



2021 Summer Camps

Summer is finally here! What's better than having fun all summer long with great activities and trips. Our summer camp program provides a diverse set of fun, challenging and interesting activities. 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!

Servicing children from **4 to 12 years of age**
millcreek@westernheightsmontessori.com

Tel: 905-858-5845

6920 Millcreek Drive, Mississauga ON

- Hours of Operation: 7am to 6pm Monday to Friday.
- Morning & Afternoon snacks, Friday Pizza lunch 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 for regular week and \$20 for 4-day weeks.
- 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 4th**.

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

Parent/Guardian Name: _____ **Phone Number:** _____

Parent/Guardian Signature: _____ **Email Address:** _____

- | | | |
|---|---|---|
| <input type="checkbox"/> Week 1: Let's Go Green | <input type="checkbox"/> Week 2: Galactic Astronomers | <input type="checkbox"/> Week 3: Fear Factor |
| <input type="checkbox"/> Week 4: Colour me Crazy | <input type="checkbox"/> Week 5: Say Cheese** | <input type="checkbox"/> Week 6: Challenge Your Taste |
| <input type="checkbox"/> Week 7: Science Extravaganza | <input type="checkbox"/> Week 8: Inventor's Workshop | <input type="checkbox"/> Week 9: Camp Out! |

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**.
- Etransfer: Please send total camp fee to millcreek@westernheightsmontessori.com with your child's full name and weeks you are registering in the note.
- Subsidy payment: I have subsidy agreement with the region. My parental daily contribution is \$ _____ per day. I will etransfer the parental contribution to millcreek@westernheightsmontessori.com prior to the camp day and will inform my case worker my enrollment at Play and Learn Children's Centre (aka Western Heights Montessori Academy).

How to Register:

Please complete the registration forms and return them either in person or via email at millcreek@westernheightsmontessori.com with total camp fee payment to secure your spot. Register today as space fills up quickly.

- Week 1 July 5 - July 9, 2021** **Let's Go Green** **\$275.00**
 Let's save the Earth! Learn about all the ways to save our environment in a fun-filled week of making our own garden and terrariums, doing a community clean-up, nature Bingo, learning about ecosystems and even making our own paper! Be ready to discover more about our planet! **Field trip to Andrews Scenic Farm!***
- Week 2 July 12 - 16, 2021** **Galactic Astronomers** **\$275.00**
 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 created. We become our very own astronauts as we create a Rocketship and astronaut suit out of recycled materials. **Special guests from Royal Astronomical Society of Canada*** to visit us and show how it's done for real!
- Week 3 July 19 - 23, 2021** **Fear Factor** **\$275.00**
 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 see what we can erupt using a few of our household items.
- Week 4 July 26 - 30, 2021** **Colour Me Crazy** **\$275.00**
 Showcase your talents as we begin to create some of our own masterpieces using various colours and materials. Craft canvas-art using a special sketching model, create artwork with recycled art materials, and mural paintings and collages using natural items from our very own backyard! **Field trip to Crock A Doodle Art Studio!***
- Week 5 August 2 - 6, 2021*** **Say Cheese!** **\$245.00**
 Let's explore the secret lives of animals, plants and the land they call home through the lens of a camera. We will be learning the ABC's of photography, creating our own photo album to house our wonderful pictures and create a cool collage on canvas!
- Week 6 August 9 - 13, 2021** **Challenge Your Taste** **\$275.00**
 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 the Cooking School!***
- Week 7 August 16 - 20, 2021** **Science Extravaganza** **\$275.00**
 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: Scientist in School***.
- Week 8 August 23 - 27, 2021** **Inventor's Workshop** **\$275.00**
 Are you ready to become your very own inventor? This week will be full of creative inventions made from items in our own homes. Let's make a car that actually drives, a robot who can pick up items from the floor as well as create a variety of games for a fun end of the week carnival!
- Week 9 August 30 - Sept 3, 2021** **End of the Summer Camp Out!** **\$275.00**
 Be adventurous and join us this week as we learn how to survive in the wilderness. Look forward to pitching a tent, making a compass and lantern, and having a campfire cookout.

**Special guests and 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 2021

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 pay, 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

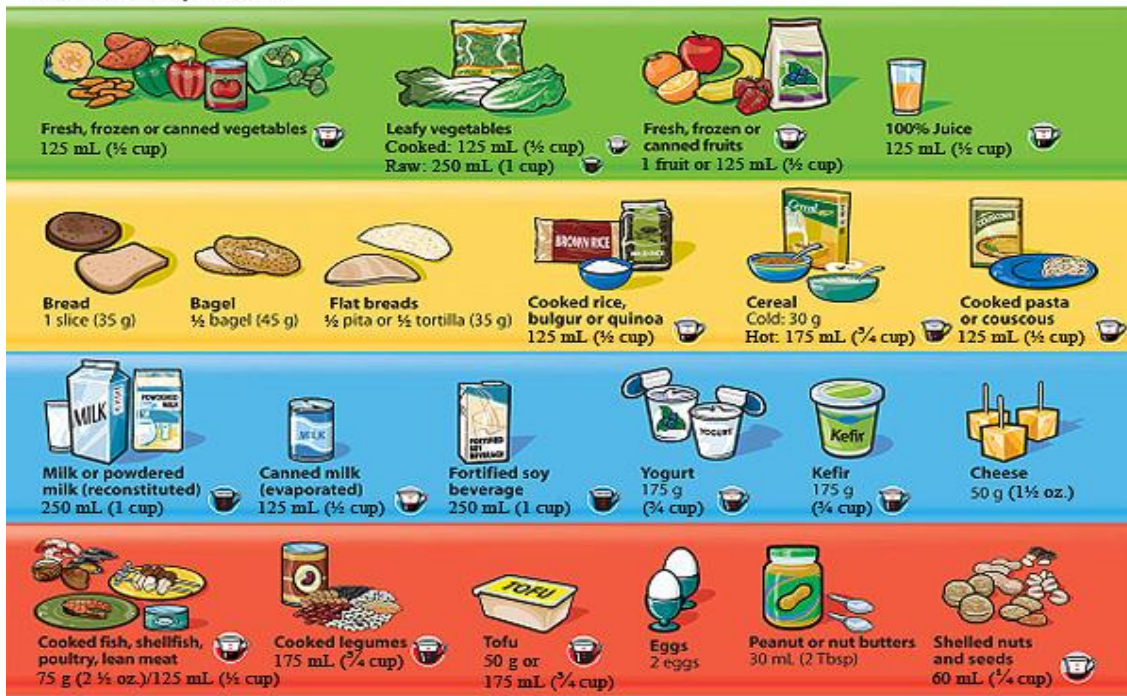
Staff Responsibilities:

- 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 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.