



## 2020 French & Mandarin Summer Camps

Summer is finally here! What's better than having fun all summer long while also sharpening your child's French and Mandarin language skills? Why spend time and energy signing up for multiple camps when you can get everything you need at a single place? Our summer camp program provides a diverse set of fun activities, challenging and interesting events – while also dedicating some time to focus on French and Mandarin language practice. Our weekly themed activities keep kids engaged while our field trips provide new experiences that will make summer camp something to look forward to! Daily Snacks and Friday Pizza lunches are also included at no extra cost!

Serving 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 weeks 1, 6 and 10 which are four-day weeks).
- Dedicated **daily French and Mandarin** learning time with our experienced, specialized teachers
- 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.
- Optional lunch package available at \$25 per week (\$20 for 4-day week)
- Fees are due upon registration. Your child's spot will not be confirmed until payment is made. Refunds will only be provided with **four weeks' written notice** of change or cancellation. Note that no changes or cancellations can be made **after June 19th**.

Child's Name: \_\_\_\_\_ Child's Date of Birth: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Email Address: \_\_\_\_\_

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Week 1: Mysteries of the Universe | <input type="checkbox"/> Week 2: Moovin and Groovin                  | <input type="checkbox"/> Week 3: Ceramics, Clay and Fun |
| <input type="checkbox"/> Week 4: Critter Connection        | <input type="checkbox"/> Week 5: Summer Olympics                     | <input type="checkbox"/> Week 6: Fear Factor            |
| <input type="checkbox"/> Week 7: Sun, Sand and Water       | <input type="checkbox"/> Week 8: Dinosaur Detectives                 | <input type="checkbox"/> Week 9: Tex-Mex fiesta         |
| <input type="checkbox"/> Week 10: Inventor's Workshop      | Lunch: Yes___ No___ (Regular Week: \$25/Week; 4-Day Week: \$20/Week) |   |

Total Camp Fees Due with Registration: \$ \_\_\_\_\_

### Payment Options:

- Cheque: Please make cheque payable to **Western Heights Montessori Academy**.
- E-transfer: Please send total camp fee to [helen@westernheightsmontessori.com](mailto:helen@westernheightsmontessori.com) with your child's full name and weeks you are registering in the note.

### How to Register:

Please complete the registration forms and return them either in person or via email at [maplegrove@westernheightsmontessori.com](mailto:maplegrove@westernheightsmontessori.com) with total camp fee payment to secure your spot. Register today as space fills up quickly!

- Week 1**      **June 29 - July 3, 2020**                      **Mysteries of the Universe**                      **\$245.00**  
We'll be leaving our home planet and blasting off into Outer Space! Campers will learn all about the Solar system and how stars, moons, solar systems and galaxies are formed. We will also become astronauts as we create a rocket ship and space suit from recycled materials. **Special guests from Royal Astronomical Society of Canada** to visit and show us how it's really done!
- Week 2**      **July 6-10, 2020**                      **Moovin and Groovin**                      **\$270.00**  
Have you ever wanted to learn how to line dance or disco? We will explore different kinds of music and dances from all over the world! We will also create our own dance costumes and finish up the week with a dress-up dance party. **Special guest from Lofty Entertainment for a great dance party!**
- Week 3**      **July 13 - 17, 2020**                      **Ceramics, Clay and Fun**                      **\$270.00**  
Showcase your talents as we begin to craft some of our own masterpieces using various colours and materials. Create canvas-art using a special sketching model, our very own clay pieces, mural paintings and collages using natural items from our very own backyard! **Field trip to Crack Pot Studio!**
- Week 4**      **July 20 - 24, 2020**                      **Critter Connection**                      **\$270.00**  
Welcome to Critter Connection week! Are you ready for a week of creepy crawly fun? This week we'll be learning all about six legged creatures and go searching for some bugs with our homemade bug jars and nets. The world of insects is a fascinating one! We will be stepping outside and getting up close and personal with the insects that surround us everyday. **Field trip to Spring Ridge Farm!**
- Week 5**      **July 27 - 31, 2020**                      **Summer Olympics**                      **\$270.00**  
Let's bring out our competitive spirit with our very own Summer Olympic games! We will be participating in the Western Heights relay race, table tennis, badminton and so much more. Throughout this week the camper's will be making a team banner, their very own medals as well as creating their own Olympic rings! **Field trip to Airborne Trampoline!**
- Week 6**      **August 3 - 7, 2020**                      **Fear Factor**                      **\$245.00**  
Are you ready to get dirty and grossed out? Why not try out a week full of games and experiments to see who can overcome their fears and take on some real challenges. Campers will get their hands dirty with a diaper challenge, frog egg slurp-a-thon and baby food blindfold game. This week we will also be creating some super gross glow-in-the-dark slime as well as seeing what we can do with a few of our household items. **Special guest from Scientist in School!**
- Week 7**      **August 10 - 14, 2020**                      **Sun, Sand and Water**                      **\$270.00**  
This week we will be busy making our very own sunglasses, flip flops, sun hats and testing our toes in some refreshing water in our very own backyard! Let's create a beautiful shinning sun using oranges, pretzels and raisins. Have you ever wondered if you could trace a shadow? **Field trip to splash pad!**
- Week 8**      **August 17 - 21, 2020**                      **Dinosaur Detectives**                      **\$270.00**  
Our "Jurassic" mission will include excavating land in Oakville where Brachiosaurus and Diplodocus have been seemingly unearthed. Are you ready to join our team? Let's bring along our decorated hammers and brushes, as well as our very own hand-made eye goggles for safety. This week will be filled with days of discoveries! We will be making our own fizzing dinosaur eggs, fossils and exploring in gooey sand dough. **Field trip to Adventure Village!**
- Week 9**      **August 24 - 28, 2020**                      **Tex Mex Summer Fiesta**                      **\$270.00**  
Viva Mexico! Let's start the week off by creating our very own Maracas and Sombrero's. We will put on our very own chef's hat and make some Salsa and Guacamole! We will also learn the Mexican hat dance to the sounds of Mariachi music. We will finish the week off with a homemade pinata and Fiesta with all of the food we have made through the week! **Field trip to Loblaws cooking school.**
- Week 10**      **August 31 - Sept 3, 2020**                      **Inventors Workshop**                      **\$245.00**  
Are you ready to become an inventor? This week will be filled with creative inventions made from special items from our own homes. Let's build a car that actually drives, a robot that can pick up items from the floor as well as creating a variety of games for a fun end-of-week carnival! **Field trip to Chuck E Cheese. This is a four-day week.**

*\*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):  
\_\_\_\_\_

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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 2020***

**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

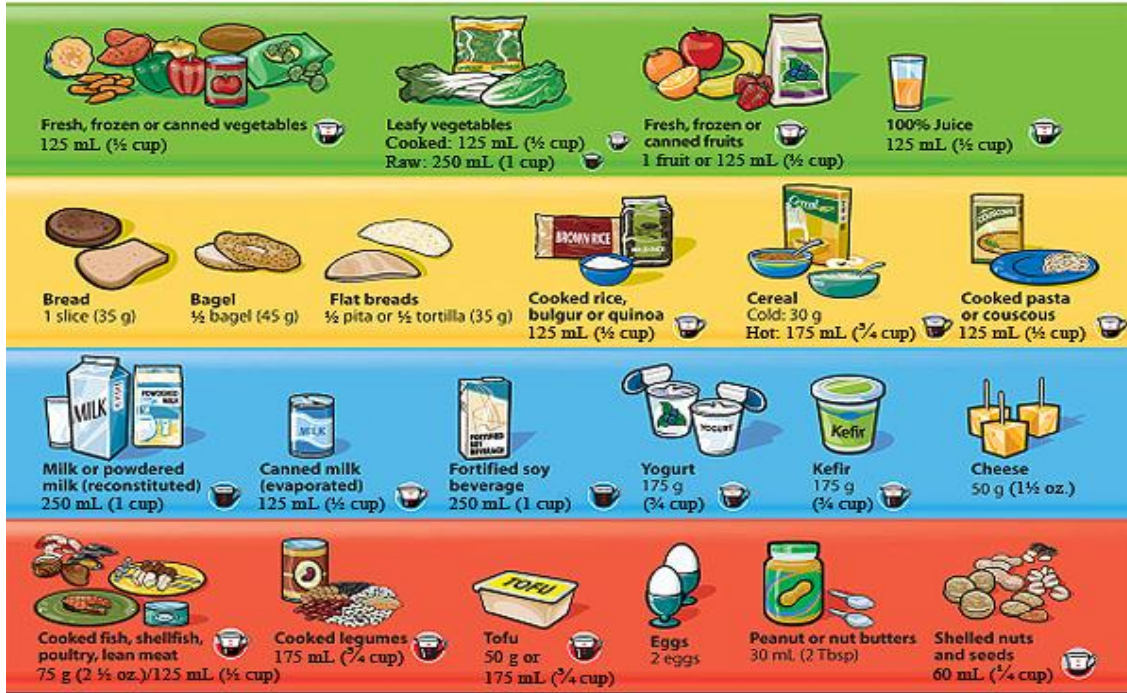
### **Staff Responsibilities:**

- 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 2018*

## What is One Food Guide Serving?

Look at the examples below.



### 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	9-13	14-18	14-18	19-50	19-50	51+	51+
	Girls and Boys			Females	Males	Females	Males	Females	Males
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	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.