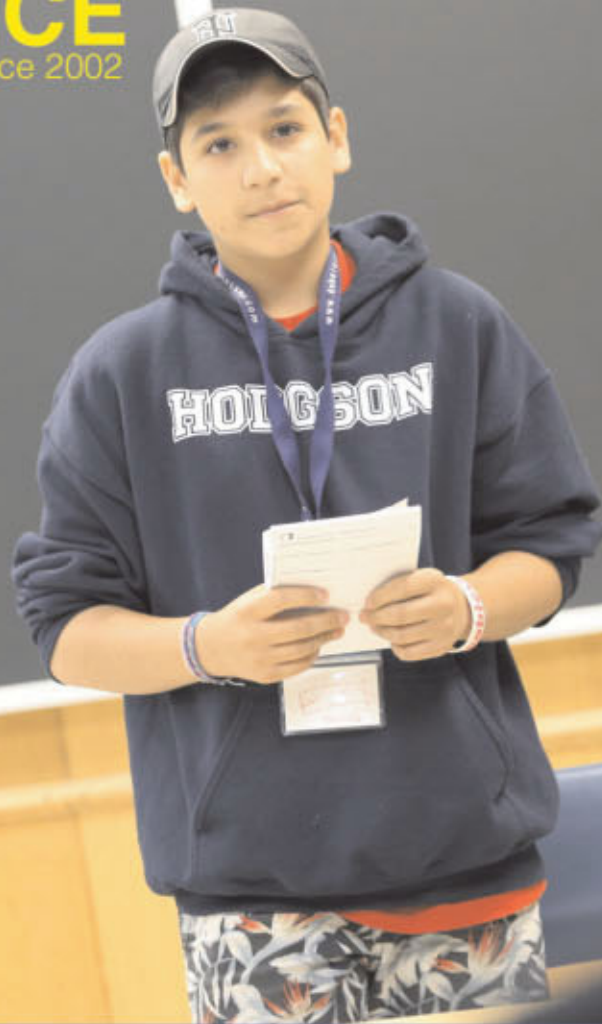
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Simply go to canspei.ca/camps

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Summer Overnight Camps are truly amazing because they foster incredible outdoor experiential opportunities for your child's personal growth, self confidence and social skills.

Want to know more? Please visit us at canspei.ca or email us at info@canspei.ca

Summer Camp Guide

Art is blooming at NSCAD Extended Studies!

NSCAD Extended Studies is pleased to offer week-long summer art camps for ages 5-18 in all art-making endeavours! Our camps run all of July and August, and every week offered a new themed camp activity.

Participants will study plant life in Botany, make dyes in Colours From the Garden, build a whole town out of boxes, study fashion and sewing design, become illustrious with illustration and lots, lots more! Campers can expect to try their hand at sculpture, printmaking, drawing, painting, and crafting; the only limit to the work they produce is their imaginations. Specialty camps include a week of ceramic

creativity, B&W photography, performance & puppetry, full-on fashion, urban art-making and making comics & zines (to be featured in DCAF 2017!)

From drop off to pick up, your child is supervised by our terrific team of assistants, instructors, and camp coordinator. 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.

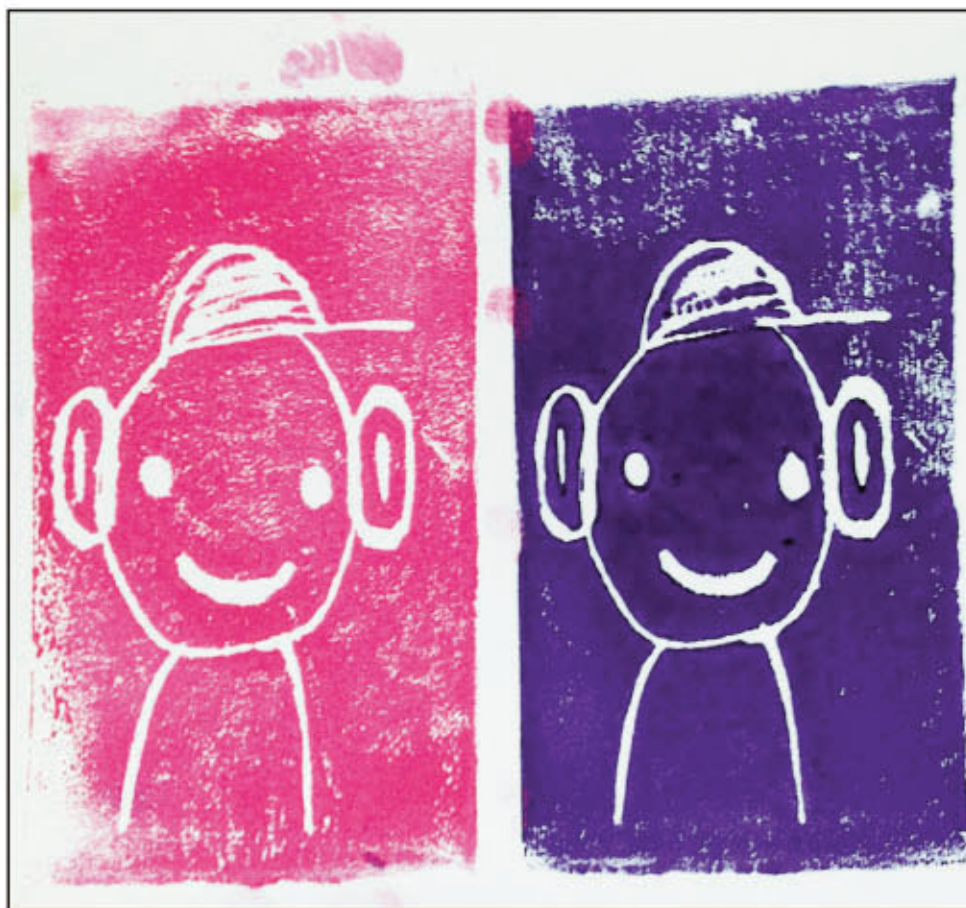
NSCAD's connection to the community enables students to connect what they learn at camp to possible careers and projects in their community. Past field trips have included

Common Roots Urban Farm, The Museum of Natural History, Citadel Hill, and the Dartmouth Graffiti Wall. To keep updated on your child's activities, we will be running a daily live blog showcasing the artistic adventures your child has embarked on.

Our ARTrageous Summer Exhibition takes place at the end of August and displays work from students made throughout summer.

Register now to guarantee a spot in our marvellously adventurous 2016 Summer Art Camps!

For more information, visit www.nscad.ca or call us at 902-494-8185.



summer art camps

902.494.8185 | www.nscad.ca

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School of
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SUMMER CAMPS

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This summer, let them channel all that energy into fun learning with **Neptune Summer Camps!** From Munsch to Musical Theatre, Jungle Book to Broadway, there are plenty of classes to choose from for ages 4-18.

Register at neptunetheatre.com/havefun

Summer Camp Guide

Royal City Soccer Club Summer Day Camps



The Royal City Soccer Club is excited to bring our very popular summer soccer day camps to the Halifax and Dartmouth area this summer. For the past 25 years, we've hosted over 300,000 boys & girls in over 90 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, t-shirt, personalized certificate, great supervision ratios and much more. We also offer early drop off and late 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.royal-soccer.com for more information or call 1-800-427-0536.

SUMMER with Us 2017!

Blast through the summer with super fantastic weekly camps!

47 Camps To Choose From

- | | |
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| Bracelet Palooza | Spy Camp |
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royalsoccer.com

Summer Camp Guide

"Broadening Your Horizons - Alderney Summer Camps Offer New Teen Series!"

The Summer of 2017 proves to be jam packed at Alderney Landing with the offering of 3 new Art and Theatre Camps designed specifically to challenge the creative Teens 11-15 years old!

From July 3-7 we start off with a FRIGHT in our exciting Horror Movie Camp! Students this week will work on writing, directing and acting in a Horror Movie Short. These will be featured on our Media wall in October during the Bluenose Ghosts Festival Haunted House! We'll have guest speakers throughout this week from the local Horror movie industry with their spooky filmmaking tales!

Something for the writers out there! July 10-14 is our Scriptwriting week, students will work intensively with a local Director learning the skills to create and workshop a full theatre script which will later be performed in our Theatre Camp. Industry professionals will be stopping by to offer their words of wisdom.

We round out July 17-28 with Haunted Sculptures, a two week Camp of designing and building extra large hauntingly scary sculptures to be featured on the Dartmouth Waterfront through the Bluenose Ghosts Festival in October. Throughout this week, students will explore how public art is made, how to create life sized statues, and they'll have loads of fun exercising those creative muscles to the max!

And don't forget, we'll also continue to have our amazing Art and Theatre Camps for the 6-10 year old crowd, Circus Camp with Willy Badger exploring circus and performing arts. Superhero Versus! Theatre Camp building on superpowers and battles in the skies. A Whale of A Time! Art Camp exploring the monstrous looks of deep sea creatures and Pet Portraits Art Camp! Where our projects will explore our family pets!

These Camps are a great way to meet other artist friends their age and work with professional artists in the community. We take pride in the quality of our programs and their fun, inclusive atmosphere!

For more information please contact 902-461-8401, www.alderneylanding.com

Artech Camps - keeping creative and inquisitive minds active!



Did you know that keeping a child's brain fit is just as important as keeping physically fit?

program video games! They design and draw original characters and monsters!

Specialty camps like technology, art and music camps interspersed with traditional or sports camps can give your child the optimal balance for nurturing a healthy, active mind and body.

Unique to Artech is the infusion of art activities with STEM learning: inspiring creative problem solving and promoting digital literacy. Kids 7 through teen years benefit from our one-to-six instructor to camper ratio - each child receives quality instruction time.

Artech campers get a chance to explore and create with technology. Artistic expression takes on new forms with computer animation, film, 3D modeling and game design. They gain new perspectives, all the while learning new ways to express themselves.

There is a full roster of creative week-long options: from mobile movie making to computer and stop motion animation, video game design and 3D Minecraft world design!

Campers get an insider's view of film and animation productions, as they take ideas from concept to script to the big screen! It is the same with creating and designing video games. They get to go behind the scenes, learning how to how to design and

More information and registration is available on the Artech website at www.artechcamps.com. Or call at 902-579-3317 - we are always happy to answer any questions you may have!

"Inquiring young minds don't take a summer break!"

**ALDERNEY LANDING PRESENTS
FINE ART AND THEATRE SUMMER CAMPS**

ART CAMPS

PET PORTRAITS
JULY 3-7 AGES 6-10

WHALE OF A TIME!
JULY 10-14 AGES 6-10

THEATRE CAMPS

SUPERHERO MASHUP
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CIRCUS & STORYTELLING
W/ WILLY BADGER
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NEW TEEN SERIES

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2 WEEK CAMP - \$350

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SURGEONE July 2-7
SURGETWO July 16-21
SURGETHREE July 30-Aug 4
SURGEFOUR Aug 13-18

CORE Leadership Training
Ages 14-15

Grades 9 - 12
PRIMEWEEKEND Aug 18-20

SPARKTWO Aug 6-11*
*with Day Camp Option

COREONE July 2-21
CORETWO July 30-Aug 18

Summer Camp Guide

Summer Day Camps at The Sackville Sports Stadium

Sports, Activities, & Fun! The Sackville Sports Stadium is excited to once again offer Summer Day Camps! This summer, campers will be placed into age appropriate groupings to provide the opportunity for everyone involved to participate and have fun - Junior Camp (Ages 5-7yrs: must of completed grade Primary); Junior Camp (Ages 8-9yrs); and Senior Camp (Ages 10-12yrs).

Our camps are focused on fun, with each day consisting of a balanced mix of activities that stimulate the mind, get the creative juices flowing and allow

the participants to be active in a safe, positive, and supervised environment. Campers will experience a variety of sports, cooperative games, outdoor and water activities, adventure and leadership activities as well as some arts & crafts. Summer Camps are often planned around a specific theme. The theme will be incorporated into the activities of the week. A fun way to get out and enjoy the summer!

Campers will be matched with experienced leaders trained in High Five and the Principles of Healthy Child Development who will inspire creativity, friendship

and play. A pre-ordered/pre-paid lunch option from the Subway Café is also available. Camp fees include an early drop off/late pick up option.

Camp Hours: 9:00am - 4:00pm
Early Drop Off: 7:30am - 9:00am
Late Pickup: 4:00pm - 5:30pm

Payment plans are available - fees for July camps due by June 16th and fees for August camps due by July 14th. There is a 10% Discount to multiple children in the same family. Registration is now open. For more information, please contact the Sackville Sports Stadium at 902-869-4141.

Summer Camps



Junior Camp (Ages 5 - 7yrs) (Must have finished Grade Primary)

Date	Theme	\$Mem	\$NM
July 4th-7th (4 Day)	Treasure Island	\$124	\$144
July 10th-14th	Under the Sea	\$154	\$179
July 17th-21st	Wizarding Worlds	\$154	\$179
July 24th-28th	Construction Kids	\$154	\$179
July 31st-August 4th	Have a Ball with H2O	\$154	\$179
August 8th-11th (4 Day)	Backward Bonanza	\$124	\$144
August 14th-18th	Sports & All Sorts	\$154	\$179
August 21st-25th	Nature Quest 150	\$154	\$179
August 28th-Sept 1st	Spy Academy	\$154	\$179

Junior Camp (Ages 8 - 9yrs)

Date	Theme	\$Mem	\$NM
July 4th-7th (4 Day)	Wizarding Worlds	\$124	\$144
July 10th-14th	Have a Ball with H2O	\$154	\$179
July 17th-21st	Wilderness Wonderer	\$154	\$179
July 24th-28th	Spy Academy	\$154	\$179
July 31st-August 4th	Nature Quest 150	\$154	\$179
August 8th-11th (4 Day)	Backward Bonanza	\$124	\$144
August 14th-18th	Construction Kids	\$154	\$179
August 21st-25th	Ultimate Warrior	\$154	\$179
August 28th-Sept 1st	Sports & All Sorts	\$154	\$179

Senior Camp (Ages 10 - 12yrs)

Date	Theme	\$Mem	\$NM
July 4th-7th (4 Day)	Sports & All Sorts	\$124	\$144
July 10th-14th	Kitchen Chemists	\$154	\$179
July 17th-21st	Adventures in H2O	\$154	\$179
July 24th-28th	Myth Busters	\$154	\$179
July 31st-August 4th	Wilderness Wonderer	\$154	\$179
August 8th-11th (4 Day)	Ult. Young Leaders	\$124	\$144
August 14th-18th	Aqua Adventures	\$154	\$179
August 21st-25th	A-Mazing Adventure	\$154	\$179
August 28th-Sept 1st	Ticket to Anywhere	\$154	\$179

Campers will experience a variety of sports, cooperative games, outdoor, water, adventure & leadership activities, as well, as arts and crafts!

Camp Hours: 9:00am - 4:00pm
Early Drop Off: 7:30am
Late Pick Up: 5:30pm
 Pre-Order / Pay Lunch Options.
 Payment Plans Available.

For a complete description of our Summer Camps, please visit our website or phone us at 902.869.4141!



thestadium.ca

HALIFAX

Pre-Prim to Grade 12 Reading Writing Math Grammar Study Skills Homework French SAT/ACT Prep

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Bedford 902.405.4116
 540 Southgate Drive Suite 203
 Bedford, NS B4A 0C9
 bedford@oxfordlearning.com

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SUMMER 2017

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 MAD, MAD SCIENCE
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Fun camps For ALL!

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LEASE THE
2017 ILX FROM

RECEIVE A
CASH REBATE OF

30
CELEBRATING 30 YEARS

\$148 | **1.9%** OR **\$4,000**[†]

BI-WEEKLY

FOR 48 MONTHS

ON OTHER SELECT
2017 ILX MODELS



ILX

2017 ILX PREMIUM MODEL SHOWN



ASPIRE TO ACURA

† Limited time lease offer based on a new 2017 Acura ILX (DE2F3HJX) (if model shown), a 2017 ILX Premium (DE2F7HND) available through Acura Financial Services on approved credit. Representative lease example: 1.9% (if 1.9% (3.01% effective APR) lease rate for 48 (if 48 months (104 payments). Bi-weekly payment is \$148 (if \$160 with \$2,100 down payment, 16,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$17,492 (if \$18,740). Lease payment includes freight and POI of \$2,045 and applicable fees but does not include lien registration fee up to \$70.75 and lien registering agent fee of \$5.75, which are due at time of delivery. Taxes, insurance, license and registration fees (all of which may vary by region) are extra. \$4,000 Cash Rebate (CCR) is available on new 2017 Acura ILX Premium (DE2F7HJX), Tech (DE2F7HKNX), and A-SPEC (DE2F8H8X) models when registered and delivered before May 1, 2017. Total incentives consist of: (i) \$1,500 that cannot be combined with lease/finance offers; (ii) \$2,500 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 1, 2017 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2017 Acura, a division of Honda Canada Inc.

LEASE THE NEWLY RESTYLED
2017 MDX FROM

OWNERS OF A COMPETITOR
VEHICLE RECEIVE A:

30
CELEBRATING 30 YEARS

\$588 | **2.9%**

MONTHLY
\$6,400 DOWN

FOR 48 MONTHS

\$4,500† OR **\$2,000**†

CASH REBATE
TOWARDS THE PURCHASE
OF MOST 2017 MDX MODELS

CREDIT TOWARDS THE
LEASE OR FINANCE OF
MOST 2017 MDX MODELS



MDX



2017 MDX ELITE MODEL SHOWN.

† Limited time lease offer based on a new 2017 Acura MDX (YD4H2LJX) (if model shown), a 2017 MDX Elite (YD4H8KX) available through Acura Financial Services on approved credit. Representative lease example: 2.9% (if 2.9% (4.37% effective APR) lease rate for 48 months (48 payments). Monthly payment is \$588 (if \$707 with \$6,400 (if \$6,400 down payment, 16,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$34,624 (if \$43,216). Offer includes the tax (\$22.00), air excise tax (\$100), PPSA and lien registration agent's fee (\$79.64). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registration agent's fee are due at time of delivery. \$4,500 total incentive available only on the cash purchase of new and previously unregistered 2017 Acura MDX Tech (YD4H8KX), MDX Elite (YD4H8KX) and MDX Elite 6P (YD4H8KX) models from an authorized Acura dealer when registered and delivered before May 1, 2017. Total incentive consists of: (i) \$2,500 Consumer Cash Rebate (cannot be combined with lease/finance offers); (ii) \$1,000 Consumer Incentive Dollars (can be combined with lease/finance offers); and (iii) \$1,000 Conquest Cash Credit (can be combined with lease/finance offers). All incentives will be deducted from the negotiated selling price after taxes. Conquest Cash Credit: (i) is only available to owners of a non-Acura model (proof of ownership required); (ii) cannot be combined with loyalty offers; and (iii) does not require trade-in. *\$2,000 total incentive available only on the lease/finance (through Acura Financial Services, on approved credit) of new and previously unregistered 2017 Acura MDX Tech (YD4H8KX), MDX Tech (YD4H8KX), MDX Elite (YD4H8KX) and MDX Elite 6P (YD4H8KX) models from an authorized Acura dealer when registered and delivered before May 1, 2017. Total incentive amount consists of: (i) \$1,000 Consumer Incentive Dollars; and (ii) \$1,000 Conquest Cash Credit. All incentives can be combined with lease/finance offers and will be deducted from the negotiated selling price after taxes. Conquest Cash Credit: (i) is only available to owners of a non-Acura model (proof of ownership required); (ii) cannot be combined with loyalty offers; and (iii) does not require trade-in. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 1, 2017 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2017 Acura, a division of Honda Canada Inc.

Grow A Lotus Summer Yoga Camp

Grow A Lotus Yoga is the only Certified Children's Yoga School in Atlantic Canada! We are renowned for our innovative camps that foster all areas of development and place the whole child first. Our camps are a unique fusion of yoga, outdoor adventures and art to spark children's creativity and foster their imagination. We believe children thrive through time spent in nature and we create a welcoming and supportive environment for children to explore their inner and outer world safely.

A typical day involves a yoga class, led through story where students take the form of the poses based on the theme of the animals and characters. The day continues with at least two opportunities to play in parks, fields and local playgrounds, emphasizing collaboration with each other and an appreciation of nature.

The afternoon provides a grounding presence of art and activities to help bring a sense of peace and focus to the mind while allowing space for their creativity to unfold. This year we are excited to offer an overnight camp for children ages 6-12! This three day/two night camp will immerse children deeper in nature with plenty of time to walk, sit and breathe the fresh air of the forests.

Our summer programs emphasize practices of self-awareness, compassion and connection to oneself and each

other through movement, creative play, artistic expression, empathic communication and reflective contemplation. We welcome your son or daughter to join us for a day camp in the city or an overnight adventure for an experience they will remember for a lifetime!

For more information or to register please contact Leanne, 902-403-9630 or leanne@growalotus.com, or check out our website www.growalotus.com



Kids Tennis

Beginning in 2017, Daniel Nestor Tennis Centre will implement a **multi-sport** approach to our camps. In each three hour session, campers will play tennis for two hours, and another sport for one hour. Our teaching strategy is established by Tennis Canada and other international methods to create a fun and active way of learning. Juniors start by using smaller

racquets, softer tennis balls and smaller courts. Summer Tennis Camps at the DNTC are all about fun, learning the game of tennis, and improving fitness and coordination by participating in various other sports: Soccer, Tennis Baseball, Ultimate Frisbee, Capture the Flag, etc.

Our certified instructors have a true passion for both the sport and for

teaching young players. Fundamentals of the game can be picked up very quickly when introduced in our friendly and safe environment. We have 11 weeks of camps throughout the summer from June 19 to September 1. Register by calling our welcome desk at 902 423 3682 or go to www.dntc.ca. See you on the courts!



GROW A LOTUS

Summer Camps @ Grow A Lotus Yoga

A unique camp with a fusion of yoga & art along with an abundance of outdoor adventures!
Summer yoga camps in the heart of the city and new this year a three day overnight camp!

Both camps spark children's innate creativity while fostering self-confidence through movement and mindfulness in the presence of Nature.

Ages: Elementary school age

Dates: July - August 2017

Location: Grow A Lotus Yoga

www.growalotus.com • leanne@growalotus.com

902 403 9630



SUMMER CAMPS

TENNIS AND A WHOLE LOT MORE



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Frisbee Golf **NEW**

Soccer

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Octaball **NEW**

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www.DNTC.ca



Daniel Nestor
Tennis Centre



CAMPERS
RECEIVE FREE
SUNGLASSES
& T-SHIRT

Summer Camp Guide

Camp Tidnish - Access Fun

Camp Tidnish is a residential summer camp that has been providing children and youth with disabilities an incredible camping experience for 80 years. Owned by the Rotary Club of Amherst and operated by Easter Seals Nova Scotia our camp is located on the beautiful banks of the Tidnish River just outside of Amherst, Nova Scotia.

Our goal is to provide a traditional summer camp experience for our campers in an inclusive and positive

environment. Our programs and activities are tailored to meet the needs of our campers and participation is always considered 'challenge by choice'. We focus on the ability of our campers and our programs are designed to put campers first.

It is because of the generosity of groups, organizations, and Rotary Club members, we are able to offer a number of accessible programs such as canoeing, gardening, gaga ball, trampoline, hayrides and pontoon boat trips, as well

as all of our traditional activities.

During their seven day stay at camp, campers of all ages develop confidence, build new friendships and discover their unique abilities; but the feeling of community and joy of Camp Tidnish lasts far beyond the end of summer, our campers and their families are part of a year round community who share memories that will last a lifetime. The year is special as Camp Tidnish is celebrating its 80th Anniversary.







Register NOW!

Easter Seals Nova Scotia For more information or to register please contact camp director Steven McCluskey.

camping@easterseals.ns.ca
902-453-6000 ext 227
www.easterseals.ns.ca



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.

PROGRAM	AGES	DATE	REGISTRATION COST
Beginner	5 - 8	July 2 - 5	\$90.00 + Tax
Young Camper	5 - 8	July 2 - 7	\$185.00 + Tax
Junior 1	9 - 11	July 9 - 14	\$185.00 + Tax
Intermediate	12 - 15	July 16 - 21	\$185.00 + Tax
Multi Age	10 - 14	July 23 - July 28	\$185.00 + Tax
Day Camp 1	5 - 12	July 23 - July 28	\$125.00/week or \$30.00/Day
Multi Age 2	7 - 14	July 30 - August 4	\$185.00 + Tax
Day Camp 2	5 - 12	July 30 - August 4	\$125.00/week or \$30.00/Day
Family	All Ages!	August 6 - 11	See Below

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.

For family camp the Rate Per Family is \$345.00. Note that this is based on up to FOUR people. • Each Additional person will be \$75.00 • Rate for one person will be \$207.00

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



2017



Spring Leagues

- Boy's Basketball
- Girl's Basketball

Summer League

- Girl's Hockey

Summer Camps

- Boy's Basketball
- Girl's Basketball
- Co-ed Basketball
- Co-ed Soccer
- Football
- Boy's Hockey
- Girl's Hockey
- Girl's Volleyball

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• Half and full day camps

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www.smuhuskies.ca

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Summer Camp Guide

Extracurricular Activities Are Fun And Essential To Learning!

Submitted by Canadian Parents for French, Nova Scotia

Many factors will contribute to your child's success at school, such as curriculum, learning materials, teachers, school setting, administrative support, your child's motivation, as well as your support and encouragement, to list a few. However, additional exposure to French is important when trying to achieve the program goals in French second language. Therefore, experiencing French at home and within the community will enhance your child's abilities in French, their understanding of francophone culture, and their confidence in using the language.

There are a wide range of things you can do to enrich your child's French language learning. Many aren't expensive or time consuming. Below you'll find a few ideas to get you started. In addition, the CPF newsletters and website are an excellent resource for other ideas. Help your child to use French outside of the classroom! Watch French TV

and DVDs, borrow or buy French books, and choose activities in French like plays, courses and sport activities. Borrow French cookbooks from the library and make a recipe, or work on a family tree in French. Play board games in French. Many activities can be done in French as a family. With summer just around the corner, many parents are looking for summertime activities to keep their child occupied and on the path to success. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to do this.

So what are the benefits to doing extracurricular activities? That depends on the activity, but they all build valuable skills. Studies show that students involved with extracurricular activities tend to have better academic performance, better attendance, and fewer disciplinary issues. This may be due to increased self-esteem, motivation and better time management.

Your child will learn new skills from extracurricular activities, and integrate these skills into their academic lives. They will develop life-long relationships with their peers and learn how to lead others. These skills will be beneficial in later life and in the workplace. No matter what extracurricular activities a student becomes involved in, it is best to start early.

Remember learning any language is a life-long experience! Just as your child's first-language skills will mature and expand with age and new experiences, so similar factors will affect the development of their second language. A long-term commitment will produce the best results! Be supportive and enthusiastic. Research shows that students whose parents have positive attitudes toward French do better in Immersion programs.

Make French a part of your child's life!

Come run, jump and play with us this summer!



MOUNT Fitness Centre

Join in the fun at the
Mount's Day Camps!

For children entering
Grades 1-6 in September

\$38.00 per day
\$160.00 per week

Register today!

msvu.ca/fit.ca
902-457-6420

The Mount,
Rosaria Centre

Web:
msvu.ca/fit

Phone:
902-457-6420

CANADIAN PARENTS FOR FRENCH Nova Scotia French Camp

Join us this summer for a week to remember!

FRANCO-FORUM

St. Pierre, France | Ages 14-18

NAUTICAL CAMP

Îles-de-la-Madeleine/Magdalen Islands, Québec
Ages 12-16

SEA KAYAKING ADVENTURE CAMP

Îles-de-la-Madeleine/Magdalen Islands, Québec
Ages 15-17

CAMP ARTISTIQUE*

Barton, Digby County | Ages 10-14

CAMP DE LA BAIE*

Sambro Head, HRM | Ages 10-14

DAY CAMPS

Hydrostone, Halifax | Ages 6-10

CHAPTER CAMPS

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

*All levels of French welcome.



L'ÉTÉ, C'EST MAGIQUE!

FRENCH CAMP IS...

THE PERFECT INTRODUCTION FOR STUDENTS ENTERING LATE IMMERSION.
A GREAT WAY TO MAKE NEW AND LASTING FRIENDSHIPS.

CPF Nova Scotia Summer Camps
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T 902-453-2048 | F 902-455-2789 | TF 1-877-CPF-5233
E cpf@ns.sympatico.ca | W ns.cpf.ca
Registration forms available online

[Facebook.com/CPF.NS](https://www.facebook.com/CPF.NS) | [Twitter.com/@CPFNovaScotia](https://twitter.com/CPFNovaScotia) | [Instagram.com/cpfnovascotia](https://www.instagram.com/cpfnovascotia) | [Youtube.com/CPF Nova Scotia](https://www.youtube.com/CPF%20Nova%20Scotia) | #iSupportCPFNS

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 ont lieu à l'École du Carrefour à Dartmouth et à l'École secondaire du Sommet à Halifax/Bedford. Les camps se dérouleront en juillet et août 2017. Le programme du Camp de Jour est destiné aux enfants de 4 à 9 ans et le Camp en Action est offert aux jeunes de 10 à 13 ans.

Au Camp de Jour les enfants auront l'occasion de faire des sorties, de réaliser des bricolages et de participer à des activités dynamiques. Pour chaque semaine de camp, un thème différent! Les jeunes inscrits au Camp en Action participeront à des activités plus avancées et adaptées à leur groupe d'âge, entre autres le rafting et le kayak.

A French summer in Halifax!

Offer your children the chance to have fun in a French day camp, the Camp de Jour and the Camp en Action, organised by the Conseil communautaire du Grand-Havre. The camps will take place at the École du Carrefour in Dartmouth and at the École secondaire du Sommet in Halifax/Bedford. The camps will be offered starting in July and August 2017. The Camp de Jour is intended for children between the ages of 4 and 9 and the Camp en Action is intended for the young pre-teenagers aged from 10 to 13 years old.

At the Camp de Jour, children will have the chance to go on outings, make crafts and participate in dynamic activities. For each week of camp, a new theme! Youth enrolled in the Camp en Action will participate in activities adapted for their age group, such as kayaking and river rafting.

Pour information / For information gestion@ccgh.ca
ou téléphonez/ or call (902) 435-3244.

SVP gardez un oeil ouvert pour notre formulaire d'inscription en ligne/ Please keep an eye out for our new online registration process, www.ccgh.ca



CAMP DE JOUR 2017

YOUR CHILD WILL HAVE MUCH FUN LEARNING
WHILE PLAYING!
IN A FRANCOPHONE ENVIRONMENT!



8 WEEKS FULL OF ACTIVITIES, DISCOVERIES AND SPORTS
FOR CHILDREN AGES 4-13, TOUT EN FRANÇAIS!



registration
opens soon /
les inscriptions
débutent bientôt

REGISTER YOUR CHILD IN OUR CAMP DE JOUR
(AGES 4 TO 10) OR IN OUR CAMP EN ACTION
(AGES 10 TO 13)

FOR REGISTRATION OR INFORMATION :
WEBSITE: WWW.CCGH.CA
OR BY PHONE (902) 435-3244



Celebrating 130 years!

**Summer 2017 at
the Conservatory**
 Register now for music & dance programs!

Summer 2017 at the Conservatory

DANCE

Early Childhood Movement Program (ECMP) Camp

July 4 - 7
July 24 - 28

Children's Dance Camps

July 4 - 7
July 10 - 14
July 17 - 21
July 24 - 28

Evening Ballet Classes
Beginner, Intermediate and
Advanced

June 13 - July 18

Summer Dance Intensive
August 14 - 25

MUSIC

Kindermusik Extension
May and June

Summer Clarineo Cats
July 4 - 20

Musical Theatre
July 4 - 7
July 10 - 14

Contemporary Vocal Summit
July 24 - 28

NS Summer Suzuki Institute
August 8 - 12

Brass Band Camp
August 21 - 25

Summer Theory Classes
May 16 - August 10



Maritime Conservatory of Performing Arts
6199 Chebucto Road, Halifax, Nova Scotia
Telephone: 902-423-6995

www.maritimeconservatory.com
 Contact us for more information

Summer Camp Guide

Summer School of the Arts at the Art Gallery of Nova Scotia

Serve up some fun and inspiration with *Summer School of the Arts* at the Art Gallery of Nova Scotia in Halifax. Become an "Art Detective" or "Make it Like Maud" with half and full day classes for ages 5-12. All classes feature studio activities alongside in-gallery explorations. Classes are led by local practicing artists and art educators, who bring a wealth of talent and experience to this program. Whether it's "Drawing Outside the Lines", "Fashion Fun" or "Raving about Clay!" there are so many exciting classes to choose from. Enjoy experimenting with a wide range of art materials, discover new art techniques and enjoy playing around with ideas and images.

Registration is easy, you can purchase camps online or in person at the Art

Gallery of Nova Scotia's Information Desk, or by phone with credit card payment (Visa, MasterCard, Amex) at (902) 424-5280 during regular Gallery hours. Organized lunch time supervision and extended hours are provided for an additional fee to students attending full day classes. You can find a full list of classes and dates on the Gallery's website www.artgalleryofnovascotia.ca.

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

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



Summer School OF THE Arts

REGISTER NOW

Art Gallery of Nova Scotia artgalleryofnovascotia.ca

Summer Social Skills Day Camp!



Dates: July 4th - Aug 24th 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

For more information or to enrol in the Summer Day Camp, please call 902-293-4801 or email angela.rudderham@bridgeway-academy.com

www.bridgeway-academy.com



SPRING AND SUMMER

HRM Area Schools:

May 6-14 Power Skating (Marie Bowness)
May 14-24 Puck Handling/Shooting

July 24-28 Defenceman School Halifax
- Goaltending School Halifax
- Bantam/Midget High Performance School (Halifax)

August 7-11 Power Skating (Marie Bowness) Halifax
August 28-September 1 Hockey School (Bedford)
September 2-4 Pre Season School Halifax

For complete information on our schools visit
www.tomduffeyhockey.com

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

Summer Camp Guide

Register now for Junior Golf Camps!

- 2 hours, half and full day camps, ages 5-15
- Supervised instruction
- 6 - 1 student to teacher ratio
- Lunch included (Full Day)



Visit our website for more Junior golf Programs. www.thelinksatmontague.com



Canada's Junior Golf Program



Our exciting camps start June

Call for more info: 433-3332

www.thelinksatmontague.com

And the Oscar Goes To...

By Jo-Anne Bayers – Director, The Growing Place

As early childhood educators, we have front row seats to not only the funny moments, but to the emotional moments experienced by young children. Certainly, drop off time qualifies as one of the more emotional moments, often evoking Oscar worthy performances with children clinging to their parents while uttering pleas of "don't go Mommy, Please!"

Separation anxiety is the fear young children experience at the thought of being separated from their parents, and can often be just as traumatic for parents as it is for the children. Separation anxiety is common among preschoolers, particularly when they are entering childcare for the first time. Although a normal part of early childhood

development, it can be one of the more challenging stages, and as with the many other challenges of raising children, keeping your sense of humor makes things a little easier.

It's been my experience that for many children the previously mentioned Oscar worthy performance at drop off time is just that, a performance meant to pull on parent's heartstrings, and within minutes of your departure they are happily playing without any lingering upsets brought on by their own emotional performance. The same is not always true for parents who are left feeling guilty, and overwhelmed as to how to help their child cope, but hopefully the suggestions below will help make saying goodbye a little easier for everyone.

- Practice leaving your child for brief periods of time prior to returning to the work force, this can be particularly important for parents who have practiced attachment parenting, and co-sleeping.
- Establish a predictable routine by dropping off, and picking your child up at the same time each day so they will know what to expect.
- Avoid lingering too long as it often results in greater emotional upset, but be sure to say goodbye rather than slipping away when they're not looking while letting them know they will be alright, and you will be back soon.
- Remember that your child will take their emotional cues

from you, so by smiling, and keeping a positive attitude at drop off time they will be more likely to do the same.

- Lastly remember that this stage too shall pass so enjoy while you can all their joyous, and not so joyous Oscar worthy moments.

Jo-Anne is currently the Director at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized 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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Education

Rethinking Summer Learning

Submitted by Oxford Learning



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Do you remember that old saying: no more pencils, no more books, no more teachers...well, you know the rest. It's time to rethink that saying, especially the "no more books" part. Times have changed, and the thought of summer school—and summer learning—is no longer reserved for struggling students. In fact, reports show that across North America, enrolment in summer school programs is on the rise, and not just because students are performing poorly throughout the school year. Students looking to get ahead, to tackle extra credits, and get a competitive advantage are signing themselves up for summer school.

With education becoming increasingly competitive and global, students of all ages recognize that summer is the perfect time to pull ahead. Without having to balance the workload of the regular school year, they can make impressive academic gains.

Research in summer learning studies shows that 56% of students want to be involved in a summer program that "helps kids keep up with summer schoolwork or prepare for the next grade," which is good news, as it means that they understand the importance of summer learning.

FACT: Summer learning loss affects ALL students

School may shut down for two months, but brains need continuous stimulation in order to remain sharp. Without keeping the brain active over the summer holiday, students can need up to six weeks to return to the learning level they were at the year before. It is a misconception that summer school is only for students who have failed the previous year: summer learning is essential for all students to be prepared in September to learn new material from day one.

FACT: Summer learning loss is cumulative

After the summer, students who need several weeks to get back into their school routine and catch up to where they left off in June can fall behind and potentially never catch back up. If the problem is not fixed, they can start every school year behind and never properly be at the level needed to be successful. The summer is the perfect time to catch up and get ahead.

FACT: Math skills take the hardest hit

It is no secret that many students struggle with math. Grade nine math is the most failed subject, and studies suggest that 2.6 months of grade-level equivalency can be

lost over the summer if students do not partake in some form of learning program.

FACT: Summer learning loss is avoidable

It's not all bad news: summer learning programs allow students to focus on trouble areas and keep skills sharp in as little as 2-3 hours a week, which helps them maintain momentum, and head back to class prepared for the new school year. Knowing how to avoid summer learning loss is the first step to heading back to class confident and prepared to achieve any academic goals.

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For more information on summer learning, or to find out which Oxford Learning summer program is best suited for your child, contact Oxford Learning Halifax at 902-423-4484 or halifax@oxfordlearning.com

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Here are some of the other facts about summer learning:



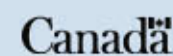
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CRAFT CORNER

Gearing up the garden.....

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

Every spring without fail, I start itching for my hands to be in the garden. I love watching the snow melt away and the earth begin to awaken after a long slumber. As I look through seed catalogs daydreaming, I realize I could spend my life savings on plants and accessories.

There is a lot of prep work to getting my garden ready, some indoor and most of it out. While I wait for the warmer weather to come around I like to start seeds inside. I usually keep track of the seedlings with popsicle sticks and a marker but this year I wanted to be a little more creative so I decided to use polymer clay.

Polymer clay is fully customizable and would be a great activity to involve the kids. You can mold the clay into shapes of your own or use cookie cutters. I decided to go with a rectangle shape that can be staked directly into the soil.

What you will need to make your own:

- Oven bake polymer clay (You should be able to make 15-20

- markers with 1lb of clay)
 - Appropriate baking dish (I suggest lining it with parchment paper)
 - Rolling pin
 - Knife
 - Metal or Rubber stamps
- It helps to work on a non stick surface, like waxed paper or a silicone mat.

To start, divide the clay into 1-1.5" balls, then roll the balls into logs about 5" long. Using the rolling pin, roll the log flat to 1/4" thickness and cut the bottom at an angle for the marker to easily penetrate the soil. Next place the soft clay markers on your baking dish lined with parchment. Use your fingers to smooth out any rough edges if you want to remove any imperfections. Stamp the markers and bake according to the package instructions (each brand is slightly different in its temperature and cooking time). This material should be strong after baking but not unbreakable so be gentle.

Experiment with different shapes, colours of clay and paint until you have results that you are happy with.

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How to Ensure You Are Bringing Home a Healthy Dog or Cat

Submitted by the Spryfield Animal Hospital



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3) Ears

For puppies and kittens, their ears should stand as per their breed. For instance, a Chihuahua puppy should be sharp and pinning vertically upwards, whereas a Labrador usually has a set of floppy ears. Have a closer look and make sure that no wax or odour occurs; they should have a distinctive sweet smell. Make sure that there are no signs of ear mites lurking in and around the ears. They will appear as dark, grainy debris similar in appearance to coffee grounds and require a veterinary medication to resolve them.

4) Teeth and Gums

It is also worth checking your puppy or kitten's bite. The correct bite should have the upper incisors slightly overlapping the lower ones. It's also OK if the incisors meet edge to edge, however if the bottom set overlap the top then you may have to see a veterinarian about this. Their gums should be pink and healthy; pale or discolored gums suggest possible susceptibility to disease. By 8-12 weeks, your puppy or kitten should be eating solid food without any significant trouble.

5) General Health

There are some general signs to look out for when selecting a healthy dog or cat. Your new furry friend should be active and looking to explore at an early age. Most puppies or kittens are purchased at 8-12 weeks of age, so by this stage they should be able to walk fairly stable and remain active. Obviously, they will want to sleep a fair amount as would any baby, however if they are overall generally lethargic and exhausted then this is cause for concern.

Hold your pet in your hands and run your fingers through its coat. Make sure to get right down to the skin, which should be pale or pink. If there are any signs of redness or discoloration then you should have this looked over by a vet. Also, check for a regular heartbeat that doesn't seem out of sync.

1) Eyes

When selecting a healthy dog or cat, you want to make sure that your new pet's eyes are bright and clear. Look out for any discharge collecting in the corners, as this can indicate susceptibility to conjunctivitis. A healthy dog or cat will have alert looking eyes, so if your potential pet looks tired or lethargic then take note, as this can lead to extensive veterinary trips early on.

2) Nose

Everyone knows that a healthy dog has a wagging tail and a moist nose, and this is no different when selecting newborns. Have a feel of the tip, is it rough and dry? Does it have any colored discharge? These are warning signs that your newborn pet isn't in full health, so be sure to make note. Also, watch out for any significant sneezing. A sneezing kitten can be adorable, but if it is extensive then it can also indicate allergies or respiratory infection.

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