

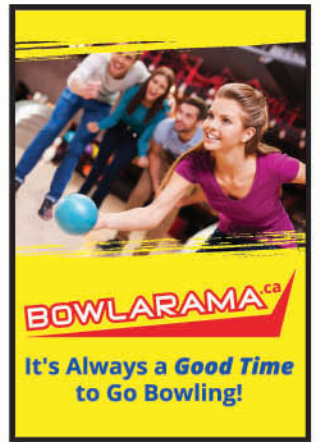


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February/March 2016 Vol. 21 No. 6 Est.1995



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# I N S I D E

- 4** **Self-Compassion: We All Deserve Some Self-Kindness**  
By Harpreet Aulakh, Registered Clinical Psychologist
- 5** **Teaching Children How to Manage Their Emotions**  
By Anita Sablone, Registered Psychologist
- 6** **Spring Back into School Routines**  
By Lindsay Bates, PhD and Kristen Coveyduc, BA(Hons)
- 7** **Nova Scotia Museums**
- 8** **Seniors Section**
- 9** **Health & Wellness**
- 9** **Is your Child's smile making you frown?**  
By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax  
Orthodontic Specialist Group
- 10-11** **March Break Getaways & Resorts**
- 12-16** **March Break & Summer Camp Guide**
- 17** **Craft Corner Image Transfer**  
By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts
- 18-19** **Fun Places To Go!**
- 20 - 21** **Education**

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## Self-Compassion: We All Deserve Some Self-Kindness

By: Harpreet Aulakh, Registered Clinical Psychologist

*"Be gentle first with yourself if you wish to be gentle with others." ~Lama Yeshe*

We've all been hard on ourselves, and sometimes we treat others better than ourselves. However, research indicates that if we do not engage in self-care, we have less to give others. Compassion is defined as the act of feeling kindness for other people. Self-compassion is when we are kind to ourselves. By practicing self-compassion, we are able to soften and create a caring space within us that is free of judgment, a place to experience our hurts and failures and to allow these experiences in with kindness.

Historically, psychologists have talked a lot about higher self-esteem as a positive indicator of health, but recent work by researcher Dr. Kristin Neff has highlighted the importance of self-compassion over self-esteem for overall emotional and mental well-being. Self-esteem is based on self-evaluation, comparing ourselves to others, and, although it has positive benefits, it also can produce self-criticism, perfectionism, isolation, and narcissism.

Self-compassion, however, leads to self-acceptance and a sense of belonging. It does not rely on social comparisons or on

perceived successes or failures. People who practice self-compassion suffer less from depression, anxiety, eating disorders, perfectionism, and other health issues. Also, they are more likely to be more curious, socially engaged, satisfied with life, and happier. She has argued that self-compassion may be more valuable than self-esteem.

Dr. Neff identified three aspects of self-compassion: self-kindness, common humanity, and mindfulness and we can develop to heighten compassion to ourselves.

1. Self-kindness involves engaging in warmth and understanding towards ourselves when we feel inadequate as opposed to beating ourselves up. Life's challenges are inevitable, so engaging in gentleness towards ourselves allows us to cope better with such suffering. As such, it helps us manage difficulties by helping us refrain from harsh criticism of ourselves.

2. Recognizing one's own humanity involves not allowing the feeling of personal suffering to make us feel isolated and solitary as if our suffering is unique, as if it happens to "me" alone. All humans suffer, and being human means that one is mortal, vulnerable, and imperfect. As such, it is in our imperfections and suffering that we connect with our universal humanity.

3. Mindfulness can be defined as a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's thoughts, feelings, and sensations. It involves maintaining a non-biased awareness of experiences, even painful ones, rather than either ignoring or exaggerating their effect. Mindfulness allows us to not over-identify with thoughts and feelings, to not be caught up with and swept away by negative reactivity.

You can develop your self-compassion through therapy, self-compassion exercises, and guided meditations. One exercise is to write a letter to yourself from the perspective of a loving, accepting, and understanding friend about a perceived flaw in yourself. Also, you can download and listen to several guided meditation audio files from Dr. Neff's website, and you can work with a psychologist or a counsellor to help you become a better friend to yourself

*Harpreet Aulakh has over 17 years of experience working with teens, adults, couples and families. Using evidence based approaches, she works collaboratively with her clients to help them achieve their personal and relationship goals. For more information, please visit [www.aulakhpsychology.ca](http://www.aulakhpsychology.ca), email [info@aulakhpsychology.ca](mailto:info@aulakhpsychology.ca) or call 902-490-0090.*



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Over the past 17 years, Harpreet has worked extensively in both the private and public practice settings. Using evidence based approaches, Harpreet works collaboratively with her clients and she values and respects active involvement and feedback when helping clients achieve their personal and relationship goals.



Feeling safe and supported while engaging in psychological services is important, so she welcomes any potential clients to contact her to get a better sense of who she is and how she works with clients.

*"What will you do with your one wild and precious life?"  
- Mary Oliver*

# Teaching Children How to Manage Their Emotions

by Anita Sablone, Registered Psychologist

In your house (and mine!), does your child ever:

- Get a wild case of the sillies
- Become easily distracted
- Act out aggressively
- Explode suddenly with a New Year's-like display of emotional fireworks?

**Growing up is an awesome task for children!** I am a mother of three small children, and every day I gain appreciation of a child's 'job' of growing up, and also the skills and energy of parents and teachers guiding it in healthy, positive ways. The above examples of children's behavior can be viewed at any time of day and any day of the week at my own house - and yours. These are all examples of how children may act when they are *emotionally dysregulated*.

*Emotional regulation is being able to control your emotional responses in order to achieve a goal. In other words, it is learning how to keep your lid on to get where you want to be or what you want.* And this happens at different rates for different children. For example, a child who thinks and reasons at a slower rate than same-age peers, perhaps due to factors like learning difficulties or attentional challenges, will show a slower rate of emotional development. Part of the helping pathway, as a parent, is clearly seeing your child's unique challenges in recognizing their own emotional responses and effects.

*Emotional regulation is especially important at school - and not only for social reasons.* For children, thinking affects emotions, and emotions affect thinking. They have not yet learned to control the effect of one over the other (e.g., like adults, who may be able to have a fight with their spouse, go to work and have a productive day). For children, if they are emotionally dysregulated or upset, learning and performance is directly affected. And more and more, our children are called to self-regulate, despite increasingly challenging classroom and home environments.

*So, what can we do as parents?* It really does start at home, with our own behavior. It has to do with the ways in which we model emotional control and in our response to our child's emotional behavior:

**1. Provide as much emotional stability and consistency as possible.** Try to keep your own emotions in check. Children learn through having an opportunity to talk, but more often they learn through indirect modeling (e.g., watching your behavior when you are unaware). This may mean first starting with understanding your own emotional triggers and responses, and making a plan for yourself. It is important to show your child how to appropriately

express negative emotions. You are your child's first teacher, but sometimes, we need to teach ourselves first.

**2. Accept feelings - yours and theirs - and talk about them.** Increase the level of acceptance of 'emotional speak' and emotions in your household. Talk about your own feelings, and use emotional language. This normalizes emotional responses for your child, and encourages them to talk about their own experiences, particularly with the more frightening (and seemingly uncontrollable) emotions for children such as rage or anger.

**3. Help your child note their triggers and make a plan.** In sitting down and talking about a situation with your child, after they are calm, brainstorm ideas about handling the trigger. In future, when entering or when presented with situations that have that trigger, you and your child can possibly pre-empt an emotional outburst by having a plan (e.g., giving a one-minute warning for the end of screen time; reward with verbal praise and an opportunity to choose supper from fixed options).

**4. Teach your child positive self-talk.** As part of their natural developmental process, our children's self-talk becomes internalized and as parents, we don't hear what they are saying to themselves much at all anymore. When children feel emotional and are acting out, the aftermath of that is usually negative self-talk. As your child experiences small successes with their emotional control, externalize it for them and talk like a coach. Even when they blow it, focus on their small successes. Over time, it is this positive talk and regrouping that will affect their own self-talk. After all, your child thinks about what you think about them a lot - be clear, positive and encouraging.

**5. Celebrate together - 'almosts' and full-on 'WOW!' moments.** Learning how to manage emotional outbursts is hard work for child and parent. Celebrate actively and with intent - your child needs to see that you feel and see growth happening. Especially


in the initial stage, focus on small things - maybe there was a major blowout, but instead of a half an hour, it lasted 15 minutes. Grab onto that, and show your child that you can move forward and be proud of their small steps (e.g., "I really liked how you - even though you felt like it - didn't throw your toys but stood with your back to me and tried to use your words"). This is an approximation of where you want to get to and should be celebrated (e.g., where the child is able to sit down and face you, sharing his feelings openly).

As a school psychologist, I see on a daily basis the key role emotional stressors play in a child's ability to cope and flourish. In private practice, I help parents and their children learn how to create a positive and mutually interactive atmosphere where emotional responses are appropriately modeled and valued. Individual and/or small group counseling (2-3 children) can be used to help children to learn how to spot their triggers, recognize their own emotional cues and create success plans for problematic situations.

Through parenting sessions, a child's parents can also learn home-based strategies and benefit from being able to ask about and investigate concerns they have for their child including concurrent academic struggles, possible attentional issues and other more challenging behaviors.

We love our children and seek to provide them with the means and skills for a healthy, happy life to come. Investing time in teaching them how to manage their emotions is central to reaching these goals. For parent and child alike, it is a valuable journey with many unexpected rewards.

*Anita Sablone is an experienced, fully-registered psychologist from Carleen Hall Psychological Services, Inc., She specializes in supporting children, teens, young adults and their families through assessment, counseling and consultation (e.g., working with a child's teacher or school) services.*  
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# Spring Back into School Routines

By Lindsay Bates, PhD and Kristen Coveyduc, BA(Hons)

Most students look forward to March break. It's a reprieve from the daily routine of busy mornings, classrooms, and homework. For some students, March Break may mean a vacation, 'stay-cation', or day camps. Regardless of your family's March Break plans, some students need some extra help getting back into the school routine following the March Break (particularly kiddos with attention, learning, or developmental difficulties). There are things that we can do as parents to help our kids and, in turn, ourselves to transition back to school post break.

(1) Prepare: Don't make school 'out of sight out of mind' during the break. Talk about school in your daily conversations while

your kiddo is still enjoying the break (e.g., brainstorming lunch ideas, organizing their desk or backpack, sorting through school clothes). It can be wise to re-establish routines like wake-up and bed times in advance of the return to school.

(2) Make it motivating: Provide your kiddo with a neat new item for back to school post-break - such as replacing those outgrown sneakers or replenishing school supplies. Plan a special activity to take place the week or weekend after school resumes such as a special meal, or family outing. You could even start the countdown until the last day of school and summer break!

(3) Validate and focus on the positives: If your kiddo has the 'back to school blues', assure them that everyone feels this way sometimes - even grown-ups! Remind your child that there are lots of things to look forward to at school like seeing friends and teachers again, and participating in favourite school activities (e.g., library, clubs, after school program).

(4) Support: If your kiddo should require additional supports at school for learning, attention, or otherwise, the spring is an ideal time to connect with the school around reviewing existing school supports and brainstorming news ones for the next academic year (e.g., adaptations, resource time). As well, parents may wish to begin thinking about summertime academic activities such as tutoring and summer reading or math programs. For parents of older students, it may be a good time to start a discussion around post-secondary and/or vocational options.

The return to school after March break can be daunting for parents and kiddos. Some of these strategies may be helpful in making the transition go as smoothly as possible. If parents find themselves overwhelmed or stressed in supporting their children through this transition (or any school transition), they may wish to seek assistance from a qualified professional such as a psychologist or counsellor. Remember, happy students are successful students!

*Dr. Lindsay Bates is a clinical child psychologist specializing in comprehensive psychoeducational and developmental assessments at Erica Baker Psychological Services Ltd (www.ericabaker.ca or 902-445-3851). Ms. Kristen Coveyduc is a graduate student in the Master of Arts in School Psychology program at Mount Saint Vincent University.*



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Participants that have joined in these sessions often find out that its easier to do than they originally thought. Nordic Pole also has a social aspect as individuals walk around Halifax Regional Municipality to keep fit together. Popular spots include the Harbourfront Trail that our studio chooses to walk on.

Tara MacDonald Fit Club, Inc. is also a Gold Sponsor of the Sole Sister's Women's Race 2016 and will be present at the 5KM Walk/Run on June 11th, 2016. Nordic Pole Walkers have been asked to be the last group at the start line so as not to get the poles in

the way of the other clients. Pre-registration is required by this all women's walk/race in Dartmouth, Nova Scotia through the Running Room online. Other community partners with our studio include Food Noise (local restaurant), The Basement Hair Salon & Esthetics, and GroPro.ca (grocery delivery). Our studio main sponsor is by Soles in Motion in Burnside, Nova Scotia.

Call 902 407 7502 for more info. Mention this article and receive a free prize when you register for our Nordic Pole Training in April at our studio!

## Nordic Pole Walking

Keep fit outside the studio for ages 65+ (poles provided)



Personal trainers  
Nordic Pole Walking Instructors  
Walk Leader Live Group Fitness  
Nutrition

Our next 6-week session begins  
in April – come join the fun!

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# Health & Wellness

## Is your Child's smile making you frown?

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



screening exam where an Orthodontist can explain what is happening with your child's bite and recommend any early treatment, if it is even necessary.

Although the adult teeth may be just starting to erupt, this check-up provides valuable information to your orthodontist and dentist about your child's growth patterns and jaw relationship. It also provides you, as the parent, a better understanding of the development of your child's bite. If a potential problem is identified, your Orthodontist will recommend monitoring your child at a regular interval (often yearly) until a time that treatment is indicated. Usually orthodontic treatment is recommended around age 11-12 when the main growth spurt happens and many of the permanent teeth are

present, but in some cases early treatment is necessary. Early, interceptive treatment may prevent a problem from becoming more serious (possibly requiring surgery) or may achieve results that would otherwise be unattainable if treatment is delayed.

So do you know what to look for? A developing smile can be a bit intimidating from a parent's perspective but here are some "bad bites" (or malocclusions) to watch for.

An underbite (bottom teeth bite over top teeth); a crossbite (top teeth bite inside bottom teeth on one or both

sides); a deep bite (top teeth completely cover bottom teeth); an open bite (teeth don't come together in front); protrusion ("buck teeth"), excessive spacing or crowding; or any of the following: Early or late loss of baby teeth; difficulty chewing or biting; mouth breathing; a thumb or finger sucking habit; jaws that shift or make sounds; grinding or clenching of teeth; biting the cheek or the roof of the mouth; speech difficulties or facial imbalance.

Don't be alarmed if you see one or more of these features in your child's bite. Many changes occur as a child grows and some problems are temporary. However, mentioning your finding at your child's next regular dental visit is a good idea. Your Dentist is an excellent resource and will likely refer you to an Orthodontist as they see fit. A

referral from your Dentist is recommended, as your Orthodontist will want to work with your Dentist to ensure the best overall care and results for you or your child.

Now that you've looked closely at your child's teeth, what about your own? Look for information about Orthodontics for Adults in an upcoming issue of Parent-Child Guide.

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

Both as an Orthodontist and mother, I am always meeting parents who are very concerned about their children's teeth or bite. The truth is, normal development can look a little scary, especially as children transition from the primary to permanent dentition. As recommended by the Canadian and American Orthodontic Associations, age 7-8 is the ideal time for an early

## Natural Remedies To Lower Blood Pressure

Approximately six million Canadians (1 in 5) have high blood pressure. Blood pressure medications are one of the most commonly prescribed drugs in Canada.

As we age, most people experience an increase in their blood pressure. It is important to control blood pressure because high blood pressure can lead to strokes and heart attacks. I also feel that it's a good idea to invest in a blood pressure monitor. You can usually purchase one at any of the major drugstores.

Here are some things that you can do to lower your blood pressure:

**Exercise:** An exercise as simple as walking helps lower blood pressure.

**Lower Salt Intake and Increase Potassium:** Most people consume too much salt. Lowering sodium intake and increasing your consumption of potassium rich foods may help bring blood pressure under control. Some foods that are high in potassium include oranges, bananas, avocados and coconut water.

**Magnesium:** The mineral magnesium has been shown to help reduce blood pressure. Magnesium is also important for reducing leg and muscle cramps. A lot of Canadians do not get enough of this mineral. Magnesium rich foods include fish, pumpkin seeds, spinach, almonds and avocados. It is also a good idea to take a good magnesium supplement.

**Nitric Oxide:** Nitric oxide may also help lower blood pressure. For example, the Kuna Indians do not seem to have any blood pressure problems on their islands. Medical researchers discovered that their secret is that they drink on average six or more cups of cocoa per day. Other nitric oxide rich foods include beets, watermelon, and dark chocolate. You can also buy nitric oxide as a supplement.

**Herbs:** Hawthorn is a herb that has been shown to help reduce blood pressure. Pycnogenol (pine bark extract) seems to help lower systolic (the first reading). Celery seed extract acts as a natural diuretic bringing blood pressure down.

**Fish Peptides:** Fish peptides are protein extracts from the bonito fish. Studies have shown that it has a blood pressuring lowering ability. Do not take it if you are on blood pressure medications because your blood pressure can go to low.

**Green Coffee Bean Extract:** Besides helping with weight loss, this extract helps reduce blood pressure. In fact, we don't recommend it to people that have low blood pressure. For more natural remedies, please visit our website: [www.thehealthybug.com](http://www.thehealthybug.com) Please note that it is always advised to check with your doctor prior to making any changes in medications, exercise or supplementation.

**Lou Liberatore**  
The Healthy Bug







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# March Break Getaways & Resorts

Head to the beach this March Break

CAA Winterfest Weekend offers lots of activities GR8 for the entire family.

Pack your bathing suits (and mitts) and escape to the beach this March Break for CAA Winterfest at White Point Beach Resort, March 11-13. The entire

“Wood’nt ‘you wanna be a Lumberjack?” with Darren Hudson, seven-time world log-rolling champion and owner of Lumberjack Wild AXEperience in Barrington, NS. Try your hand at log rolling, axe throwing, and sawing! Top off Sunday evening with GR8 Movie night on the Big Screen. Makayla Lynn, an amazingly talented young country

singer/songwriter, will perform both Friday and Saturday nights in Founder’s Lounge starting at 8:00pm. There’ll be plenty of time to take dips in the indoor pool or hot tub, and face off in the games room over ping-

pong, shuffleboard and foosball. Don’t forget to head outside to play on the beach (yes, even in the winter!), take a hike out on the golf course and don’t forget to the feed the bunnies (free bunny-food bags are available at the front desk). Ready.... Set ... get ready for a GR8 week at the beach – no flights needed! Reserve your room today and CAA Members don’t forget to ask for your CAA Members preferred Winterfest Rate – call 1-800-565-5068 or visit whitepoint.com.



weekend will offer an amazing lineup of events for the entire family to experience. Saturday will kick off with crafts, face painting, bonfires and marshmallows plus a Taste of Nova Scotia Beachside Mussel Bake, and a Hawaiian Kiddie Karaoke Dance Party to end an amazing day. Sunday brings more crafts, face painting, and roasting marshmallows over a bonfires, plus, back by popular demand

singer/songwriter, will perform both Friday and Saturday nights in Founder’s Lounge starting at 8:00pm.

There’ll be plenty of time to take dips in the indoor pool or hot tub, and face off in the games room over ping-



Photo's courtesy of White Point Beach Resort.

## CAA Winterfest

### at White Point Beach Resort

March 11 - 13, 2016

Special  
CAA Member  
two-night packages  
start at **\$309** plus tax  
in a White Point  
room

Enjoy an amazing lineup of events including:

- Beachside Mussel Bake
- CAA Kid’s Chef Challenge
- Hawaiian Karaoke Dance Party

And don’t forget about feeding the bunnies (free bunny-food bags are available at the front desk).

Book your CAA Winterfest getaway today!  
Whitepoint.com or call 1-800-565-5068

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KIDS  
UNDER  
5 EAT  
FREE!

## We spy a beachy March Break!

Here’s a peek at what’s up, Doc!



- Makayla Lynn in concert
- Taste of Nova Scotia Mussel Bake
- CAA Atlantic Hawaiian Dance Party
- Be a Lumberjack! with Darren Hudson
- Gone Fishin! • Chocolate Creations
- Ghost Stories • Vive l’Acadie Day!
- Carnival Family Dance Party
- St. Patrick’s Day • Big Screen Movie Night
- After Dark with Kejimikujik National Park
- Concert with Little Miss Moffatt
- Spring vs Winter Tug-Of-War... and s’mores!

White Point’s lined up 10 fun-filled March Break days for families of all sizes!

Pack your swim suit, snowshoes and the family dog! Head to the beach for an action packed March Break. We’re kicking things off March 11th and keeping things rolling until noon on March 20th. Why go anywhere else when daily activities (and the great outdoors) are hassle free and included in your stay! Parents can relax by the fire knowing kids are happy and busy with crafts, music, bonfires, bunnies, marshmallow roasts, swimming, games, face painting, and milk ‘n’ cookies storytime. Ever thrown an axe or cuddled a lobster? We’ll have a unique daily event guaranteed to delight everyone... including Mom, relaxing in the spa. So hop on down! (We get busy, so book today!)

**2 FAMILY NIGHTS** from **\$319**

**3 FAMILY NIGHTS** from **\$469**

Based on a room. Plus tax. Cottage rates available.



Check our website for schedule, details and packages!

1.800.565.5068 WHITEPOINT.COM

# March Break Getaways & Resorts



GO SOUTH!  
only 45 minutes from Halifax

MARCH BREAK MADNESS MARCH 11-20, 2016



**ATLANTICA**  
OAK ISLAND  
RESORT & CONFERENCE CENTRE

AVOID THE AIRPORT STRESS  
THIS MARCH BREAK & BECOME AN  
ATLANTICA ADVENTURER!

Package Includes:

- One night Accommodation
- Breakfast for two adults and two children under 12
- *Super cool to-do's* for the entire family all week long. Schedule varies daily
- Indoor swimming pool
- Indoor and outdoor camp favorites – s'mores, bonfires, t-shirts
- Children under 12 eat for free breakfast and dinner! *(with conditions)*

Package starts at  
**\$135** per night  
per family of 4

2 adults, 2 children.  
Additional child is \$15

Do your next March Break  
getaway Seaside Different.  
Call (800) 565-5075 for details

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If you would like to support a registered non-profit organization by donating clothing and household goods, please call (902) 450-5134 and ask for Diane or call (902) 463-4054 and ask for Mike!

DROP OFF

At the Community Donation Centre located at Value Village:  
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Monday-Saturday from 9am-9pm, Sunday from 10am-6pm

Value Village

## Parent-Child GUIDE

BOOK  
NOW!

The Parent-Child Guide Newspaper  
will be celebrating its

21st Year Special  
Anniversary Edition/  
WITH HRM'S LARGEST SUMMER CAMP GUIDE

Including our regular features; Health & Wellness, Seniors, Education, Museum News, Fun Places to Go, and Summer Getaways & Resorts

Our advertisement deadline for this special edition is MARCH 31ST.  
Printing on APRIL 15TH



If you would like to advertise in our 21st Year Anniversary Edition, please contact:  
Robert Rockwell/Owner 902-209-4461 or email parentchild@ns.sympatico.ca

# March Break & Summer Camp Guide

## At Hatfield Farm, we've got some exciting expansion news!

As we're only mere minutes from the city, drop by to see to see our new development!

In the summer of 2016, we'll be offering a new indoor riding arena, a brand new office with retail space, a playground and a petting pen. Our new arena will allow us to offer year round lessons, as well as equine therapy.

We'll still be offering wagon/sleigh rides and pony rides! You can join us for family adventures every Saturday and Sunday at 11:00 as well as during school holidays. To celebrate our growth we're even offering a special

online promotion- pay for three and you go for FREE! This coupon can be downloaded from our website, and is valid until December 31st, 2016.

Our western village in the woods, Fort Clayton, boasts a spacious 5000 sq. foot Lodge offering a selection of mouth - watering appetizers and meals. Fort Clayton is also home to our famous Rubber Rodeo- our indoor inflatable games center. The outside fun is fuelled with playground, mini golf, kids zip line, and campfires. We can even accommodate overnight guests in our cozy cabins and bunkhouses. We are a great venue for Girls Nights Out!

We can also host any type of group, whether it is friends, and family or a corporate gathering. We also "clean up" really well for weddings- offering rustic beauty and country charm. Our guests arrive by horse drawn wagon, and the bride arrives in her own carriage.

Hatfield Farm always has kids at heart! We offer pony rides, petting zoo and playgrounds. For children 8 and older, we offer horseback riding and summer riding camps. The farm is a perfect setting for your child's next birthday party, or a fun-filled family outing.

Please explore our website at [www.hatfieldfarm.com](http://www.hatfieldfarm.com) to get your coupons, or to learn about our various adventure packages, or call us directly at (902) 835-5676 or email us at [info@hatfieldfarm.com](mailto:info@hatfieldfarm.com). We look forward to seeing you this summer and making your adventure at Hatfield Farm an unforgettable one!



**HATFIELD FARM**  
Cowboy Adventures!

Zipline!

Rubber Rodeo!

**MARCH BREAK SPECIALS!**  
MARCH 12<sup>TH</sup> - 20<sup>TH</sup>  
HEAD TO THE FARM FOR SOME  
OUTDOOR WINTER FUN!  
COWBOY STYLE!

3 Departures Daily: 11AM - 12 NOON - 1PM | ONLY \$13.99 +HST (2 and under FREE!)  
No reservations needed. Large groups please call in advance.  
Covered chuck wagons for rainy days.

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ASK ABOUT OUR COWPOKE BIRTHDAY PARTIES!

CHECK OUT OUR WEBSITE FOR A "IF YOU PAY FOR THREE, THE FOURTH IS FREE" COUPON!

The MacPhee Centre for Creative Learning  
**CREATIVE EXPOSURE DAY CAMP!**

The MacPhee Centre for Creative Learning is a beautiful and safe space designed for youth who want to express themselves through art.

**MARCH BREAK DAY CAMP**  
March 14-18th  
8:30am-4pm  
Youth ages 12-16  
\$200 per camper  
(or pay what you can)  
Fee includes healthy lunches, snacks and all supplies

**ACTIVITIES INCLUDE:**  
Yoga/Music Recording/Improv  
Charcoal Drawing/Photography  
Zines & Comics/Ukulele  
Book binding/African Drumming

**TO REGISTER:**  
[info@macpheecentre.ca](mailto:info@macpheecentre.ca) or (902) 469-2851  
Space is limited so register today!

50 Queen Street, Dartmouth • [www.macpheecentre.ca](http://www.macpheecentre.ca)

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

**March 14 to 18**

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

Centre Hours: 7:00am - 6:00pm  
902-832-5437

**MARCH BREAK 2016!!**

**Young Campers**  
Designed to meet the developmental needs of the 4 - 6 year old.

**Our 7,000 square foot,** licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please campers from 4-12 years of age. Camp hours are from 8:45-3:45 with before and after care available at no extra charge from 7:00am-6:00pm.

Campers will explore our 5 acre wooded setting with natural play spaces.

**March Break Day Camps At Creative Kids Education Centre**

Paw Patrol & more  
Minecraft Madness  
Star Wars Party

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

# March Break & Summer Camp Guide

## FUN Summer Camps at SuperNOVA!

Do you think science and engineering are awesome? Do you want to know how things work and why? Then SuperNOVA summer camps are for you! SuperNOVA is a non-profit organization run out of Dalhousie University that provides science, technology, engineering and math (STEM) education to kids all over Atlantic Canada. SuperNOVA offers a variety of high impact, hands-on summer camps where kids can have fun and learn about science, engineering, oceans, shipbuilding, computer science and technology. Campers will be exposed to the world of STEM through exciting activities and projects that are developed each year by our staff of university undergraduate students. Campers might get to program computers, look at sea creatures under microscopes, have a demonstration of how liquid nitrogen works, visit the Dalhousie University



planetarium, and much more! All of our camps are fully inclusive and are available to Grades 1-12, with options for co-ed or all-girls camps. Bursary spots are also available to those in need. For more details about our camps, or to see a summer camp schedule please visit our website at [www.supernova.dal.ca](http://www.supernova.dal.ca) or call (902) 210-6220. Don't forget that SuperNOVA also does birthday parties!

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



- AGES 5-12
- GET AN ACTIVE START ON SUMMER WITH CAMPS FULL OF FUN AND PHYSICAL LITERACY
- CAMP THEMES FOR EVERY INTEREST
- LEISURE SWIM EVERY DAY

The fun begins July 4<sup>th</sup>, and camps run weekly from 8:15am-5pm every day until August 26<sup>th</sup>.

IS IT SUMMER YET? BECAUSE WE CAN'T WAIT! REGISTRATION BEGINS LATE MARCH/EARLY APRIL AT [CANADAGAMESCENTRE.CA](http://CANADAGAMESCENTRE.CA)



It happens here.

902 490 2400 | [canadagamescentre.ca](http://canadagamescentre.ca) |

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



Join us this summer for fun adventures in **SCIENCE, ENGINEERING, & COMPUTER SCIENCE** at Dalhousie University!

SuperNOVA's hands-on, minds-on programs are for ALL youth, ages 5-18.

**Featuring:**

- Science, Engineering and Computer Science Camps
- All-Girls Camps
- High School Science Skills Program
- ... and more!

**Register Soon!**

Bookings opening early March! Sign up for our newsletter to keep updated!

**Follow us!**

We're on Facebook and Twitter. [/SuperNOVAatDal](https://www.facebook.com/SuperNOVAatDal)

Register online at [www.SuperNOVA.dal.ca](http://www.SuperNOVA.dal.ca) or by calling 902.210.6220



JOIN US FOR  
**Spring**  
CAMPS

choose from

**garden fairy  
on the plain  
abstract**

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-4CATS.COM-

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902-431-9960 • [facebook.com/4catsstudio](https://www.facebook.com/4catsstudio)

# March Break & Summer Camp Guide

## Mining into the Makings of Minecraft - Discover - Craft - Create!



Bill with his game "Bob's Adventure!"

This March Break and summer, campers can create their own digital worlds as they learn to program and create video games! "Mining into the Makings of Minecraft" is just one of the many exciting programs coming up at Artech Camps. There are

campers for kids ranging from 8-through teen years.

"When young people understand how games are made, they play differently," says Artech Camps' director Ronnie Scullion. "They plan, strategize and are



Bill with his game "Bob's Adventure!"

through filming and editing. Many of the films created in the camps' 11 year history have gone on to win recognition and awards at film festivals and on TV and the Internet!

In "Girls Go Digital" - an all-girls camp scheduled mid-summer girls will get hands-on with Robotics, Game Design and Animation. "We would like to see more girls in our programs," says Scullion. "Creative minds and the ability to problem solve are traits that will allow both boys and girls to succeed. Nurturing these abilities is just plain fun!"

constantly figuring out ways they could incorporate cool features when creating their own games. They are problem solving on many different levels."

Artech Camps are all about getting creative with technology! All programs tap into campers' creativity and incorporate the use of new media. It's this blend of creativity and technology that makes Artech Camps so unique. In Animation camps, campers get to direct and produce animations. They learn the process from storyboarding and planning

Teens will be able to take their skills to the next level - designing 3D characters in Blender and programming 3D games using Unity.

Camps are filling fast! Registration can be completed online at [www.artechcamps.com](http://www.artechcamps.com). And for those that may want more information - the phone line is open 902-579-3317.

# Big Cove YMCA Camp



Summer Camp for girls and boys aged 6-17

Outdoor Centre school trips for classes of grades 5-12

The Experience that lasts a Lifetime!

[www.bigcove.org](http://www.bigcove.org)



## Video Game Design Animation Character Design



**ARTech Camps**  
at the Shambhala School  
**902-579-3317**

**Level up at March Break**  
[WWW.ARTECHCAMPS.COM](http://WWW.ARTECHCAMPS.COM)

# March Break & Summer Camp Guide

Mad Science now sparks your child's imagination in two languages

www.madscience.org/maritimes

**Sparking imaginative learning**

March Break Camps  
 Birthday Parties  
 After-School Programs

(902) 454-0863  
 rturner@msmaritimes.ca

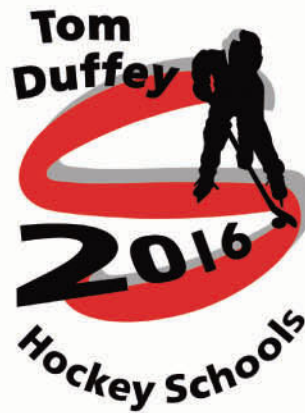
As a result of the high level of interest in its at-lunch programs in francophone schools this fall, Mad Science is looking forward to offering its Secret Agent Lab March Break camp in both English and French.

In their Secret Agent Lab, kids take a fun journey into the world of detection, spy science, and forensics as they learn how to talk with numbers, just like computers, and create their very own code breakers. Throughout the week they help "Head-quarters" discover who the sleeper agent is and learn the skills to eliminate, detect and capture the spy!

Every day at camp, children build their very own Mad Science project to take home with them.

Register now at [www.madscience.org/maritimes](http://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  
[rturner@msmaritimes.ca](mailto:rturner@msmaritimes.ca)  
 902-454-0863  
[madscience.org/maritimes](http://madscience.org/maritimes)



## SPRING AND SUMMER

### HRM Area Schools:

May 7-14 Power Skating (Marie Bowness)

May 15-25 Puck Handling/Shooting

May 7-22 IP2/3 (weekends)

July 4-8 Hockey School Dartmouth

July 25-29 Defenceman School Dartmouth

- Goaltending School Dartmouth

- Bantam/Midget High Performance School (Dartmouth)

August 8-12 Power Skating (Marie Bowness)Halifax

August 29-September 2 Hockey School (Bedford)

September 3-5 Pre Season School Halifax

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

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

**Fine Arts & Theatre Summer Camps**

**The Queen Bee**  
 July 4-8, Theatre Camp

**The Art of the Fantastical**  
 July 11-15, Art Camp

**Stories About Snakes**  
 July 18-22, Theatre Camp

**The Circus!**  
 July 25-29, Art Camp

5000

ALDERNEY LANDING, DARTMOUTH WATERFRONT  
 Monday - Friday 8:30am - 4:30pm  
 Ages 6 to 12  
 Registration: [alderneylanding.com](http://alderneylanding.com) or call: (902) 461-8401  
 \$200 per child, per camp. Fees incl.: supplies, daily snack & lunch on Fridays

Esso Imperial Oil Port of Halifax Alderney Landing

# Spring FUN!

There's so much to do at the Sackville Sports Stadium and with the new expansion of programs there's even more!!

<p><b>March Break Camp</b>                  March 14th - 18th                  For grades primary to six.                  Indoor and Outdoor Activities...                  Swimming, Skating, Crafts, Games, Movies, and MORE!                  10% discount for additional children in the same family.</p>	<p><b>Spring Registration Starts</b>                  Monday, March 21st                  Swimming Lessons, Dance, Gymnastics, Martial Arts, Messy Play, Busy Bodies, Sketch &amp; Draw Club, Mixed Media, Call of the Wild, Family Craft &amp; Create, &amp; so much MORE!</p>
--	---

For a complete listing of programs, please visit our website or phone us at 902.869.4141!

SACKVILLE SPORTS STADIUM CELEBRATING 25 YEARS HALIFAX www.thestadium.ca

# March Break & Summer Camp Guide

## mARTch Break 2016

This week at NSCAD you can explore the Sand Salt and Sea through art; delve into the world of the fantastical with the Good Bad and the Goofy; journey into the third dimension with Sculpture or get a behind the pass to NSCAD's professional artist studios in Art 101!

NSCAD's March Break Camps and instructors foster the development of technical skills through access to

NSCAD's professional equipment and quality materials in a FUN inclusive, respectful and encouraging environment. Our camps include all materials, lunch supervision, early drop-off (8:30am), and late (5:00pm) pick-up. Students are each provided with a free NSCAD t-shirt to encourage an uninhibited art practice. Lunchtimes are not only supervised, they offer creative and engaging activities for kids of all skills levels.

Artwork created during the week will be installed at NSCAD's Port Loggia Gallery, for the ARTrageous Exhibition, opening March 18th at 4pm. All are welcome to attend and celebrate the work of our young artists in a professional gallery setting.

For more information, please contact 902-494-8185, or visit www.nscad.ca

Open Year Round

**ROSS FARM**  
A LIVING HERITAGE FARM  
A PART OF THE NOVA SCOTIA MUSEUM  
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# The month of March is National Engineering Month.

**T**he month of March is National Engineering Month. A month long celebration of all things "engineering". Join us to find out how engineers play a role in your everyday life.

National Engineering Month Public Display March 28th at the Halifax Central Library, 5440 Spring Garden Rd, Halifax  
 Displays - 1st floor, 9:00AM to 3:00PM  
 Jr. High Popsicle Stick Bridge Challenge - Paul O'Regan Hall, 12:00PM  
 High School Design Challenge - Paul O'Regan Hall, immediately following Bridge Competition

We are pleased to be returning to the Halifax Central Library for a full day of fun and games for the kids, displays including university student projects, engineering historic sites and other engineering projects from around HRM and Nova Scotia. The Paul O'Regan Hall will be venue for the Provincial Junior High School Popsicle Stick Bridge Competition and the High School Design Competition. Come see the students' final designs be judged and tested. The winning teams will be

announced after the testing.

**Grade 9 Student Egg Drop Competitions - Happening throughout the Month of March.**

The Student Affairs Committee coordinates egg drop competitions for Grade 9 students across the province. Engineers and engineering student volunteers will travel to junior high schools throughout Nova Scotia to challenge the students to "engineer" an apparatus to protect a raw egg from breaking using only the supplies provided. These events take place throughout National Engineering Month.

For more details contact or to schedule an egg drop competition, please contact Virginia MacQuarrie at [virginia@engineersnovascotia.ca](mailto:virginia@engineersnovascotia.ca)

On behalf of the entire National Engineering Month Committee, we hope you take an opportunity to participate in OUR month this March!

## CRAFT CORNER Image Transfer

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

I love image transfers!!! I transfer images into my scrapbook and journals, on cards and gift wrapping as well as decorating things like planters and candle holders. There are so many ways you can play around with transfer techniques.

Two techniques I most often use to transfer is with packing tape (which is like having your own custom tape) and blender pens.

To make your own transfers you will need...

- An image to transfer. Photocopies of photographs or drawings you created, printouts from a laser printer or

magazine pages (Inkjet will not work because they are not heat based toner).

- A roll of clear packing tape or a Blender pen.
- Burnishing tool, (like a spoon or the handles of scissors)

To transfer your image using packing tape:

First, cut a strip of packing tape and carefully place it onto your image, smoothing with fingers to avoid air bubbles. Next, burnish the image onto the tape. To do this, take a small spoon, scissor handles, etc and rub it all over the back of your image in small motions. You want to make sure you get all of the image, and don't be afraid to press hard. Trim or rip

away excess paper around the image.

Then, place into warm water. I let mine sit for maybe a minute or two. Remove from water and using your thumb, rub away paper. Thicker magazine pages will take more work than thinner pages.

Ta-da! A transparent image transfer! Like magic...your image is left behind on the tape!

Pat with a paper towel and let dry a few minutes. As packing tape dries, it becomes sticky again! So cool, right? If it dries out, I found that dipping back into warm (not cool) water will reactivate the glue.

*Continued on page 22.*

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# FUN

## Places To Go!

### Family fun at the Halifax Citadel National Historic Site

Hey kids! Explore a star-shaped British fort with exciting and fun activities for everyone. Who said history can't be fun?

Become a Parks Canada Explorer and play fort like never before! See how long you can stand sentry, play hide-and-seek in the ditch and find the gunpowder...there are so many adventures to be had. Complete the tasks and collect your one of a kind souvenir - great for ages 6-11 and free with regular admission.

If spy work is more your thing, how about solving a 19th century mystery? With the Citadel Adventures comic book you need to help foil the enemy's plans by decoding the message. Solve six clues as you spy on the Highlanders inside the Citadel. If you succeed in your secret mission you'll receive a reward! Geared for ages 9-15 and free with regular admission.

If you want to become a soldier in the 78th Highland regiment, 'A Soldier's Life' is the

program for kids ages 6-12! Sign your enlistment papers and report for duty then learn how to perform foot drills, drum a few marching beats and raise a flag with a coded message. The 90 minute program is offered in July and August - call for times. Cost: \$7.30/child plus admission.

Celebrate with us and make your child's birthday a party to remember! Kids ages 6-12 can play Victorian games with the 78th Highlanders, learn about all of the characters that lived and worked inside the Citadel circa 1869, wear a kilt, march like a soldier, tour the ramparts and explore the tunnels - it's all part of the fun. For party bookings, call 902-426-1990 or email: [bookings@regimental.com](mailto:bookings@regimental.com)

For more information about family programs and other activities offered at the Halifax Citadel National Historic Site, call 902-426-5080 or visit [www.parkscanada.gc.ca/halifaxcitadel](http://www.parkscanada.gc.ca/halifaxcitadel)

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**3 CHOOSE YOUR DRINK**

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# FUN

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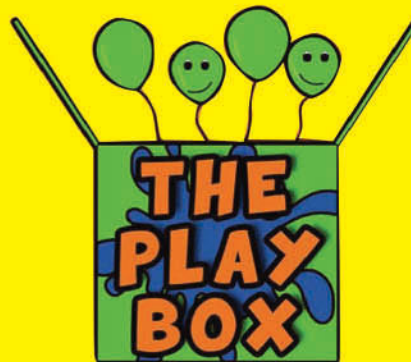
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# Education

## Studying in the Early Years

Submitted by Oxford Learning HRM

Though there's not much need for studying during the early years of education, but these are the years that habits and learning behaviors are formed. That's why it's important that positive attitudes about learning are developed at a young age; a good attitude toward studying will stay with a student for the years to come.

Perseverance is a key skill in this age group—the ability to stick with a task, be it sounding out letters or learning how to perform simple addition despite frustration or difficulty, will teach the child the important lesson that sticking with it brings good results.

Early study skills that young children can learn:

- Sitting down and maintaining focus on a single thing for a period of time such as a book
- Having thoughtful discussions about an event or a book you've just read together develops active thinking
- Working on puzzles and figuring out the solutions develops problem-solving abilities
- A set time to read or work on a puzzle everyday helps create good homework habits

### Middle years—

#### Grades Three to Eight

During these years students are introduced to the world of test-taking and study skills. These are also the years that students develop study habits (in addition to their attitude toward

studying) that will stick with them for the rest of their academic career.

Because students are still learning and growing in so much of their academic life, the lessons that they learn during this critical development stage leave lasting impressions. Almost more important than developing study habits, students are continuing to develop attitudes about how they approach learning—and these attitudes are very critical to motivation and their enthusiasm (or lack of it) for school.

It's important that students' efforts are rewarded rather than their accomplishments. Students should be praised for their hard work and for trying,

as much as for getting good grades. Students don't have to be top of the class, but they do have to put in a reasonable effort—if students are trying their best, then they are already winners.

Recognizing the effort helps to teach the lesson that hard work is always worth the effort. That's a lesson that builds a positive attitude about learning. It's also a lesson that builds great study habits.

### Teen Years—Grade 9-12

The high school years (and beyond) are when students put the study habits that they have been building since they began school to the test (pun intended).

In high school, tests become of greater importance with each passing year. So it makes sense that the earlier that students learn to apply the study skills that they have been learning since Primary—skills such as perseverance and effort—the less difficulties they will have in dealing with the increasing frequency and difficulty of tests.

It's not always easy to transform the knowledge that teens have been accumulating over the years into practical skills that they can use while studying. Practical study skills are unfortunately, not always taught in school. It's little wonder then that many students find the process of studying for, and writing, tests very stressful. Without some extra help, many students may find it challenging to translate the innate study skills that they have learned over the years into practical skills that they can apply while studying.

When students are taught practical study skills such as note taking, time management, and active reading, they can combine them with other important skills such as perseverance and effort to develop top-notch study skills that can transform study time from stressful to stress-free!

For more information about goal setting or any of Oxford Learning's programs, contact Halifax at 902-423-4484 [halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com) or Bedford at 902-405-4116 [bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com)

## Money Math for Preschoolers

By Jo-Anne Bayers – Director,  
The Growing Place

Every preschooler at some point in their early childhood education will learn that one plus one equals two, and how to count to ten, but what about math in terms of dollars, and cents? At what point in your child's education should you introduce what I like to call money math, and why is it even important for young children to learn?

With the convenience of debit cards children have fewer opportunities to learn about cash transactions, which is likely why I often overhear children telling their parents, "No, you have your card" when told "I don't have any money to stop at the store today." This misconception of how money works can negatively impact your child into young adulthood making it even more important to teach money math skills as early as possible.

How to introduce money math to children can be a bit of a brain tickler, but as an early childhood teacher I know that children learn best through hands on interactions, and observing what we as adults do. With these facts in mind a good place to start is to allow your child to see you deposit funds into the bank so that they make the connection between depositing funds, and future debit card purchases. Playing store with

your child is a wonderful way for them to learn to identify denominations, count, and make correct change before doing it in reality. To truly understand money math children need to have money of their own, and although they will need some guidance it's important that they are in control of how they save or spend it, including being allowed to make mistakes.

No matter what method you choose, whether it's as my mother did by teaching me how to get the best value for my money by shopping for bargains, or by taking my youngest niece to our local dollar store where she taught her about choices, product value, and how to calculate taxes to stay within her budget. Teaching your child to become a financially astute young adult is one of the greatest gifts you can give your child.

*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](http://www.thegrowingplace.ca)*

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# Education

## What is the CSAP ?

The Conseil scolaire acadien provincial (CSAP) is Nova Scotia's French language school board created in 1996 at the reorganization of the province's school boards. CSAP had at that time 4 157 Francophone students of entitled parents.

Today, CSAP manages 22 schools across the province with 4 851 students. It also offers a francization program for 4 year old children preparing for education in French.

CSAP schools are committed to excellence in education. The dedicated staff employs innovative teaching techniques that help students to gain an appreciation of the French language and the Acadian culture while studying such subject areas as languages, mathematics, science, and history. In general, English classes offered at CSAP schools follow the same curriculum as used by the English regional school boards.

CSAP's mandate is to provide a French first-language

education that is recognized for its excellence. French and English language universities are satisfied with the skill-set and knowledge demonstrated by students graduating from CSAP schools.

**Mission :** The Conseil scolaire acadien provincial offers the best quality French education while respecting its cultural mandate, in order to contribute to the student's global development and to the identity building in the Acadian and Francophone context in Nova Scotia.

**Vision :** The Conseil scolaire acadien provincial works with its partners to ensure the academic and social development of each of its students, in order to develop proud and engaged citizens towards the French language, their culture and their community, with a sense of responsibility, competent in both official languages of the country and open to the world.

**For information :**  
[www.csap.ca](http://www.csap.ca) or  
1-888-533-2727

## Qu'est-ce que le CSAP ?

Le Conseil scolaire acadien provincial (CSAP) est le conseil scolaire de langue française en Nouvelle-Écosse créé en 1996 lors de la réorganisation des conseils scolaires de la province. Le CSAP avait à l'époque 4 157 élèves.

Aujourd'hui, le CSAP gère 22 écoles partout dans la province avec 4 851 élèves. Il offre aussi un programme de francisation pour les enfants âgés de 4 ans en vue de préparer les enfants pour l'éducation en français. Les écoles du CSAP visent l'excellence en éducation. Le personnel prend son travail à cœur et utilise des techniques novatrices afin d'aider les élèves à apprécier la langue française et la culture acadienne tout en apprenant les matières de base telles que les langues, les mathématiques, les sciences et l'histoire. En ce qui concerne les cours d'anglais, les écoles du CSAP respectent le même programme d'enseignement que les écoles des conseils scolaires anglophones.

Le mandat du CSAP est d'offrir une éducation en français langue première reconnue pour son excellence. Les universités francophones et anglophones reconnaissent le niveau de connaissances et de compétence des élèves qui sortent des écoles du CSAP.

**La mission :** Le CSAP offre une éducation en français de première qualité, en tenant compte de son mandat culturel, afin de contribuer au développement global et à la construction de l'identité des élèves dans le contexte acadien et francophone de la Nouvelle-Écosse.

**La vision :** Le CSAP travaille avec ses partenaires pour assurer le développement académique et social de chacun de ses élèves afin de former des citoyennes et citoyens fiers et engagés envers la langue française, leur culture et leur communauté, ayant le sens des responsabilités, compétents dans les deux langues officielles du pays et ouverts sur le monde.

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# Heavy Isn't Healthy For People Or Pets

Submitted by Carnegy Animal Hospital, a member of AAHA and a SLIMFIT™ Veterinary Hospital

Carrying around extra weight is as big of a deal for your pet as it is for you. According to the American Animal Hospital Association, up to 60 percent of all adult dogs are overweight or likely to get that way due to age or activity level.

You might think that a couple of extra pounds on your pup isn't a big deal, but you'd be wrong. An extra five pounds on a dog that should weigh 17 pounds is similar to an extra 50 pounds on a person who should weigh 170 pounds. Helping your dog lose a few pounds will greatly improve his overall health. Obesity is associated with heart and respiratory problems, diabetes, skeletal stress, and gastrointestinal disorders in pets.

Often our pets get a little pudgy because we love them so much. We love them, so we share our food with them. We love them, so we feed them whenever they look hungry. We love them, so we give them snacks or treats throughout the day. These nice but dangerous feeding habits can lead to extra pounds on your pet.

Weight problems can also go hand-in-hand with inactive lifestyles. Animals carrying a heavy load have an increased likelihood of tearing ligaments and wearing down joints. When their joints become damaged and painful, animals don't want to exercise, which then adds to their weight problems. This is especially a problem with older dogs.

You can help your dog's health by enjoying a daily activity with him. Start by choosing one activity such as a daily walk. To keep it interesting for you both, vary the route and location. As your dog becomes more fit, you can add other activities such as swimming or a variety of games.

If you think your dog may be overweight, check with your veterinarian, who can give you advice on a proper diet and exercise program. A number of veterinary hospitals now offer the SLIMFIT™ Program custom designed for you and your pet.

Your veterinary team will help you assess and score your dog's body condition. Once your veterinarian rules out any medical factors that may cause weight gain, a SLIMFIT™ weight loss program is designed specifically for your pet. Not only will the most appropriate diet and feeding amounts be provided, but additional nutrition and exercise tips that will work with your lifestyle will be suggested so that you can best help your pet achieve an ideal weight.

One of the key factors to the program will be the regular weigh-in schedule your veterinary team will recommend. The diet selected will be important and your veterinary team will consider your pet's activity level, any existing medical conditions, taste, preference of moist or dry, and the right balance of lower fat, protein levels and fibre content.

## CRAFT CORNER

Continued from page 17.

The other method I like to use is with a blender pen, it gives a more vintage look and you are not left with the shiny surface of the tape.

A blender pen traditionally does just that, blends. It is a pen filled with a clear ink that artists use to blend their pens, chalk, coloured pencil, etc and give it a water colour type look. However, the clear ink also reacts with toner ink causing the ink to lift off the image and can then be transferred onto a new surface. Just be warned that they give off a very strong smell, so make sure to use them in a well-ventilated area.

First decide where you want to transfer your image, keep in mind that your transferred image will appear as a mirror image of the original so make sure to flip any text you have before copying.

Cut out your image and place it face down on the surface you wish to transfer it onto. Hold in place while you take your blender pen and apply even strokes across the image

until the paper is almost translucent. Do not move the paper, if you're nervous that the image will move during the process, feel free to tape it down. You have now loosened the ink to be transferred.

Next, you will burnish the image but make sure the ink from the blender pen has dried a little first.

While holding your image in place with one hand, carefully peel up the paper to check that it has transferred successfully. If it is still a bit faded or patchy, then burnish a little more. Once you're happy with your image, slowly and carefully peel off the paper being careful not to smudge. The ink will still be a little wet so maybe leave it to dry for a couple minutes.

Voilà!

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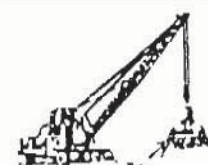
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