

# ALPHA Child Care Ltd.



## PARENT AGREEMENT - CAMP ALPHA 2015

**Please read the following agreement very carefully before signing.**

**Registration fee:**

The parent agrees to pay a registration fee of \$20.00. This fee is payable at the time of registration and is non-refundable.

**Deposit:**

The parent agrees to pay a deposit of one week's fee at the time of Registration. This deposit will be held without interest and applied to the last two weeks the child is registered for camp. Since we hire staff according to the number of children registered and purchase tickets for the special activities planned according to the number of children registered, **you may not cancel** pre registered spaces.

**Fees:**

The parent agrees to pay fees every Monday for the week their child is registered. The fee for one week is \$235.00 (7:00 a.m. - 6:00 p.m.), payable by cash or money order only. Parents already on the direct debit system may continue to pay by direct debit (by-weekly), but must sign a new direct debit authorization form when they register for camp. The Summer Program will not operate during recognized statutory holidays. No part-week enrollment is offered. This fee includes the cost of all of the activities planned.

**Receipts:**

The Day Care agrees to provide, at the end of each calendar year, an official receipt for the total amount paid in fees during the year.

**Absence:**

The Parent agrees to **PAY FULL FEE** if the child is absent, whether they are absent a full week or part of a week.

**Illness:**

The Parent and Day Care agree that if in the opinion of the staff, the child has a temperature or communicable disease the child will not be accepted into the Centre. The parent agrees to keep the child home for 48 hours after the sickness. It is the responsibility of the parent to ensure that their child is healthy and able to participate in our active summer program. The program involves frequent outdoor activities and field trips involving walking, running, swimming, and active outdoor play.

**Government Holidays:**

The Parent understands that Alpha Child Care Ltd. is closed for statutory holidays.

**Medication:**

Both Parent and Day Care agree, that medication will be given only in accordance with the Day Care medication policy.

**Late Charges:**

The Parent agrees that if the child remains in the Centre past the scheduled time of closing (6:00 p.m.), the Parent will pay, at the time of pick-up, overtime pay at a rate of \$30.00 for each 15 minutes or part thereof.

***The Parent Agrees to Bring Each Day:***

- lunch, one snack and drinks for their child (Alpha will provide an afternoon snack)
- a water bottle (filled 1/4 full with water and frozen then topped up with water in order to stay cool for the day)
- sun screen
- bathing suit & towel
- extra t-shirt to put over bathing suit
- WATER SHOES are the ONLY ACCEPTABLE footwear for the splash pad
- sturdy shoes, running shoes preferable, no crocks or flip-flops for outdoor activities

Alpha's Policies and Camp Alpha Rules form part of this agreement. Any violation of Alpha Policies or Camp Alpha Rules may result in discontinuation of services or restricted services including suspension from field trips and other activities without rebate in fees. The degree of suspension or the decision to discontinue services will be at the sole discretion of Alpha.

This Parent's Agreement is subject to change by Alpha if deemed necessary and advisable for the best interest of Alpha, upon one weeks' notice. If you have any questions, please feel free to contact your Supervisor.

I hereby acknowledge receipt of a copy of this Agreement and consent to the terms and conditions herein.

DATED this            day of            2015.

Parent or Guardian

Per: Alpha Child Care Ltd.



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DATED this            day of            2015.

Parent or Guardian

Per: Alpha Child Care Ltd.

# ALPHA CHILD CARE LTD.



A1 \_\_\_\_\_  
A2 \_\_\_\_\_

## Application for Child Care

Hours: \_\_\_\_\_

Start Date: \_\_\_\_\_

Child's Name: \_\_\_\_\_

First \_\_\_\_\_ Middle \_\_\_\_\_ Surname \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone: \_ (\_\_\_\_) \_\_\_\_\_

Month/Day/Year

Home Address: \_\_\_\_\_

Street Name & Number \_\_\_\_\_

City & Postal Code \_\_\_\_\_

Parent #1 Name: \_\_\_\_\_

First \_\_\_\_\_ Surname \_\_\_\_\_

Occupation: \_\_\_\_\_

Work Address: \_\_\_\_\_

Street Name & Number \_\_\_\_\_

City & Postal Code \_\_\_\_\_

Employer: \_\_\_\_\_

Phone: \_ (\_\_\_\_) \_\_\_\_\_

Cell Phone: \_ (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Parent #1: (Charge Card, Drivers License, Passport): \_\_\_\_\_

License Plate: \_\_\_\_\_

Other: \_\_\_\_\_

Parent #2 Name: \_\_\_\_\_

First \_\_\_\_\_ Surname \_\_\_\_\_

Occupation: \_\_\_\_\_

Work Address: \_\_\_\_\_

Street Name & Number \_\_\_\_\_

City & Postal Code \_\_\_\_\_

Employer: \_\_\_\_\_

Phone: \_ (\_\_\_\_) \_\_\_\_\_

Cell Phone: \_ (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Parent #2 ID: (Charge Card, Drivers License, Passport): \_\_\_\_\_

License Plate: \_\_\_\_\_

Other: \_\_\_\_\_

Alternate Person Responsible in an emergency: \_\_\_\_\_

Address: \_\_\_\_\_

Street Name & Number \_\_\_\_\_

City & Postal Code \_\_\_\_\_

Home Phone: \_ (\_\_\_\_) \_\_\_\_\_

Business Phone: \_ (\_\_\_\_) \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Street Name & Number \_\_\_\_\_

City & Postal Code \_\_\_\_\_

Person Authorized to pick up child: \_\_\_\_\_

Other children in the family: 1) \_\_\_\_\_

Age: \_\_\_\_\_

2) \_\_\_\_\_

Age: \_\_\_\_\_

Other adults in the home: 1) \_\_\_\_\_

Relationship: \_\_\_\_\_

2) \_\_\_\_\_

Relationship: \_\_\_\_\_

Is any other language other than English spoken in the Home? If yes, what language? \_\_\_\_\_

Has your child been assessed by an agency? (Peel Memorial, Brampton/Caledon, etc.) \_\_\_\_\_

How did you hear about our centre? (Yellow Pages, Newspaper Ad, Referral) \_\_\_\_\_

Has your child been exposed to the following foods: Tree Nuts \_\_\_\_\_, Peanuts \_\_\_\_\_, Milk \_\_\_\_\_, Fish \_\_\_\_\_, Shellfish \_\_\_\_\_, Gluten/Wheat \_\_\_\_\_, Eggs \_\_\_\_\_, Soy \_\_\_\_\_, Sesame Seeds \_\_\_\_\_

Other information: (Dietary, health, behavioural, religious, rest and exercise) \_\_\_\_\_

# Alpha Child Care Ltd.



## CAMP ALPHA 2015 – REGISTRATION FORM

Child's Name (please print) \_\_\_\_\_

Welcome to camp Alpha. Our goal is for your child to have a Safe and Fun summer with us. You may register for as many weeks as you require by filling out the space below. Since we hire staff according to the number of children registered and purchase tickets for the special activities planned, according to the number of children registered, you **may not cancel** pre-registered spaces.

A two week deposit is required at the time of registration and will be put towards your last two weeks with us. Fees must be paid in cash or by money order on Monday morning each week, before the child is accepted in camp. Parents already on the direct debit system may continue to pay by direct debit (biweekly), but must sign a new direct debit authorization form when they register for camp.

Please register \_\_\_\_\_ for the following weeks at Camp Alpha.

(Please initial desired weeks)

Week #1	June 29 – July 3 (4 days)	_____
Week #2	July 6 – July 10	_____
Week #3	July 13 – July 17	_____
Week #4	July 20 – July 24	_____
Week #5	July 27 – July 31	_____
Week #6	Aug 3 – Aug 7 (4 days)	_____
Week #7	Aug 10 – Aug 14	_____
Week #8	Aug 17 – Aug 21	_____
Week #9	Aug 24 – Aug 28	_____
Week #10	Aug 31 – Sept 4	_____

I understand that I am responsible for paying for all of the above signed weeks whether my child attends or not.

I paid my \$20.00 registration fee and my deposit in the amount of \$ \_\_\_\_\_ on

\_\_\_\_\_

(date)

Parent or Guardian Signature \_\_\_\_\_

\_\_\_\_\_ Date

\_\_\_\_\_  
Alpha Child Care Ltd.



# ALPHA CHILD CARE LTD.

## Emergency Information

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Street Number & Name \_\_\_\_\_ City \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent #1 Name: \_\_\_\_\_

Employer's Name: \_\_\_\_\_

Employer's Address: \_\_\_\_\_  
Street Number, Name, City & Postal Code \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Parent #2 Name: \_\_\_\_\_

Employer's Name: \_\_\_\_\_

Employer's Address: \_\_\_\_\_  
Street Number, Name, City & Postal Code \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

### *Alternative Person: (In case parent's can not be reached)*

Name: \_\_\_\_\_ Relationship with Child: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Street Number, Name, City & Postal Code \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Doctor's Address: \_\_\_\_\_

Doctor's Phone: \_\_\_\_\_

Person Authorized to Pick up Child: \_\_\_\_\_

Has your child been exposed to the following foods: Tree Nuts \_\_\_\_\_, Peanuts \_\_\_\_\_, Milk \_\_\_\_\_,  
Fish \_\_\_\_\_, Shellfish \_\_\_\_\_, Gluten/Wheat \_\_\_\_\_, Eggs \_\_\_\_\_, Soy \_\_\_\_\_, Sesame Seeds \_\_\_\_\_

Allergies or other information: \_\_\_\_\_

\_\_\_\_\_  
PARENT'S SIGNATURE

Alpha Use

Date Completed: \_\_\_\_\_

Reviewed: \_\_\_\_\_

Reviewed: \_\_\_\_\_

# ALPHA CHILD CARE LTD.



## Parent's Consent for Bus Transfer

I, \_\_\_\_\_ hereby consent to have \_\_\_\_\_ transferred by bus, from the premises of ALPHA CHILD CARE LTD., Springdale location, (900 Peter Robertson Blvd.) to ALPHA CHILD CARE LTD., Cathedral location, (3 Cathedral Rd.) to participate in our Summer Camp Program. It is understood that supervision during the bus trip will be provided by Alpha Child Care Ltd.

The bus will depart our Springdale location, (900 Peter Robertson Blvd.) at **EXACTLY 8:00am** so parents are asked to have their children dropped off at the daycare before 8:00a.m. After 8:00am, Alpha Child Care's Springdale location does not have the licensed capacity to care for Summer Camp Children. Therefore, it is the parent's responsibility to drop your child(ren) off at our Cathedral location (3 Cathedral Rd., Brampton) if they are not able to catch the bus at 8:00a.m.

At the end of the day, the bus will depart our Cathedral location, (3 Cathedral Rd.) at 5:00pm, to return to our Springdale location (900 Peter Robertson Blvd.) for parent's pick up. If for any reason the child(ren) are required to leave the camp program prior to 5:00pm, it is the parent's responsibility to pick up your child(ren) at our Cathedral location, (3 Cathedral Rd.).

Date at Brampton this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_\_

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Signature Parent/Guardian



## PERMISSION TO APPLY SUNSCREEN

TO: ALPHA CHILD CARE LTD

We \_\_\_\_\_ parents of \_\_\_\_\_  
hereby authorize Alpha Child Care Ltd. to apply sunscreen to \_\_\_\_\_. Sunscreen  
will be provided by me, the parent.

I/we acknowledge that "Alpha" and/or its employees will not be responsible for any reactions which may  
arise as a result of the administering of said sunscreen pursuant to my/our instructions, and in  
consideration of "Alpha" administering said sunscreen to \_\_\_\_\_. I/we hereby  
release and forever discharge "Alpha" and/or its employees from all claims, demands, damages, actions  
or causes of action arising or to arise by reason of administering said sunscreen.

\_\_\_\_\_  
Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_ Witness \_\_\_\_\_

\_\_\_\_\_  
Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_ Witness \_\_\_\_\_



## INFORMATION REQUIRED FOR ADMISSION TO BE COMPLETED BY PARENT

Check if child has had any of the communicable diseases:

- Scarlet Fever  Chicken Pox
- German Measles  Measles
- Whooping Cough  Other: \_\_\_\_\_

Name of Physician (Please print) \_\_\_\_\_ Phone \_\_\_\_\_

Dated at Brampton this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_\_.

\_\_\_\_\_  
Parent or Guardian

# ALPHA CHILD CARE LTD.



## Consent to Give Emergency Medical Care

Name of Child \_\_\_\_\_

Home Address \_\_\_\_\_

(Street Name & Number)

(City & Postal Code)

I hereby give permission to have my child examined by the Medical Officer and his staff as necessary.

If, at any time, due to such circumstances as accident, sudden illness or emergency, medical treatment is required, this may be given, including anesthetic if necessary, by a private physician or hospital.

Dated at Brampton this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_.

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Signature Parent/Guardian

## Parent's Consent for Off Premise Excursions

I, \_\_\_\_\_ hereby consent to have \_\_\_\_\_ leave the premises of ALPHA CHILD CARE LTD., from time to time, to participate in excursions to places of interest planned as part of the children's program. It is understood that supervision will be provided by members of the staff of the said Child Care Centre, plus volunteers as required. Such excursions include, walks around the neighbourhood, to the park, or to visit community sites.

Date at Brampton this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_.

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Signature Parent/Guardian





## Camp Alpha Rules

1. Everyone needs to call each other by their proper names. Nicknames or rhymes may not be used to mock or tease people. Using one's proper name demonstrates or shows respect and that we care for one another and their belongings.
  2. Everyone needs to keep their hands, feet and other body parts to themselves. Conflicts need to be resolved with words by oneself or one may seek the help of a staff member. This will ensure that everyone's needs are expressed properly and clearly understood.
  3. When having a conversation about another person, one needs to be sure that all the facts discussed are true. Tattling or saying things that are untrue about other people only hurts their feelings and no one wants to have their feelings hurt.
  4. Listening and sharing one's ideas with one another is an important part of talking to one another as well as another way of showing respect for each other. If a conflict arises everyone must tell their version of the incident to the teacher in the classroom and together as a team a solution to the conflict will be discussed. The teacher will then decide what is best in each situation.
  5. Everyone will use appropriate language at all times when talking to each other. Bathroom words, slang words, swear words, and inappropriate body language, gestures, facial expressions or rude noises are all ways of talking with one another and need to be appropriate as well.
  6. Everyone needs to respect and take care of each others, as well as Alpha's, equipment and property. If everyone does their share there will be lots of equipment and activities for everyone to have fun each and every day.
  7. Everyone is responsible for keeping eating areas clean, neat and tidy both on and off premises. Everyone needs to make sure that all garbage is disposed of in an appropriate way. This will contribute to a clean and healthy environment and will help to prevent insects from coming into unwanted places.
  8. Everyone is responsible for keeping all play items in their designated areas as per playroom rules. Everyone must do their share in keeping the classroom in a safe and useful way.
  9. Everyone needs to remember that the creative materials are for everyone's use and everyone needs to share these materials. Everyone needs to tidy up the area that they were using, making sure that any garbage is put in its proper container.
  10. In order for the teacher to make sure that everyone is safe at all times, everyone needs to tell the teacher in the classroom where he/she is, at all times. This includes using the washroom and going to one's backpack.
- Camp Alpha is designed to have a fun time and form memories of wherever and whatever we are doing. Your attendance in our Camp Program is conditional on you following Alpha's policies and Camp Alpha Rules. Alpha reserves the right to ask a child to leave or have one-on-one assistance on trips, if the child is not following Alpha's rules or the guidelines. Any violation of Alpha Policies or Camp Alpha Rules may result in discontinuation of services or restricted services including suspension from field trips and other activities without rebate in fees. The degree of suspension or the decision to discontinue services will be at the sole discretion of Alpha. The child(ren) must remain with the group, not wonder off, or be aggressive towards the other children or staff when asked to follow the rules. Everyone's efforts are necessary and everyone needs to work as a team member in order for the camp to be successful. This will help ensure that the children have an enjoyable summer at Alpha' Summer Camp.**

# Camp Alpha

“School’s Out For SUMMER...”

**June 28<sup>th</sup> – July 3<sup>rd</sup> .....** **“New Beginnings with New Friends”:** Let’s start a chapter at Alpha by getting to know all the new campers this summer as they participate in our “Speed Friending Game” in the morning. Then, in the afternoon, the campers will create their “Key” to being a good friend. On Tuesday, the children will be having a **CANADA DAY PARTY**. Afterwards, they will create and design their own masks and props for Alpha’s Photo Booth. On **Wednesday, July 1<sup>st</sup>, 2015 it is CANADA DAY and the centre will be CLOSED**. Thursday, will begin with the campers finishing their masks and props for our Photo Booth. Then off to the movies to catch the latest new movie being seen at the theatre. Friday, get ready to bring a glamorous smile as the children pose for pictures by themselves or with others in our Photo Booth. When finished they will relax and enjoy their morning tea before cooling off at the Local Splash Pad.

**July 6<sup>th</sup> – 10<sup>th</sup> .....** **“Aqua Week”:** Alpha campers- be prepared to get wet! The children start the week off creating their own Kool-Aid Art Masterpiece; then slide into Water Sponge Races in the afternoon. On Tuesday, the children will be 2000 Leagues under the Sea as the children will be visiting Ripley’s Aquarium in Toronto. Wednesday, the children will design their own coloured ice painting and then end the day with a Blanket Water Balloon Toss. On Thursday, the children will do chalk painting and then in the afternoon they will be soaked as they participate in a fast moving game of Sponge Tag. The campers will end the week creating their own bleeding artwork by mixing colours. Then in the afternoon the children will enjoy splashing and splashing in the water at their Local Splash Pad.

**July 13<sup>th</sup> – 17<sup>th</sup> .....** **“GAME OF THRONES”:** Hear Ye, Hear Ye! The Lords and Ladies will begin the week entering into a Royal Chess or Checkers Tournament. After their feast the jesters will play a variety of board games. On Tuesday, the Kings and Queens will create their own board game, complete with instructions for others to learn how to play their game in the afternoon. Wednesday morning the peasants will be creating their own King and Queen crowns. After lunch, they will participate in the “Find the Bean” game in order for someone to be crowned Alpha’s King and Queen. On Thursday, the Lords and Ladies will cheer on their favourite Knight when they go to Medieval Times. However the Royals will need to bring their own feast to eat. On Friday, the Dignitaries will end their week with Alpha’s Royal Pot Luck Banquet Feast, then cool off and relax at their Local Splash Pad.

**July 20<sup>th</sup> – 25<sup>th</sup> .....** **“Master Chef Alpha”:** The campers will start the week off by putting their culinary skills to the test by making their own Frozen fruit ghosts and then in the afternoon participating in “Fear Factor Alpha.” Tuesday the chefs will divide into groups and bake a cake for their “CAKE BOX CHALLENGE”, in the afternoon we will see whose cake the BOSS will choose. Wednesday the children will decorate their own chef hat/apron and then after lunch they will make “Alpha’s Largest Banana Split Sundae”. On Thursday the campers will participate in a Cooking Class at the SUPER CENTRE where they will make their own pizza and cupcake. The campers will close the week by having an “Ice Cream Taste Test” and after lunch they will get refreshed at the local Splash Pad.

**July 27<sup>th</sup> – 31<sup>st</sup> .....** **“Amazing Race Alpha”:** On this leg of the race the campers will start the week off creating their own hula skirts and leis, then compete in the Hula Dance Off for their next clue. Tuesday, their next clue will be playing the Kurakura Habondama Japanese game and then in the afternoon they will make Vegetarian Sushi. On Wednesday, the campers will test their cooking skills by creating their own Italian Pizza and continue their culinary creating by making Brownie Biscotti in the afternoon for their next clue. No lunch will be required on Thursday as the racers will meet and go as a group to ‘Spoonfuls’ Restaurant for lunch. The campers will end the week making their own Bibingka Filipino Coconut cake and cool off at the Local Splash Pad in the afternoon.

**August 3<sup>rd</sup> – 7<sup>th</sup> .....** **“Act It Out”:** Three, Two, One, Action! **Monday, August 3<sup>rd</sup> is the CIVIC HOLIDAY and the centre will be CLOSED**. On Tuesday, the campers will put their creativity and imagination skills to the test as they divide into groups to create their own play. Then, in the afternoon they will practice their acting abilities by playing “Charades”. On Wednesday, the children will practice their drama skills through our guest speaker “Improv Acting” Workshop. In the afternoon, the stage hands will be working on their props for their performance backstage. Thursday, the actors and actresses will be going to “Famous People Players” for an amazing show. Then on Friday morning, the show *Must Go On*, as the campers will “break a leg” performing their play for the centre. Then, once the curtain comes to a close, the children will relax at the Local Splash Pad.






**August 10<sup>th</sup> – 14<sup>th</sup> .....** **“Let’s Go, Sport!”** The campers will feel rejuvenated and energized on Monday morning, when they learn how to do basic Yoga and then in the afternoon they will test their endurance when they compete in balancing relays and cup stacking games. On Tuesday, the children will learn Martial Art Skills by Grand Master, Alex or Louie. Here the children will learn discipline of their mind, body and spirit. In the afternoon the children will participate in Frisbee football and Frisbee golf at the local park. Let’s go Alpha, Let’s Go! as the campers will practice some hockey drills on Wednesday to put their hockey abilities to the test. Then in the afternoon they will design their Blue Jay Game Poster for the *BIG* Game. On Thursday, the children will bring their loud voices as they cheer on the Blue Jays who play against the Oakland A’s. The campers slide into Friday, as they compete in a Soccer Tournament and then cool off at the Local Splash Pad in the afternoon.

**August 17<sup>th</sup> – 21<sup>st</sup> .....** **“Wild Ones!”** Welcome to the Jungle as the campers get in touch with their inner animal by participating in an Animal Collaboration Game. Then in the afternoon they will play “Animal Stomp”. On Tuesday, the children will board the Jungle Bus to the African Lion Safari. On Wednesday the campers will learn more about slimy creatures at REPTILIA. Then, once the children return to the centre they will do Animal Face Painting on each other. Thursday they will continue their Animal Adventures by competing in Animal Race Games and then later on they will set-up for the **OVERNIGHT CAMPOUT**. Of course, dinner is provided (along with a LOT of fun!) The campers will end the week making breakfast while relaxing in their Pajamas watching Movies and having Electronic Day. No lunches are required for Friday.

**August 24<sup>th</sup> – 28<sup>th</sup> .....** **“All Natural”:** The campers will begin the week getting in touch with nature by creating an animal habitat and then later in the afternoon, designing their own Junk Art Masterpiece. On Tuesday, the children will visit the Humber Arboretum learning how to track animal prints, and more about animals and their natural habitats. On Wednesday, the campers will visit Belfountain Conservation Area to go on a nature hike. Thursday will find the children busy painting on canvases and later in the day participating in a scavenger Hunt. The children will finish the week off by making their own Loose Parts creation and then cooling off in the afternoon at the local Splash Pad.

**August 31<sup>st</sup> – September 4<sup>th</sup> .....** **“The BIG FINISH!”** It’s a race to the end of summer, as this is the campers’ final week at Camp Alpha before school begins. The week will start off with the children participating in “Paint Tag” and then in the afternoon getting wet at the local Splash Pad. Tuesday the children will explore their surroundings at the Ontario Science Centre using their senses. Wednesday the children will go bowling at Brunswick Lanes and then in the afternoon the children will play “Minute to Win It” Game. On Thursday, the campers will remember the friends they made at camp by autographing each others shirts. Then, they will relax at the local Splash Pad. The children will end the last day of camp in style with a delicious Pot Luck Lunch and then later on they will put on their own D.J. Dance Party.

# July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>June 28 New Beginnings with New Friends</p>  <p>29 a.m. Speed Friendring Lunch</p> <p>p.m. Keys to being a Good Friend</p>	<p>29 a.m. Speed Friendring Lunch</p>  <p>p.m. Keys to being a Good Friend</p> <p>A.m. Canada Day Party Lunch</p> <p>p.m. Make Masks &amp; Props for Photo Booth</p> 	<p>1 CANADA DAY (Centre Closed)</p>  <p>2 a.m. Continue to make Masks &amp; Props for Photo Booth Lunch</p> <p>p.m. Movies @ Cineplex Orion Gate</p>	<p>9 a.m. Chalk Painting Lunch</p>  <p>p.m. Sponge Tag Lunch</p> 	<p>16 Medieval Times (Children need to bring a disposable lunch)</p>  <p>p.m. Splash Pad at Local Park</p>	<p>17 a.m. Pot Luck Feast Lunch</p>  <p>p.m. Splash Pad at Local Park</p>	<p>18</p> 
<p>5 Aqua Week</p>  <p>6 a.m. Kool-Aid Art Races</p> <p>p.m. Water Sponge Lunch</p> 	<p>7 Trip to Ripley's Aquarium</p>  <p>8 a.m. Coloured Ice Painting Lunch</p>  <p>p.m. Blanket Balloon Toss</p> 	<p>15 a.m. Make a Crown for the King &amp; Queen Lunch</p>  <p>p.m. Find the Bean for the King &amp; Queen</p>	<p>22 a.m. Decorating Chef Hats/Aprons Lunch</p>  <p>p.m. World's Largest Banana Split Lunch</p>  <p>23 Trip to Super Centre</p> 	<p>16 Medieval Times (Children need to bring a disposable lunch)</p>  <p>p.m. Splash Pad at Local Park</p>	<p>17 a.m. Pot Luck Feast Lunch</p>  <p>p.m. Splash Pad at Local Park</p>	<p>18</p> 
<p>19 Master Chef Alpha</p>  <p>20 a.m. Frozen Fruit Ghost Treats Lunch</p> <p>p.m. Fear Factor</p> 	<p>21 a.m. Cake Box Challenge Lunch</p>  <p>p.m. Decorate Cake Cakes for the Challenge</p>	<p>29 a.m. Make our own Italian Pizzas Lunch</p>  <p>p.m. Making Brownie Biscotti</p> 	<p>30 Trip to Spoonfuls Restaurant for lunch</p>  <p>31 a.m. Making Bibingka-Filipino Coconut Cake Lunch</p>  <p>p.m. Splash Pad at Local Park</p>	<p>26 Amazing Race</p>  <p>27 a.m. Making Lets and Hula Skirts Lunch</p>  <p>p.m. Hula Dance Off</p> 	<p>24 a.m. Ice Cream Taste Test Lunch</p>  <p>p.m. Splash Pad at Local Park</p>	<p>25</p> 
<p>4</p> 	<p>10 a.m. Bleeding Art Lunch</p>  <p>p.m. Splash Pad at Local Park</p>	<p>11</p> 	<p>26</p> 			

Trips are Subject to change. Every Friday the children will have a 'Tea' in the morning and go to the Local Splash Pad in P.M. (WEATHER PERMITTING!)

# August 2015

Sat	Fri	Thu	Wed	Tue	Mon	Sun
1						
8	7 a.m. Perform Play Lunch p.m. Splash Pad at Local Park	6 Trip to Famous People Players Lunch p.m. Splash Pad at Local Park	5 a.m. Improv Acting Workshop Lunch p.m. Make props for Play	4 a.m. Create a Play Lunch p.m. Charades	3 CIVIC HOLIDAY (Centre Closed)	2 Act It Out!
15	14 a.m. Soccer Tournament Lunch p.m. Splash Pad at Local Park	13 a.m. Finish Blue Jay Posters Lunch p.m. Blue Jays Game	12 a.m. Hockey Drills Lunch p.m. Make Posters for Blue Jay Game	11 a.m. Tai Kwon Do Lunch p.m. Frisbee football & golf	10 a.m. Yoga Lunch p.m. Balancing relays & Cup Stacking Races	9 Let's Go Sport!
22	21 Pajama, Movie & Electronic Day Breakfast served Pajama Party	20 a.m. Animal Race Games Lunch p.m. Set-up for Overnight campout	19 a.m. Reptilia Lunch p.m. Animal Face Painting	18 Trip to African Lion Safari Lunch p.m. Animal Stomp	17 a.m. Animal Collaberation Lunch p.m. Animal Stomp	16 Wild Ones!
29	28 a.m. Loose Parts Art Lunch p.m. Splash Pad at Local Park	27 a.m. Painting on Canvas Lunch p.m. Scavenger Hunt	26 Trip to Belfountain Conservation Lunch p.m. Scavenger Hunt	25 Trip to Humber Arboretum Lunch p.m. Junk Art	24 a.m. Creating an Animal Habitat Lunch p.m. Junk Art	23 All Natural Week
	4 a.m. Set-up for Pot Luck Lunch p.m. Dance Party	3 a.m. Autograph shirts Lunch p.m. Splash Pad at Local Park	2 a.m. Bowling @ Brunswick Lanes Lunch p.m. Minute to Win it!	Sept. 1 Trip to Science Centre Lunch p.m. Paint Tag Local Park	31 a.m. Paint Tag Lunch p.m. Splash Pad at Local Park	30 THE BIG FINISH

Trips are Subject to change. Every Friday the children will have a 'Tea' in the morning and go to the Local Splash Pad in P.M. (WEATHER PERMITTING)

# Camp Lunches

Everyday of camp your child needs to bring a lunch, morning snack and a water bottle. All these need to fit into a **sturdy backpack** which your child can comfortably carry. There also needs to be room in the backpack for: **sunscreen, a bathing suit and towel, an extra T-shirt, water shoes and a book.** (**WATER SHOES** are the **ONLY ACCEPTABLE** footwear for at the Splash Pad. ) (*The children do not carry these everywhere, but they need to have them available everyday.*)



Alpha will provide afternoon snack.



Lunches will not be refrigerated.  
Please keep this in mind when choosing the contents of your

child's lunch. Do not pack anything that will spoil in the heat. **Partially freezing water bottles** and drink boxes will keep them nice and cold until lunchtime, and provide a coolant for the lunch in general.

Lunches need contain a proper quantity and quality of nutritional foods which will **give your child the energy they require for their busy day.** Lunch and snack should contain:

- **3 to 4 fruits and vegetables** (i.e. fruitcups, fresh fruit, fruit bars, veggies and dip, box of raisins, fruit or vegetable juices)
- **2 breads/grains** (i.e.sandwiches, cereal bars, granola, nachos, muffins and bagels)
- **2 proteins** (i.e. cheese, tuna, egg, meats, etc. This can be sandwich fillings or on their own.)
- **1 or 2 dairy products** ( i.e. cheese, yoghurt, yoghurt drinks and puddings)

Foods such as chips, cookies and *Fruit Roll-ups* can be used occasionally, but they should be an additional treat and not a substitute for healthier foods. Staff will encourage the children to eat the other contents of their lunch before enjoying these treats.

**NO PEANUTS OR PEANUT PRODUCTS !** (*Please carefully read the ingredients on food bars, etc.* ) If you have any questions or concerns please speak to one of the staff.



*Thank-you*

Comfort  
**Backpacks**  
Weight  
Children's  
Back  
Safety  
Staff's Contents



## The Children's Backpacks

### **How much weight should your child carry in a backpack?**

Approximately 10% of their body weight. For examples, if your child weighs 50lbs/22kg, he/she should carry a maximum of 5lbs/2.2kg. Or if your child weighs 80lbs/36kg, he/she should carry a maximum of 8lb/3.6kg.

### **How much do some common objects weigh?**

- a chapter book 1lb/.45kg
- lunch and snack 2lbs/1kg
- a pair of water shoes 2lbs/.9kg
- 20oz. water bottle .25lbs/.68kg
- wet towel and bathing suit 2lbs/1kg

### **What should be in the children's backpack each day?**

A water bottle (filled 1/4 full with water and frozen, then topped up—it will stay cool all day). Lunch, one snack and drinks, bathing suit and towel (put these in a plastic bag. if not needed they can easily be left behind at the centre. The bag is a good water proof container for the towel and bathing suit if they are used and wet), water shoes are the ONLY ACCEPTABLE footwear for at the splash pads, an extra T-shirt, sunscreen and a book.

### **What should NOT be in the children's backpack each day?**

As you can see from above, the children do not have a lot of room to bring "extras" of any kind, Gameboys, CD players and such, medication (including puffers).

### **Other Backpack Tips**

The children must be able to properly close the backpack, therefore a working zipper or tie mechanism is a must. Adjust shoulder straps so that the pack sits "up on" the child's shoulders. It puts extra stress on the back muscles if it hangs down in the lower back/buttock area. Backpacks should fit snugly and not "flop around". Encourage your child to fasten belts and tie waist straps. Backpacks should be labelled, but, write their name inside or on the part that is against their back when wearing it.

## The Staff's Backpacks

### **Staff should carry in their backpacks:**

First Aid Kit, Children's Emergency Information, Attendance, Trip Money, Trip Booking Sheets, Emergency Money, Cell Phone, Water, Gatoraide Powder, Their Own Lunch and Snack (Which is a good nutritional example to the children), a couple extra picture books, small creative supplies, and other "on the spot" activity equipment.

# Alpha's Summer Camp Overnight

## Permission Form

Thursday, August 20<sup>th</sup>, 2015  
6:00 P.M. – until Friday, August 21<sup>st</sup>, 2015.



THE CHILDREN WILL REMAIN AT THE CENTRE OVERNIGHT

DINNER: PIZZA, SALAD, & SUNDAES

ACTIVITIES & MOVIES

BRING SLEEPING BAG, PAJAMAS, PILLOW, CHANGE OF CLOTHES, TOOTHBRUSH &

TOOTHPASTE

SLEEP TOY (IF THEY WISH) & ELECTRONICS DEVICE (IF THEY WISH) FOR EACH CHILD  
(everything MUST be labeled!)

FORMS DUE BY

WEDNESDAY, AUGUST 19<sup>th</sup>, 2015 IN THE MORNING

I (WE) ACKNOWLEDGE THAT ALPHA IS RESPONSIBLE

FOR MY CHILD(REN) UNTIL THEY ARE PICKED UP FRIDAY AUGUST 21<sup>st</sup>, 2015 AT THE  
CENTRE.

I CAN BE REACHED AT THE FOLLOWING PHONE #'S UNTIL THEN:

( ) \_\_\_\_\_ TIME \_\_ NAME OF LOCATION \_\_\_\_\_

( ) \_\_\_\_\_ TIME \_\_ NAME OF LOCATION \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_

CHILDREN'S NAMES (& AGES): \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Forms Returned \_\_\_ Amount Paid \_\_\_ Date \_\_\_ Staff Initials \_\_\_

*This overnight campout is a non licensed program*