



French & Mandarin Summer Camps

Summer is finally here! What's better than using focused summer time to sharpen your French and/or Mandarin language skills while having some great fun at the same time? Our summer camp dedicates daily focused time on French and Mandarin practice, features a great variety of weekly themed activities and weekly field trips*! Daily Snacks and Friday Pizza lunches are also included at no extra cost!

Servicing children from **4 to 12 years of age**
maplegrove@westernheightsmontessori.com;
Tel: 905-849-4777
346 Maple Grove Drive Oakville, ON

- Hours of Operation: 7am to 6pm Monday to Friday (except for week of August 27th which is a four-day week).
- Dedicated **daily French and Mandarin** learning time with our experienced specialized teacher
- Morning & Afternoon snacks, Friday Pizza lunch and weekly field trip included at no extra cost!
- Please bring a healthy nut-free lunch. See our bagged lunch policy.
- Fees are due upon registration. Your child's spot will not be confirmed until payment is made. Refunds will only be provided with **one month written notice** of change or cancellation.

Child's Name: _____ Child's Date of Birth: _____

Parent/Guardian Name: _____ Phone Number: _____

Address: _____

Parent/Guardian Signature: _____ Email Address: _____

Total Fees Due with Registration: \$ _____

Payment Options:

Cheque: Please make cheque payable to **Western Heights Montessori Academy**. If you sign up for multiple weeks, please total the costs for the month and provide one cheque per month on or before the 1st of each month.

How to Register:

Please complete the registration forms and return them either in person or via email at maplegrove@westernheightsmontessori.com with a deposit of \$250 and post-dated cheques dated on the 1st of each month for the remaining balance to secure your spot. Register today as space fills up quickly!

Week 1 July 3 – 6, 2018 Lights, Camera, Action! \$235.00

Are you an aspiring Movie Star who wants to showcase your talent? Or are you curious about the filming industry in general and what it has to offer? This session provides an opportunity to explore and potentially make your mark! **Field trip to Film.ca** to see how the professionals do it!

Week 2 July 9 – 13, 2018 Science Extravaganza \$255.00

How does a volcanic eruption happen, how can ice generate smoke, how can we explain the many mysteries of science? See magic through science right before our eyes. **Special guest** visits us on-site for exciting **science magic shows!**

Week 3 July 16 – 20, 2018 Double the Fun \$255.00

Join us for an unforgettable week where anything can happen – see how two completely different themes come together - Jungle cruise, sea safari, fairies, heroes and dragons! Each day will be filled with programmatic twist! **Field Trip to Planet Laser!**

Week 4 July 23 – 27, 2018 Super Soaked Summer \$255.00

Get ready to get wet! Stay cool this week with games and fun that features a balloon toss game, water relay race, super soaker and much more. **Field trip to fun Splash Pad!**

Week 5 July 30 – Aug 3, 2018 Carnival Craziiness \$255.00

Join us as we play carnival games, make cotton candy, and dance! Be the first one to win a prize at the game station. Face painting and bubble-filled **dance party with special guest from Lofty Entertainment!**

Week 6 August 7 – 10, 2018 Are you Game? \$235.00

Fear factor, Escape Room, the Price is Right, and many more. We will be participants and contestants in these famous games instead of audience members as we play to win! **Field trip to our popular Chuck E Cheese!**

Week 7 August 13 – 17, 2018 Challenge Your Taste \$255.00

Test your taste buds and learn to be a chef! Let's cook and try different unconventional food and flavours. Finish the week with a **visit to Loblaws cooking school!**

Week 8 August 20 – 24, 2018 Adventure Land \$255.00

Try out your spirit of adventure and explore as we go on a Scavenger hunt, explore life under the sea, and go camping! **Field trip to Little Rays Reptile Zoo!**

Week 9 August 27 – 30, 2018 Picasso at Work \$235.00

Bring out your artistic side. Show us how talented you are as we paint like Picasso. Crafty creations are made using recycled materials. Make mural paintings and much more. **Includes Face Painting fun!** Please note, this week is a short four-day week as our staff use the last Friday before school to recharge and prepare for the new school year!

**Field trips may be cancelled or changed without prior notice.*

WESTERN HEIGHTS MONTESSORI ACADEMY
Summer Camp Application for Admission

Childs' Surname _____ Given Name (s) _____

Date Of Birth (MM/DD/YYYY) _____ Gender Male _____ Female _____

Home Address _____

Province _____ Postal Code _____ Primary Contact #: _____

Mothers Name: _____ Father's Name: _____

Address: _____ Address _____

Home #: _____ Home #: _____

Cell #: _____ Cell #: _____

Work #: _____ Work #: _____

Email: _____ Email: _____

Mother's Work Address: _____ Father's Work Address: _____

EMERGENCY CONTACTS

Contact #1: _____ Contact #2: _____

Relationship: _____ Relationship: _____

Telephone: _____ Telephone: _____

In case of a medical emergency when prompt medical attention is deemed necessary, if the parents or guardians or the emergency contact person cannot be immediately reached, permission is hereby granted to move, (Child's Name): _____ to the nearest medical facility and to proceed with treatment.

Any medical expenses incurred for such treatment shall be my responsibility.

Father or Guardian Signature _____ Date _____

Mother or Guardian Signature _____ Date _____

**WESTERN HEIGHTS MONTESSORI ACADEMY
MEDICAL INFORMATION**

Child's Full Name: _____ Gender: _____

Date of Birth (MM/DD/YYYY): _____ Height: _____ cm Weight: _____ Kg

Health Card #: _____

Child's General Health (Comment): _____

Please outline any athletic and/or school activities in which your child can **NOT** participate: _____

Has your child ever had his/her eyes tested: _____ Result: _____

Has your child ever had his/her hearing tested: _____ Result: _____

Does your child suffer from any allergies/food sensitivities (Yes/No): _____ If so, please list _____

Are your child's allergies severe enough to be considered anaphylactic (Yes/No)? _____

Must your child keep any medication at school for any medical condition (Describe):

Name Of Child's Physician: _____ Phone: _____

Address: _____

Alternate individual to be called in any emergency when parents/guardians cannot be reached:

Name: _____ Relationship: _____

Business Phone: _____ Mobile: _____

Primary Contact #: _____

Address: _____

Western Heights Montessori Academy

Summer Camp 2018

Risk & Waiver Agreement

Permission for Western Heights Montessori Academy to Seek Medical Attention

I, the undersigned, hereby authorize Western Heights Montessori Academy, its employees, or agents, to seek necessary medical aid that maybe required as a result of any accident or injury sustained by my child.

Element of Risk Notice

The risk of injury exists in every athletic activity. Falls, collisions and other incidents may occur and cause injury. Due to the very nature of athletic activities and outdoor play, injuries may range from minor sprains and strains to more serious injuries affecting the head, neck or back. Some injuries may lead to paralysis or prove to be life threatening. These injuries result from the nature of athletic activities and can occur without any fault on either the part of the student, Western Heights Montessori Academy, or its employees/agents. By choosing to participate in outdoor play/athletic activity you are assuming the risk of an injury occurring. The chances of an injury occurring can be reduced by carefully following instructions at all times while engaged in an athletic activity. Western Heights Montessori Academy attempts to manage as effectively as possible the risk for students while participating in sports/athletics/outdoor play.

I, the undersigned, agree that Western Heights Montessori, its employees, or agents shall not be liable for any accident or injury sustained by my child)ren or for any loss or damage to personal property arising from, or in any way resulting from, participation in the program.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Contact Number: _____

Photo Permission and Release:

I give Western Heights Montessori Academy permission to photograph and/or video materials. These photographs/videos may be used by Western Heights Montessori for marketing and promotional materials in, but not limited to Western Heights Montessori Academy publications, advertisements, and/or posted on websites and social media handles. Names will not be identified with images at all times.

Parent/Guardian Signature: _____

Date: _____

Western Heights Montessori Academy Bagged Lunch Policy

This Policy applies to any children enrolled in our full day camps (PA Day, March Break and Summer). The centre promotes a healthy development of all children and recognizes the importance of a balanced diet.

Parents are encouraged to follow the Canada's Food Guide for information on nutrition and healthy eating. Please refer to Canada's Food Guide on the reverse side of this page. Sample lunch ideas/websites will be available at the centre to support families. Parents are encouraged not to send sweet treats as this does not provide the nutritious value needed.

The centre promotes a **nut-free** environment and we ask parents not to pack anything containing nuts (including foods that "may contain nuts") in your child's lunch. Parents are required to inform the Supervisor/Designated Staff of any medical information or food intolerance their child may have.

If a Parent/Guardian has forgotten to pack a bagged lunch. A courteous call will be made to the Parent/Guardian and the centre will provide the child with a lunch. The Parent/Guardian will be billed accordingly.

Bag lunches must be in a bag or container which is clearly **LABELLED WITH YOUR CHILD'S NAME**. Please make sure your child's lunch is stored in a container that could safely keep desired food temperature. Due to high number of children enrolled in our program, we unfortunately could not provide refrigeration or heating services. On trip days, we recommend Parents pack a lighter lunch.

Parent/Guardian Responsibilities:

- Child's lunch bag and containers are labelled with my child's name
- Provided a nutritious lunch suggestion from the Canadian Food Guide
- Include a frozen ice pack for you items that must remain cold.
- All items are Nut free

Staff Responsibilities:

- Support parents by directing them to resources such as the Canada Food Guide when preparing their child's lunch.
- Staff will ensure children wash their hands before and after lunch.
- Staff will sanitize the tables prior to serving lunch and wash their hands before assisting the children with their lunches
- Staff will monitor lunches to ensure that food does not contain nuts or have the warning sign "may contain nuts".
- Staff will supervise closely any child that has a life threatening allergy by sitting next to them or across from them during lunch time
- Staff will notify parents if concerns arise regarding the nutritional adequacy and/or presence of allergens in the lunch and snacks.
- If a child forgets to bring a lunch, or if allergens are present, staff will have on hand extra snacks to supplement, e.g. apples, crackers or cheese. Staff are to document in the log book.
- Staff will NOT allow children to share lunches

Updated: December 2017

What is One Food Guide Serving?

Look at the examples below.

Fresh, frozen or canned vegetables 125 mL (½ cup)	Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)	Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)	100% Juice 125 mL (½ cup)		
Bread 1 slice (35 g)	Bagel ½ bagel (45 g)	Flat breads ½ pita or ½ tortilla (35 g)	Cooked rice, bulgur or quinoa 125 mL (½ cup)	Cereal Cold: 30 g Hot: 175 mL (¾ cup)	Cooked pasta or couscous 125 mL (½ cup)
Milk or powdered milk (reconstituted) 250 mL (1 cup)	Canned milk (evaporated) 125 mL (½ cup)	Fortified soy beverage 250 mL (1 cup)	Yogurt 175 g (¾ cup)	Kefir 175 g (¾ cup)	Cheese 50 g (1½ oz.)
Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)	Cooked legumes 175 mL (¾ cup)	Tofu 50 g or 175 mL (¾ cup)	Eggs 2 eggs	Peanut or nut butters 30 mL (2 Tbsp)	Shelled nuts and seeds 60 mL (¾ cup)

Oils and Fats

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8 Girls and Boys	9-13	14-18 Females	14-18 Males	19-50 Females	19-50 Males	51+ Females	51+ Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.