

Kids in New West

HEALTHY KIDS BUILD HEALTHY COMMUNITIES & HEALTHY COMMUNITIES BUILD HEALTHY KIDS



**Compliments of the
New Westminster
Early and Middle Childhood
Development Committees**



**A Community Guide for Families with Children 0 to 12
3rd Edition**

Early Childhood Development



Supporting all Children Builds a Healthy Community

Early Childhood Development (ECD) is:

- The physical, social, emotional, and cognitive qualities developing in the child from birth to age 5.
- An understanding of when, how and why young children grow and change in the ways they do.
- Creating a healthy and supportive community so families and children can grow to their full potential.
- Working together because early childhood has a huge affect on a child's development that can last into adulthood.

The New Westminster ECD Committee:

- Has a common purpose of wanting to increase the health and well-being of young children and their families.
- Is a community driven initiative that fosters public awareness of the strengths, needs and the gifts of young children and their families, and builds capacity to promote their health and well-being.
- Envisions a community with healthy, educated, safe and happy children.
- Promotes early childhood development while embracing a 'Children First' attitude.
- Works collectively to plan, develop and provide opportunities for young children and their families in New Westminster.

For more information, please contact: the Community Development Worker at 604.660.0310, or visit www.kidsnewwest.ca

Middle Childhood Development



***“Every child deserves someone who is absolutely crazy about them.”
Dr. Urie Bronfenbrenner***

Middle Childhood: the Years between 6 and 12

The middle childhood years are a pivotal time in a child’s intellectual, emotional, social, physical and spiritual development. Children at this age face changes to their bodies, puberty, body image issues, peer influence and social insecurity. Their ability to cope, learn, and develop positions them to reach their optimal potential, have the ability to seize opportunities and be resilient when faced with challenges in later years.

The New Westminster Middle Childhood Development Committee:

To support the healthy growth of children in New Westminster, the New Westminster Middle Childhood Development Committee (NW MCDC) has developed a plan to focus attention on the middle childhood years and to offer strategies based on the needs, assets and capacity of children, their parents and local service providers. We envision a New Westminster in which middle childhood aged children are healthy, happy and resilient. Our mission is to strengthen the capacity of the community to collaboratively provide opportunities and resources for middle childhood aged children and their families that support social-emotional competence, connectedness to parents, peers, school and the community.

For more information, please contact: the Community Development Worker at 604.660.0310, or visit www.kidsnewwest.ca



Welcome to Kids in New West!



Welcome to the 3rd Edition of **Kids in New West**, a community resource guide for families with children 0 to 12 jointly produced by the New Westminster Early and Middle Childhood Development Committees.

Inside this guide you will find a wealth of information on organizations in the City that provide services for families with children 0 to 12.

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For additional resources and details of upcoming events for families
with children 0 to 12, please visit: www.kidnewwest.ca

Developing Minds...Building Brains...

When a child is born, his or her brain is still developing. Brains develop throughout life, but never as much as the first five years when they undergo extraordinary growth.

You nourish your child's healthy physical development with good food, fresh air and active play.

You nourish your child's healthy brain development when you love them, keep them safe and offer them new and varied experiences.

When you talk to your child, go to the park or the library, look at books, sing songs, cuddle or play peek-a-boo, you nurture your child's development.

Simple things count.

When you talk, read and sing to your child, you help lay the foundation for learning language and developing cognitive (thinking) skills. Skills needed for reading, math and school success.

When you play and have fun with your child you foster their development.

Play helps children develop cognitive and language skills, and helps develop motor skills, such as crawling, walking and learning to balance. Skills needed to draw a picture or ride a bike.

Nourish your child with the gifts of love, safety, affection, time and attention.

These gifts cost nothing and last a lifetime.

Reference: Brotherson, S. (2005). Understanding brain development in young children. Fargo, ND: NDSU. www.ag.ndsu.edu/pubs/yf/famsci/fs609w.htm

Community Connectedness

One of the best things you can offer any child is a strong connection to community.

When you read biographies of great leaders, many of them talk about how they were shaped by experiences of serving others with their families. No matter the age of your child, volunteering as a family is a great way to spend quality time together while also shaping your child's character.

Serving others doesn't have to take a lot of time. There are hundreds of ways to volunteer together as a family, ranging from quick projects at home to taking family volunteer vacations, making it easy to find one that fits your family's needs.

Kids need to have relationships with caring adults outside of their families, including neighbors, their friends' parents, program leaders, and other community members.

While helping your kids get involved in your community is an important part of connecting your family to other people around you, it's also important to support the other adults in your neighborhood in creating a safe, welcoming, and caring community for kids.

By helping create an engaged community, you can ensure that all of your community's children are given the support they need to grow up to be healthy, caring, responsible adults.

Source: www.parentfurther.com



Parks, Culture and Recreation provides a wide range of quality programs designed to stimulate physical activity, social integration and cognitive development while providing children with smiles.

In addition, we offer parents a wide range of 'Parent and Tot' and 'Parent Participation' programs so that you can be a part of your children's experience and meet other parents to share ideas and friendships.

Childminding services (for parents enjoying fitness classes, swims or workouts at Centennial Community Centre or Canada Games Pool) are also available.

Here are some of the types of drop-in and registered programs offered:

Recreation

- Gymnastics and Trampoline Programs
- Motoring Munchkins
- Mom and Baby Yoga
- Sunday \$1.00 Family Swims
- Swimming lessons
- Skating Lessons
- Public Skates (Parent and Tot, Family and Loonie sessions)
- Piano, Guitar and Singing Lessons
- Art Programs
- Sports Programs
- Cooking Programs
- Martial Arts
- Dance
- Theatre
- Birthday parties
- Tiny Tot Playtime (Preschool program)



Parks

- Playgrounds, Tennis Courts
- Spray Parks
- Hume Park and Moody Park Outdoor Pools
- Trails

Recreation Centres

Please see the map on pages 26 and 27 for locations of recreation centres.

Please visit www.newwestpcr.ca for more detailed program information.

I like it when you have fun with me...

New Westminster Parks, Culture and Recreation Subsidy



The New Westminster Parks, Culture and Recreation Department will provide residents of New Westminster who are living with a low income 50% off the registration fees for many of the programs offered in the Active Living Guide (including pool and rink admission charges).

To participate in this program an applicant must provide Fraserside Community Services with proof of household income and proof of residency. The files and information must be updated annually.

For more information, please contact the Community Grants volunteer at:

604.522.3722 (ext. 120) or visit Fraserside Community Services at 518 7th Street, 2nd Floor.

Hours of operation: 9:30 to 4:30, Monday to Friday.

The New Westminster Museum and Archives

The New Westminster Museum and Archives will immerse you in the treasures of our exciting past while exploring events and artifacts from the early days of the City. From sternwheelers to Maypoles, visitors can glimpse back in time and see what life was like for the pioneers of British Columbia.

Learn about the history of your community by examining archival documents, photographs, and maps. Archives staff can help you find information about "lost" relatives, significant historical events or facts about older homes in the City.

Experience over a century of memories in the pioneer home of Captain William Irving. With 14 furnished rooms to enjoy, Irving House is a must see for everyone interested in New Westminster's past.

Guided tours are available Wednesday through Friday from 12 to 4 pm (September to April), and 12 to 5 pm (May to August). Admission is by donation.

Irving House and the New Westminster Museum and Archives are located at:

302 Royal Avenue

For more information, please call:
604.527.4640.



Community Kitchens in New Westminster

How do they work and why would you join?

At a Community Kitchen you will meet new people, try new recipes and learn how to cook low cost, nutritious meals. You can save time and money while having fun and making new friends. You will also get to take recipes and food home with you. Your input is always welcome, so you can share with us your favourite recipes.



Some of our kitchens provide professional child care at no cost to you, so come and give yourself a break and try something a little different. We also have interesting speakers that will share new and beneficial information for you and your family.

If you are new to New Westminster this is a great way to make new friends and get to know community resources. Community Kitchens take place at various locations in New Westminster each month.

For more information, please contact:

Pat at Cameray Centre 604.764.1358, or,
Diane at Fraserside Community Services 604.522.3722 ext. 117

Biggest Little Garden in Town



The purpose of Fraserside Community Service's **Biggest Little Garden in Town (BLGT)** program is to increase food production in the City of New Westminster, BC. The BLGT is a container garden project which teaches and encourages individuals, and the community in general, to utilize small areas to grow vegetables and fruit. Any New Westminster resident living in an apartment or who has limited access to land is eligible to become a BLGT member.

The BLGT provides its members with a three-tiered cedar garden, soil, fertilizer, plants/seeds, tools and a handbook. All of these things are provided and delivered FREE of charge to members. The BLGT handbook is made up of pictures and information on how to grow, harvest and prepare the vegetables provided by the program. Every BLGT member is also invited to attend the educational workshops offered in the spring and fall.

The target audience for this program is low-income families living in apartment buildings. Apartment dwellers that are not low-income may become members, but are asked to make a donation to the program.

For more information, or to provide funding to help it expand, please contact Diane at: 604.522.3722 ext. 117 or dianec@fraserside.bc.ca

New Westminster Public Health Services

New Westminster Public Health Services offers health information, counselling and support Monday to Friday by phone, home visits or clinic appointments.

Nurses provide vaccinations free of charge to protect your child or yourself against vaccine preventable illnesses.

Other services include health information, breastfeeding support, nutrition information, growth and development and help with general health concerns for your baby, child or yourself.

For more information about public health services, or to speak to a nurse, please call: 604.777.6740 or visit the Health Unit on the upper floor of the Royal City Centre at 610 Sixth St.

Your Child's Vision



Over 80% of a child's learning is based on vision. If vision problems remain untreated, kids who are packed with potential are left behind in learning.

An eye doctor can complete a comprehensive eye exam even if your child doesn't know their ABCs. An eye doctor can use shapes, animals and other child-friendly ways to evaluate vision and eye health.

Your child looks up to you, but how they *really* see may be much different than they should. One in five children has a vision disorder. Not knowing there is a problem, many of these children accept poor vision and other eye ailments as normal. If left unchecked, serious long-term effects can result.

Warning signs to look out for:

- Sitting very close to the television
- Holding objects too close
- Lack of concentration
- Excessive blinking or eye rubbing
- Tilting of the head or unusual posture
- Lack of participation
- Visible frustration or grimacing
- Avoiding puzzles, books, colouring or other near-distance work
- Hyperactive or short attention span
- Covering one eye when looking at something up close
- Marked inability to catch, build, balance or do any other related eye-hand coordination activities
- Complaining of headaches, blurred/double vision, or burning and itchy eyes

Source: "ab see a BCAA children's vision program: your child's eye health" British Columbia Association of Optometrists.

For more information, or to find an Optometrist near you, visit www.absee.ca or call toll free 1.888.393.2226.



Services to Parents

- Free information, consultation and referrals for licensed or registered license-not-required child care providers
- Child care subsidy information and assistance
- Referrals to community resources
- Free newsletters
- Parent educational opportunities



Services to Caregivers

- Training opportunities
- Referral and consultation services
- Toy and resource lending library
- Newsletters
- Networking opportunities

Returning To Work?

Returning to work and leaving your child in the care of someone else is an emotional experience for most parents. Give yourself plenty of time to find the type of child care that you will be comfortable with. There will be a lot of adjustments to make so ensure that you have realistic expectations of yourself. Wherever possible, try to share family responsibilities.

Choosing Quality Child Care

Quality child care has at its core care providers who are knowledgeable and who genuinely enjoy working with children. They should:

- Be affectionate and responsive to the needs of children.
- Listen to children when they speak and respond with interest and respect.
- Enjoy playing and interacting with children.
- Demonstrate knowledge about child development and have experience and training specific to child care.
- Provide positive guidance and discipline methods that build children's self-esteem and self-confidence. (For information on appropriate methods of guidance and discipline please see the online booklet *Guiding Children's Behaviour* at: www.healthservices.gov.bc.ca/ccf/child/publicat/comm/com015.pdf)
- Have clear knowledge about health and safety issues affecting children and have training in first aid and CPR .
- Be willing to access community resources, supports, and training.
- Demonstrate cultural sensitivity and respect. Be open, informative, and communicative with parents and demonstrate the ability to work together with families to develop common goals.

Some indicators of quality in the child care setting include:

- A warm and welcoming environment
- Children that are happy and actively involved
- A daily schedule that is flexible and allows for the individual needs of the children
- An environment that is child-centered and provides opportunities for children to make choices and be independent.
- Developmentally appropriate materials and activities
- Opportunities for outdoor play
- An environment that is safe for children
- Cleanliness: toys, equipment, bathrooms, and food preparation areas are kept sanitary.
- Policies are in place around issues such as health, safety, guidance and discipline
- An environment where parents are encouraged to visit

What Are Your Child Care Choices?

In British Columbia, there are many types of child care. Whether or not a child care program needs a license depends primarily on how many children the program is caring for. By law, if a provider cares for more than two children, or one sibling group not related to them they must be licensed. Quality child care programs that provide a safe, healthy and nurturing environment for children can be found in a variety of settings.

For information on the child care options available to you please download the Ministry of Health publication **"Parents' Guide to Selecting and Monitoring Child Care in BC"** at:
www.health.gov.bc.ca/library/publications/year/2009/Parents'_guide_child_care.pdf

Help is available!

Help is available to families searching for child care through the provincially funded Child Care Resource & Referral (CCRR) Program. For information and referrals in New Westminster please contact the Burnaby New Westminster YMCA CCRR at:

#161 5172 Kingsway, Burnaby Phone: 604.294.1109 bnwccrr@vanymca.org
Or, visit: www.vanymca.org

Make your own Play Dough!

Ingredients:

2 cups flour	1/2 cup salt
2 tbsp. cooking oil	2 cups <u>boiling</u> water
2 tbsp. Cream of Tartar or Alum (found in the spice section of the grocery store)	
1 package Kool Aid or food colouring	

Directions:

Mix dry ingredients together. Add oil and food colour to boiling water.
Have an **adult** pour the water into the dry ingredients and mix.
Gradually add additional flour as needed until dough is a soft, non-sticky consistency.
Put the dough on a clean surface and knead until cool.
Store in an airtight container when you are not playing with it.

Family Volunteering = Community Connections

How can we encourage our children to feel connected to the community? Let's try to connect more to what matters to us, with our children, by volunteering.

Volunteering means "*Community Connectedness*." One of the biggest rewards that will come from volunteering is the sense of being a part of your community! Think of the annual events that happen in your neighbourhood. These events take place because of volunteers who make it all happen. A community event reflects the people who live in the area and who come out to enjoy the event. As events evolve to connect the community, the volunteers are also growing to meet the needs of the community!

You want to volunteer, but your family is so busy! Join the **CVC Flying Squad at Community Volunteer Connections**. The Squad connects volunteers of all ages to short-term volunteering in the community. It's easy for families to volunteer together. You can volunteer where you want, when you can. Flying Squad volunteers help at events: before events doing mail-outs or poster distribution, at events doing all sorts of things, and after events by making thank you cards.



Another easy way to build that kind of *community connectedness* in your community is through your school! Have you seen the vibrant groups of painted fish on school fences? Did you know it took children, families and teachers coming together with the school Parent Advisory Committee to build the **Stream of Dreams** mural? The Stream of Dreams program will help you learn about how the community connects to the ecosystem. The Stream of Dreams Project perfectly demonstrates how parents, youth and the school can come together to learn and build a visual reminder of *community connectedness*.

For information about the Streams of Dreams, contact 604.522.9420, or e-mail: info@streamofdreams.org

To contact Community Volunteer Connections please call 604.529.5139, or e-mail: cvcinfo@volunteerconnections.net



Western Society for Children



102 – 93 Sixth St
604.515.0810
www.wsfc.ca

We are an agency of hope that enhances the lives of challenged children and their families. Our vision is inclusive and barrier-free communities in BC. As a registered charity, our priority is families in need. We have an open referral process from individuals or community service providers. We do not receive any government funding from the Ministry of Children and Family Development or the Ministry of Health for our programs or services, so our programs are low-cost, but some subsidies are available.

Disability affects one in five children. It may be evident at birth, happen as a child grows, or result from trauma.

Western Society for Children helps families of children with a physical or invisible disability or delay. Our support is highly individualized and our programs help with early childhood development and with school aged concerns.

Little Steps – Help parents support their child's learning and development with Little Steps in early development.

Room to Play – Offers parents the chance to practice for self-care strategies, productivity, leisure. Also, our small group activities help kids keep up or catch up with their peers or in sports. Groups are 5 weeks at flexible times.

Family Resources for Ability – Lends toys, games, and equipment to families. These specialized resources provide fun ways to engage in learning to overcome challenges.

Other Supports:

Family Support Volunteers help families, giving access to our programs and support.

Funding Assistance Program – We assist through subsidy and advocacy for shortfalls in funding for equipment or therapeutic activities.

As a parent, you know your child the best. We are here to listen to your hopes and ideas.

We have an authentic understanding of disability and will do our best to help children who are falling through the gaps in government systems.



Please contact us at 604.515.0810 or info@wsfc.ca for more information.

Kids New West

Family Services of Greater Vancouver



301– 321 6th Street 604.525.9144 www.fsgv.ca

Community Education and Development Services (CEDS) New Westminster Programs and Services for Families

The following programs are free and offer a childminding program for children under 6 years old. Some transportation assistance is also available.

Single Mothers' Support Group: Get support, learn about community resources, enhance parenting skills, and discuss the joys and challenges of parenting as a single mother.

Parenting in Canada – a parenting skills program for Spanish-speaking immigrant and refugee mothers and caregivers. This is a place to get support, build social networks and explore issues related to parenting in a new country.

ESL for Mothers and Caregivers – English classes with a focus on parenting skills. Make friends and learn about the community (in partnership with Fraserside Community Services).

ECD Parent Advisory Committee – a group of volunteer parents that meets regularly (about once every 6 weeks) to champion the importance of early childhood development by working on projects such as planning workshops and events and helping out with a quarterly newsletter.

ESL for Women – English classes for immigrant and refugee women. Learn everyday English and find out about resources (in partnership with Pacific Immigrant Resources Society).

Here is a list of some other programs that may be of interest to parents of both preschool and school-aged children.

Money Skills - a free program offered through partnerships between Family Services of Greater Vancouver, our generous sponsors and community organizations. The program is designed to help participants increase their knowledge and confidence in the tasks of daily money management. In this 4 week program you will learn about: Banking, Budgeting, Consumerism and Credit.

New Westminster Community Immigrant Mentorship Program - offers newcomers living in New Westminster support from more established immigrants to increase their civic participation and community engagement. In addition, the newcomers meet every Wednesday afternoon to learn about a new topic or service.

Family Life Education (Parent Support) Workshops – interactive parenting courses, workshops and in-school presentations are offered for free or a modest fee to participants or a host organization.

Explore a Green World – is an environmental, multicultural and educational program that educates children and their families on the importance of protecting our environment.

Counselling Program – counselling services are available for children and families. Fees based on a sliding scale.

For additional information or to register for any of these programs and services, please call: 604.525.9144 or email psteiner@fsgv.ca

New Westminster Family Place

New Westminster Family place is a family resource program providing a variety of fun, informative and social programs for families with children newborn to 5 years old. Meet other young families and share the joys and challenges of parenting. Enjoy the child friendly space, learn about your child's ages and stages, attend a parenting class and connect with other community resources.

Drop-In Program in four locations:

Main site, F.W. Howay Elementary School, 12th Street and the New Westminster Food Bank at Shiloh Sixth Ave Church. (See address details below).

All featuring:

- bright, active playrooms for parent/child play opportunities
- parenting support and information
- children's snacks
- songs and stories

Clothing Exchange

- Find clothes as your child grows and pass the "too small" ones along

Toy Lending Library

- Borrow different toys without spending a lot of money

Parent Education Programs

- Leave your children with staff and volunteers and join weekly sessions on various topics

Nobody's Perfect Parenting Program

- A six week parenting series for parents

Monthly Professional Visits

- Public health nurse, speech & hearing therapist, infant development specialist and supported child development specialist are here to answer your questions and make referrals as needed

Immigrant Grandparent Program

- A special program for immigrant grandparents and their grandchildren

Parent – Child Mother Goose Program

- Learn new rhymes, stories and songs to enjoy with your child



Join us:

Main Site, 101 – 93 Sixth Street
12th Street, 1170 - 8th Avenue (corner of 12th St & 8th Ave)
F.W. Howay Elementary School, 91 Courtney Crescent
New Westminster Food Bank at Shiloh Sixth Ave United Church, 1111 - 6th Avenue

For more information, please call: 604.520.3666, or visit: www.nwfamily.bc.ca



Cameray Child and Family Services

#6 – 602 7th Avenue

604.520.0009

www.cameray.ca

Parent Support Program: A FREE educational and social program for families who live in New Westminster. The program serves expecting parents or people with children up to the age of 5, and offers one-on-one support and groups. Group topics include:

Mother Goose

Anger

Nobody's Perfect

Positive Discipline

Art and Crafts

Attachment

and much more!

Counselling: Short and long term counselling for families with a child 18 years or under. Counselling is provided at no charge to residents of New Westminster. Funded by the Ministry of Children and Family Development.

Child Victim Support Service: Provides support and advocacy to children 18 years or under who are victims of, or witnesses to, a crime.

For more information, please call Cameray at: 604.520.0009



The **Royal City Farmers Market Association** hosts a summer Farmers Market every Thursday from 3pm to 7pm from June to October in **Tipperary Park**, beside **New Westminster City Hall**. A Winter Market is also held from November to April the first Saturday of the month from 10 am to 2 pm at the **River Market** at the New Westminster Quay.

The market features fresh farm produce, plants, quality crafts from local artists and artisans, gourmet prepared foods, community information, live entertainment, and more.

Come out and support local farmers, artisans, and foodies! For more information visit: [//rcfm.ca](http://rcfm.ca)

Burnaby Family Life - New Westminster Programs

Pregnancy Outreach Program

A weekly support group for high-risk* women that includes a nutritious lunch, one-hour education session, the services of a Registered Dietitian, Outreach Worker and Public Health Nurse.

Baby & Me Program

A weekly support group for high-risk* women with babies zero to 6 months that includes a hot lunch, one hour education session, the services of a Registered Dietitian, Outreach Worker and Public Health Nurse.

For registration information, please call 604.659.2228

**dealing with addictions, abuse, poverty, mental/physical health, feelings of isolation, etc.*



Lower Mainland Purpose Society

40 Begbie Street

604.526.2522

www.purposesociety.org

The Lower Mainland Purpose Society is a community-based multi-service organization that delivers a continuum of programs to children, youth and families.

Programs for families with children 0 to 6 years of age:

Pitter Patter Circle Time: A group for pregnant moms and parents/guardians of children 0 to 35 months. Registration required. A light lunch is served. The group focuses on:

- Healthy pregnancies
- Decreased isolation
- Increased stability and family functioning
- Engaging children in group activities and story times
- Age appropriate community outings
- Introduction to aboriginal services

Family Circle: A fun, inclusive group for parents/guardians of children, 36 months to 5 years of age. Registration required. Lunch is served. The group focuses on:

- Parent-child interaction
- Increasing socialization
- Decreasing isolation
- Gaining independence and social skills
- Pre-school and school readiness
- Community outings
- Aboriginal services and community resources

Programs for families with children 4 to 12 years of age:

Parenting Children with Challenging Behaviours (PCCB) This is a parenting education group offering 8 weeks of classes for parents with children 4 to 12 years of age. Classes are held twice a year in the spring and fall. Limited childminding is available. Registration is required. Topics include:

- Discipline vs Punishment
- Meaning of Behaviours
- Problem solving
- Active Listening/Communication
- Consequences

The Importance of Play: The Early Years

Play develops imagination and creativity. Play also allows children to practice social skills they need to develop. They try out some of the very basic things that we take for granted that they already know such as when to give, take, or share, how to get along with others, how to listen, to plan, and to feel out how others are receiving their ideas.

Play is an activity that is repeated over and over and over again. Play is practice for good living, but we often feel guilty about encouraging children to play. We really don't give it the respect a job should have and it is their job after all.



How do Children Learn?

In order to fully appreciate the benefits of play, we must understand that young children learn from direct involvement with the basics (what they can see, hear, taste, and feel) as opposed to formal academic lessons older children and adults are used to. Young children learn with hands on manipulating, exploring, and experimenting with real materials and objects. Action and movement characterize learning for young children.

Ever stop to think what Development is coming out of Children's Play?

When they dress-up and pretend play, they:

- Mimic and begin to understand adult roles
- Practice math and language skills



When they listen to or look at books with others, they:

- Learn to appreciate books
- Understand that the scribbles and pictures have meaning and context
- Allow themselves to transport into another world, place, or time
- Make a connection with an adult
- Develop listening abilities

Did You Know... Children who engage in excessive use of technology during the after school hours consistently report being less happy and competent than their peers.

Through gross motor development, they:

- Use their imagination and creativity
- Experiment with space concepts (height, width, depth, and length)
- Use patterns, symmetry, and balance
- Improve self confidence with each concrete achievement
- Cooperate, share, plan, and negotiate

Through fine motor development (drawing, play dough, painting), they:

- Develop creativity and imagination
- Strengthen and develop small muscles
- Perfect manipulation and develop self-esteem
- Express creativity and imagination
- Express feelings and moods



When they interact with nature, they:

- Discover the world and its differences
- Develop their curiosity
- Appreciate uniqueness and differences

When they are physically active, they:

- Discover how their body moves
- Learn to feel good about their body and themselves
- Develop their large muscles and learning skills
- Develop the habit of being physically active

When they play with sand or water, they:

- Learn about pouring, measuring, and comparing
- Feel relaxed, safe, and comfortable
- Have an opportunity to expand their sensory awareness
- Can talk with friends and learn about them

When they play with writing materials such as paper, pens, and pencils, they:

- Learn that they can communicate with squiggles and written words
- Strengthen and develop small muscles
- Use a variety of writing tools to convey thoughts and feelings

When they play with puzzles, pegboards, sewing cards, and other hands-on toys, they:

- Strengthen and develop small muscles
- Make discoveries
- Develop eye-hand coordination
- Work on problem-solving skills

Child Development Chart: The First Five Years

Age	Social	Self-Help	Gross Motor
Birth - 6 months	Distinguishes mother from others.	Comforts self with thumb or pacifier.	Turns around when lying on stomach.
	Social smile.	Reacts to sight of bottle or breast.	Lifts head and chest when lying on stomach.
6 Months - 9 Months	Pushes things away he/she does not want. Reaches for familiar persons.	Feeds cracker to self.	Sits alone...steady, without support. Rolls over from back to stomach.
9 Months - 12 Months	Plays patty-cake.	Picks up spoon by handle.	Walks around furniture or crib while holding on.
	Plays social games: peek-a-boo, bye-bye.		Crawls around on hands and knees.
12 Months - 18 Months	Greets people with "Hi" or similar.	Insists on doing things by self such as feeding.	Runs.
	Gives hugs or kisses.	Feeds self with spoon.	Walks without help.
	Wants stuffed animal, doll or blanket in bed.	Lifts cup to mouth and drinks.	Stands without support.
18 months - 2 years	Usually responds to correction-stops.	Takes off open coat or shirt without help.	Walks up and down stairs alone.
	Shows sympathy to other children, tries to comfort them.	Eats with spoon, spilling little.	Runs well, seldom falls.
	Sometimes says "No".	Eats with fork.	Kicks a ball forward.
2 years - 3 years	Plays a role in "pretend" games.	Dresses self with help.	Walks up and down stairs - one foot per step.
	Plays with other children - cars, dolls, building.	Washes and dries hands.	Stands on one foot without support.
	"Helps" with simple household tasks.	Opens door by turning knob.	Climbs on play equipment - ladders, slides.
3 Years - 4 Years	Protective towards younger children.	Dresses and undresses without help, except for tying shoelaces.	Hops on one foot, without support.
	Plays cooperatively, with minimum conflict & supervision.	Washes face without help.	Rides around on tricycle, using pedals.
	Gives direction to other children.	Toilet trained.	
4 Years - 5 Years	Shows leadership among children.	Goes to the toilet without help.	Swings on swing, pumping by self.
	Follows simple game rules in board games or card games.	Usually looks both ways before crossing the street.	Skips or makes running "broad jumps".
		Buttons one or more buttons.	Hops around on one foot without support.

Remember that children develop at different stages and this is only a general guide.

(Source: Harold Ireton, PhD)

Age	Fine Motor	Language
Birth - 6 months	Picks up toy with one hand.	Vocalizes spontaneously, social.
	Looks and reaches for faces and toys.	Reacts to voices. Vocalizes, coos, chuckles.
6 Months - 9 Months	Picks up objects with thumb and finger grasp. Transfers toy from one hand to other.	Wide range of vocalizations (vowel, consonant-vowel, sound combinations). Responds to name - turns and looks.
9 Months - 12 Months	Picks up small object - precise thumb and finger grasp.	Understands words like "No", "Stop", or "All gone".
		Word sounds: says "Ma-ma", or "Da-da".
12 Months - 18 Months	Picks up two small toys in one hand.	Asks for food or drink with words.
	Scribbles with crayon.	Talks in single words.
	Stacks two or more blocks.	Follows simple instructions.
18 months - 2 years	Turns pages of picture books, one at a time.	Follows two-part instructions.
	Builds tower of four or more blocks.	Uses at least ten words. Follows simple instructions.
2 years - 3 years	Cuts with small scissors.	Understands four prepositions - in, on, under, beside.
	Draws or copies vertical lines.	Talks clearly - is understood most of the time.
	Scribbles with circular motion.	Talks in two-three word phrases or sentences
3 Years - 4 Years	Cuts across paper with small scissors.	Understands concepts - size, number, shape.
	Draws or copies a complete circle.	Counts five or more objects when asked "how many?"
		Combines sentences with the words "and", "or", or "but".
4 Years - 5 Years	Prints first name.	Tells meaning of familiar words.
	Draws a person that has at least three parts: head, eyes, nose, mouth, etc.	Reads a few letters (five +).
	Draws recognizable pictures.	Follows a series of three simple instructions

If you have concerns about your child's development contact a professional. See p. 30 for info. 23

Keep Life Predictable: The Importance of Having Routines to

Life can get pretty hectic. Between work, daycare, school, afterschool and weekend activities, it's easy for the days to just fly by. This is why it's even more important to have certain routines that you do everyday to keep life in check. As busy as your day is, if you can do a few simple things, you and your children will be healthier and happier.

Eat together as a family at least once a day

Whether it is breakfast, dinner or lunch – eating together helps your children stay healthy. Why? When adults, children and teens eat together:

- Children do better in school.
- Children have fewer behaviour problems.
- Teenagers are less apt to use alcohol or drugs.
- Children and teenagers say they like having time to talk to the adults in their lives.
- Communication between children and adults improves.
- Children understand their family's values and traditions.
- Traditions are created around food and meals.

Have regular meal and snack times

For preschoolers, having pre-set meal and snack times (i.e. every 3 to 4 hours) helps your children learn to regulate their bodies and eat only when they are hungry. As kids get older, activities can often conflict with eating on a regular schedule. It's important to plan ahead so you aren't caught without something to eat and end up grabbing unhealthy foods on the go. If dinner will be delayed, pack a healthy snack to temporarily fill you up – protein is a good bet (i.e. seeds, yogurt, cheese, half a sandwich). If you have to eat away from home, pack a healthy meal (it's cheaper too!). If you need to buy a meal on a run, think about options other than fast food, such as healthy ready-to-eat meals from the grocery store.

Keep bedtimes consistent

Kids aged 5 to 12 need 10 to 11 hours of sleep each night. Poor or inadequate sleep can lead to mood swings and behavioural problems that impact their ability to learn. Kids have so much going on during the day – activities, TV, computers, social media, etc. And, older kids sometimes have too much caffeine from colas, coffee or energy drinks like Red Bull or Rockstar (which are NOT meant for kids and can pose serious health risks). All these factors combined can lead to difficulty falling asleep, nightmares and disruptions to their sleep. Here are some tips to help your kids sleep better:

- Teach kids about the importance of healthy sleep habits.
- Emphasize the need for a regular and consistent sleep schedule and bedtime routine.
- Keep the bedroom dark, cool and quiet so it's easier to fall asleep.
- Keep TV's and computers out of the bedroom.
- Avoid caffeine.

For more information, visit:

Better Together - bettertogetherbc.ca

Eat Better, Eat Together - nutrition.wsu.edu/ebet/index.html

Sleep for Kids - www.sleepforkids.org/html/about.html

National Sleep Foundation - www.sleepfoundation.org

Come...Play...Explore and Discover the Mighty Fraser River



788 Quayside Dr. 604.521.8401 www.fraserriverdiscovery.org

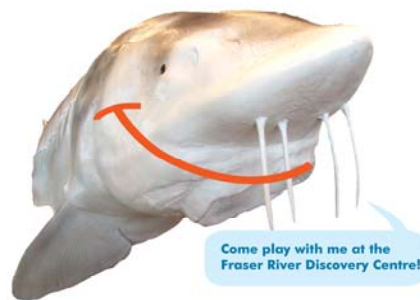
Beginning as a fast stream of mountain water near Mount Robson in the Rocky Mountains, the Fraser River starts its 1375 km journey. Increasing in volume as it picks up more and more water from neighbouring streams, creeks and rivers it travels through the province until it mixes with the salt water of the ocean at the estuary.

The Fraser River is unparalleled in British Columbia for its natural beauty, economic importance and diversity of people and industry. The basin is one of most environmentally diverse watersheds in North America and is home to two out of every three British Columbians. Flowing amongst the currents of the Fraser is an infinite number of important stories waiting to be told....

Learn about the ecology, the history, the cultures, the communities and the industries of this magnificent river at the Fraser River Discovery Centre. Located along the boardwalk at Westminster Quay, the Fraser River Discovery Centre is an interpretive centre connecting people and communities in the discovery and celebration of the living, working Fraser River.

Through interactive exhibits and fun hands-on programs aimed to stimulate passion, educate and enlighten, the Fraser's stories will be told. Come...play... explore and discover the Mighty Fraser at the Fraser River Discovery Centre.

Pictures (l) Kids playing and discovering the environmental impact on the Fraser River. (r) George the Sturgeon



Did you know... The white sturgeon is one of the largest freshwater fish in North America and it lives in the Fraser River? It is known to reach a maximum size of 816 kgs (1,798 lbs.) and 6.1 m (20.1 ft.) and can live to be over 100 years old. Sturgeons have lived through two ice ages and have changed very little since they first appeared over 175 million years ago! Source: Wikipedia. For more information on the Fraser River Sturgeon visit the Fraser River Discovery Centre or visit: www.white-sturgeon.com/





Share the Joy of Reading with Your Child

Recommended Reading from the New Westminster Public Library

A starting point for finding great reading for you and your children. Many of these authors have written other books too.

For Preschoolers

Learn the letter sounds: ABC kids, by Simon Basher 🍁 ABC of Canada, by Kim Bellefontaine

Counting fun:

Let's Count to 100, by Sebe Masayuki Big Storm, by Nancy Tafuri

Talk about Colours:

Meeow and the little chairs, by Sebastien Braun

Brown Bear, Brown Bear, What Do You See? by Bill Martin Jr. /Eric Carle

My family:

Good morning Sam, by Marie-Louise Gay

Mom and Me, by Marla Stewart Konrad

🍁 Oonga Boonga, by Frieda Wishinsky

Animal friends:

Brownie and Pearl Step Out, by Cynthia Rylant

How Rocket Learned to Read, by Tad Hills

🍁 Busy Little Mouse, by Eugenie Fernandes

Shake your Sillies Out:

Tanka Tanka Skunk!, by Steve Webb

Stretch, by Doreen Cronin

🍁 Mortimer, by Robert Munsch



For Primary Grades

🍁 Martin Bridge Blazing Ahead, by Jessica Scott Kerrin

Frog and Toad are Friends, by Arnold Lobel

Judy Moody Gets Famous, by Megan McDonald

Fancy Nancy and the delectable cupcakes, by Jane O'Connor

🍁 "I Did It Because..." How a Poem Happens, by Loris Lesynski

One Day at Wood Green Animal Shelter, by Patricia Casey

🍁 I is for Inuksuk: An Arctic Celebration, by Mary Wallace



Canadian Authors

For Intermediate Grades

🍁 Fourth Grade Fairy, by Eileen Cook

Granny Torrelli Makes Soup, by Sharon Creech

Big Nate In a Class by Himself, by Lincoln Peirce

Red Pyramid (Kane Chronicles), by Rick Riordan

Blood and iron: Building the Railway, by Paul Yee

Egyptology, by Ian Andrew

Do Not Open: An Encyclopedia of the World's Best-kept Secrets, by John Farndon



Welcome to the New Westminster Public Library!

716 Sixth Avenue (across from Royal City Centre)

Hours and events line: 604.527.4659 **Children's Department:** 604.527.4677

Website: www.nwpl.ca

Library hours:

Monday to Friday, 9:30 am to 9 pm

Saturday, 9:30 am to 5:30 pm

Sunday, 1 to 5 pm (except holiday weekends)



The Library is a place for families!

At the Library you can:

- Register for a library card and borrow books, music CDs and movies
- Enjoy **Babytime** (for infants up to 22 months and caregivers)
- Listen to stories and learn rhymes and songs at **Preschool Storytime**
- Participate in one-to-one reading practice (in English or in French) with **Reading Buddies**, offered several times during the school year
- Sign up an older child for one of the monthly **Creative Tweens** programmes
- Help a child maintain or improve his or her reading level over the holiday months with the **Summer Reading Club**
- Talk to library staff for reading suggestions and school assignment help
- Spend time looking at books and meeting other families in the Children's Room

It's all free, and most of our programmes are drop-ins.

For more information visit the library!



The Literacy Now New Westminster committee is comprised of organizations and individuals in New Westminster who are working to increase literacy and access to literacy services for our New Westminster residents.

To contact the committee please e-mail: literacynewwest@fsgv.ca

We understand that literacy is very important to the residents of New Westminster for the following reasons:

- The literacy skills of parents directly affect their family's income, health and overall quality of life.
- Canadians with lower levels of literacy are more likely to be unemployed and earn less.
- Canadians age 16 to 65 who report poor physical health have lower literacy skills than those who report better health.
- Higher literacy skills are associated with higher levels of involvement in various community groups and volunteer activities.

The Literacy Now New Westminster Committee can not stress enough how important it is for parents and grandparents to read to the children in their lives:

- Reading with your child is one of the most important things you can do.
- Reading will help you bond with your child and will give your child (and even you!) experience with different types of language, stories and sounds.
- Research shows that babies and children who are exposed to reading generally do better in school.
- Reading with your child allows them to ask questions and can serve as an informal "learning" time.

Some tips for how you can increase literacy for your family:

- Talk about books together and make reading a fun and valued activity.
- Ensure that there are a number of fiction and non-fiction books at home for your child.
- Read to your child in your first language – even if this isn't English, it will greatly help your child to learn English and other languages.
- Set aside some uninterrupted and technology free (no TV and computers!) time every day to read with your child.
- Give books as treats and presents.
- Join your local library.



How can I help my child/grandchild with their reading if I don't feel very comfortable with my reading ability?

- Practice the story beforehand.
- Read slowly to your child—this will help them understand the story as well!

For Healthy Kids, 5- 2- 1- 0 is the Way to Go!



5 – Eat 5 or more vegetables and fruits every day

Did you know most people do not eat the minimum 5 servings of fruits and vegetables per day? If you want kids to eat their fruits and veggies, you need to LEAD by example! Make fruits and vegetables part of your everyday routine by: Eating fruit for snack time; Having salad and a side vegetable every dinner; Keeping washed-and-ready-to-eat veggies in the fridge (i.e. baby carrots, celery sticks); Having a bowl of fruit on the counter.

Get your kids involved – Grow your own veggies; Go grocery shopping with the kids; Ask your kids to help prepare fruits/veggies (wash and clean if they're younger; cut and cook if they're older). Ask older kids to prepare the vegetable side dish – they pick the veggie and recipe and cook it for the family. And remember, younger kids need to be exposed to foods up to 10-15 times before they'll try and like it. So don't assume they won't eat it because they didn't like it once before.

2 – Watch less than 2 hours of screen time (i.e. TV, videos games, computer) each day.

The more time children spend watching TV, on the computer or texting, the less active they are. Technology is great but with limits. Healthy Screen Time is considered as:

- No TV/computer under the age of 2
- No TV/computer in the room where the child sleeps
- One hour of educational TV/computer time between ages 2 and 5
- After the age of 5, 2 hours or less of screen time.

Help technology find its place by setting a good example: Turn off the TV during mealtimes and talk to each other; Plan regular outings and board game nights together; Have books and magazines on hand; Put music on instead of the TV.

1 – Be active at least 1 hour each day

Play is an important way children learn both physical and social skills. Physical activity helps children develop a good level of fitness, improves their performance in school, and increases self esteem. Before considering how active your kids are, ask yourself "How active am I?" Be active as a family – go for a walk, or head outside to kick around a ball or toss a Frisbee. LEAD by example – do you take the stairs every chance you get? Make sure you PLAN regular physical activity outings together. Take advantage of the low-cost opportunities from New Westminster Parks, Culture and Recreation, like Loonie swims and skates.



0 – Choose zero sugar-sweetened drinks

Sugar sweetened drinks, such as pop and energy drinks, provide lots of extra calories and little nutrition. While 100% juice is considered a fruit serving, it is still high in sugar. Instead, choose healthier beverages such as water or low-fat milk.

When you have Questions about your Child's Development...



There are People who can Help!

New Westminster has many services to offer children and their families who may have needs that require extra supports. As a community we aim to offer services that are inclusive in nature and where all children, are welcomed and valued.




If you have questions about your child's development, there are many services available to help. In addition to the community programs in other areas of this booklet, there are some programs and services that provide a unique or more specialized service for families whose children may need help in one or more areas of their development. If you are unsure which services would be the most appropriate please feel free to contact any one of these programs or the **New Westminster Children's Centre** at 604.521.8078. Services are available at NO COST to families.

If you have questions about your child's overall development... please contact the organizations below:



	<p><u>A Public Health Nurse</u> can help you or your family with health concerns, parenting, and child growth and development questions.</p>	<p>The Public Health Nurse can be reached at: 604.777.6740.</p>
 New Westminster Children's Centre	<p><u>Infant Development Program</u> is a support program for families of children birth to 3 years. The children have, or are at risk of having, a developmental delay or a diagnosed disability.</p> <p><u>Supported Child Development Program</u> is for families whose children require support in their preschool or child care setting. This Program is for children from birth to 19 years of age.</p> <p><u>Family and Individual Support Program</u> can provide families with resources related to parenting a child who requires extra support due to a disability.</p>	<p>Referrals for these services can be made by parents, or with parent permission, by professionals including doctors, preschool teachers, child care providers, etc.</p> <p>For more information, please contact The New Westminster Children's Centre at 604.521.8078.</p>

**If you have questions about a specific area of development...
please contact the organizations below:**

 <p>New Westminster Children's Centre</p> <p>Therapy Services Delivered by</p> 	<p><u>Key Worker and Parent to Parent Services</u> provide services to families whose children or youth have, or may have, complex developmental behavioural needs such as Fetal Alcohol Spectrum Disorder (FASD).</p> <p><u>Occupational Therapists</u> help children develop self-care skills, such as dressing, feeding, toileting and play skills.</p> <p><u>Physical Therapists</u> assess and help children improve their strength, balance and coordination.</p> <p><u>Speech-Language Therapists</u> assess the communication abilities of infants and young children and provide suggestions, strategies and/or therapy. These services can take place in the family home or child care setting.</p>	<p>Families may be eligible for these services if their child has been referred for FASD assessment or diagnosed with FASD or another complex developmental behavioural condition.</p> <p>Referrals for therapy services can be made by parents, or with parent permission, by professionals including doctors, preschool teachers, child care providers, etc.</p> <p>For more information please call The New Westminster Children's Centre at 604.521.8078.</p>
	<p><u>Speech Language Therapy</u> is free and available for preschool children through the local Health Unit.</p> <p><u>Public Health Audiology (Hearing)</u> Services are also available for children 0 – 19 years of age at 80A – Sixth Street.</p>	<p>For more information please call the New Westminster Speech and Hearing Clinic at 604.777.6855 or The New Westminster Children's Centre at 604.521.8078.</p>
	<p><u>Early Childhood Mental Health</u> services are available for children 0 to 6 years of age when parents or service providers have concerns about a child's healthy emotional development.</p>	<p>Any person can initiate a referral for ECMH services by phoning 604.660.9495 and asking to speak with the Mental Health Intake Clinician.</p>
	<p><u>Western Society for Children</u> is an agency of hope that enhances the lives of challenged children and their families. This charity offers direct services or funding support and advocacy for the daily living needs of families of children with disabilities.</p>	<p>WSFC has an open referral process. Anyone may make a referral for a family of a challenged child. We include children with any disability, delay in development, physical needs, or learning concerns. Please call our office at 604.515.0810.</p>



The Early Childhood Development Program (ECD) of **Spirit of the Children Society** has a variety of programs to offer Aboriginal Families with children 0 to 6 years old to keep active and socialize in a cozy and comfortable environment throughout the year.

ECD programs accommodate parents and their children by providing programs that the parent and child can enjoy. This consists of cultural teachings of songs, storytelling, and medicine wheel teachings that guide parents through cultural values and beliefs. ECD programs with our elder involvement provide early childhood guidance and parenting skills to support, guide and enlighten parents.

ECD Aboriginal Family Drop-In Program: A place for parents and their children 0 to 6 to play and experience fun activities in a warm cultural environment. The program runs 4 days a week in New Westminster, Burnaby and the Tri-City areas. Literacy and cultural kits are available.

Protecting Our Children's Spirit Program (POCS): A new program that teaches parents about child development stages, guidance and responsibilities as a parent, and teachings of the Medicine Wheel and the Seven Sacred Teachings.

Traditional Regalia Making: An opportunity to make a traditional regalia; ribbon shirt, shawl, button blanket or moccasins, grass dance, buckskin dresses, cedar cape weaving and beading for parent or child.

FASD Parent Support Group: For parents, foster parents and adoptive parents who have children/youth affected by FASD (Fetal Alcohol Spectrum Disorder). This support group is to help families work through the daily challenges and an opportunity to learn from one another's experiences. Group sessions are held weekly.

Aboriginal Infant Development Program Consultants (AIDP): Promotes bonding, and healthy development. Assists parents who may have questions about developmental stages and delays with their children between the ages of 0 to 3 years old. AIDP provides home visits, offers toy and library lending kits, connects families to community resources and programs. AIDP also facilitates playgroups such as the:



The Baby Bears Program: Promotes bonding and healthy development, cultural songs and storytelling along with an elder present.

Infant Massage Program: For parents and caregivers, and their infants 0-6 months old (pre-crawlers). The program is facilitated by an Aboriginal Infant Development Program Consultant, who is a member of the International Association of Infant Massage. The focus of this group is to strengthen the attachment between caregivers and their infants.

Obin Ni'i Prenatal: A weekly program where soon to be mothers will learn about their pregnancy in a traditional way, as well as in a clinical way. Registration is ongoing and on a voluntary basis. Mothers can self-refer by contacting an Aboriginal Infant Development Consultant or by coming to our office in person. Child minding, bus tickets, weekly food/milk subsidy, prenatal vitamins, two meals, and a snack will be provided.

If you are a family looking for activities, parent support and knowledge, cultural teachings, and a social atmosphere - Spirit of the Children's Society ECD programs are for you!

For more information, please contact the Spirit of the Children Society at: 604.524.9113 or ecdprogram@sotcs.ca, or visit www.sotcs.ca

New Westminster's Annual May Day Celebration

May Day! In New Westminster the phrase is ever present throughout the year. It hearkens back to a time when New Westminster residents needed an annual celebration; something that could raise spirits and optimism for the coming season.

In the late 1860s our City was experiencing an economic downturn following the failure of the Cariboo gold rush and loss of capital status to Victoria. Colonel J.T. Scott remembered a spring "rebirth" festival from England and he suggested reviving this tradition in New Westminster. And so, our May Day began in 1870 and has been held every year since.

Highlights of a traditional New Westminster May Day are the crowning of the May Queen; dancing around the May Pole in Queens Park; traditional folk dancing and a performance of the Royal Lancers. All are performed by New Westminster students.

Join us for May Day this year and drive out the winter blues with one of the commonwealth's oldest celebrations of its kind!



Figure 2: May Day c. 1922, Queens Park, NWMA IHP0290

The Importance of Play: Middle Childhood

In middle childhood (ages 6 to 12) play continues to be one of the primary ways children explore their world and develop their physical, cognitive and social emotional capabilities. Play is spontaneous, unstructured, and exploratory. Children need to play everyday. They need to have a variety of developmentally appropriate materials available, and have structured and unstructured time.

Play provides:

- self expression
- physical activity
- interaction with others
- develop cognitive functions

Play allows children to:

- shape their environment
- use their imaginations
- enjoy their activities
- acquire motor skills, social skills and creativity

Play emphasizes:

- fun
- creativity
- cooperation

Source: *The Principles of Healthy Child Development*, by High Five, 2009

Join a Group... Play a Sport... Get Involved... Have FUN!

Aikido Club		604.421.3705
Beavers, Cubs, and Scouts	www.scouts.ca	604.617.2746
Butokukan Karate Club		604.299.5061
Burnaby New Westminster Ringette Association	www.bnwr.ca	
Cheerleading (Royal City Hyack Football)	www.hyackfootball.com	
Community Volunteer Connections	www.volunteerconnections.net	
Elite Track and Field Academy		604.522.6695
Hyack Swim Club		604.461.0550
Job's Daughters International	www.bcjb.org	
New Westminster Judo Club		604.521.4604
New Westminster Minor Lacrosse	www.minorbellies.com	
New Westminster Little League (Baseball)	www.newwestbaseball.com	
New Westminster Minor Hockey	www.nwmha.ca	
New Westminster Spartans Track and Field		604.522.1922
New Westminster Tennis Club	www.nwtennis.com	
Royal Canadian Army Cadets		604.802.9361
Royal Canadian Sea Cadets		604.525.2298
Royal City Chess Club		604.520.3731
Royal City Curling Club	www.royalcitycc.com	604.522.1922
Royal City Hyack Football Club	www.hyackfootball.com	
Royal City Track Club	www.royalcitytrack.ca	
Royal City Youth Soccer Club		604.526.3145
Sapperton Fish and Game Club		604.521.3346
Shasta Trampoline Team		604.773.0550
Sparks, Brownies, Girl Guides and Pathfinders	www.girlguides.ca	

Please note: If you would like your New Westminster-based non-profit group or club included in future editions, please contact info@kidsnewwest.ca

Did you know... Children benefit significantly from participating in structured activities during after school hours.

Ministry of Children and Family Development

The Ministry of Children and Family Development offers a wide range of programs, services and resources designed to support children, youth and their families. The programs and services are meant to ensure that healthy children and responsible families are living in safe, caring and inclusive communities.

There are two offices in New Westminster:

- Aboriginal Services: 604.660.9710
- Mainstream Services: 604.660.9495.

Service areas for each office include: Child Care, Children with Special Needs, Child and Youth Mental Health, Child Protection, Services for Youth, and Youth Justice.

Did You Know... Relationships with peers and adults in the school and community are important in fostering children's social and emotional competence.

Nutrition Tips



Healthy Mealtimes:

It is important to establish a healthy eating routine. Offer 3 meals and 2 to 3 snacks at the same time each day. Nibbling on snacks all day often means children have less appetite for healthy meals. It can also lead to tooth decay. Between scheduled meals and snacks, offer only water to drink. If you have questions about your child's nutrition, you can talk to a Dietitian at Healthlink BC by dialing 811 or visit www.healthlinkbc.ca/dietitian

Child Care Providers:

"Food Flair" from LEAP is the "must have" nutrition resource for Child Care Providers in BC. It has been recently expanded to include more in-depth information - meal ideas, activity ideas, learning modules and more! It is available at:

decoda.ca/children-families/leap-bc/food-flair/food-flair-training-resources

Useful Links:

Canada's Food Guide: www.hc-sc.gc.ca

Dietitians of Canada, Eat Well Live Well: www.dietitians.ca

I like it when we eat together as a family...

Growing Up Urban - GUU Nights

Kids like playing outside, they enjoy being active, and kids want to play with other kids.

I played outside a lot when I was a child. I lived across the street from a forest. In the summer we'd play hide-and-go-seek, build forts. In the winter we used the logging road for sliding. At school my friends and I would either play tag or skipping games. And I walked to school every day.

Today children are less active and spend more time inside.

GUU stands for **Growing Up Urban** because to grow up urban is to grow up outside. GUU Nights (Growing Up Urban) promotes outdoor play. GUU Nights started two years ago to get more children playing outside with their neighbourhood friends.

The idea is to play games that the kids can organize and play in their local neighbourhoods as they get older. Parents help to supervise the youngest GUU Nighters but overall the kids play and the adults get to connect with each other. Some of the older kids can act as GUU Night leaders.

How do I organize a GUU Night?

Start small and with the people you know. Parents want their children to spend time outside so you will likely have a positive response. Pick a consistent time and place. GUU Nights are also informal so kids come when they can. This is not a structured event that parents register for. Parents stay for the GUU Night.

What ages can attend a GUU Night?

Kids of all ages can play together.

What equipment do you need?

It depends on the games being played. Keep it simple though.

Where can a GUU Night take place?

This will depend on the neighbourhood. It could be in a park, a traffic calmed street, in someone's yard or in a neighbourhood block.

How many children do you need for a GUU Night?

Any number will work but it does depend on the game. You can play hide-and-go-seek with 4 but it can also be played with 15. Games of tag work well with smaller numbers, and games like capture-the-flag are better with larger groups (15-25 kids).

If you would like to know more about GUU Nights please contact Jonina at jonina@growingupurban.ca

I like it when you give me your time, your interest, your attention...

Spiritual Services for Children in New Westminster

The following is a list faith-based programs for children. All communities of worship listed are also happy to help give advice and encouragement in matters of faith education and spiritual care for children.

Please contact the faith-based organization directly for more information.

Baha'i Faith, PO Box 40027 Rpo Royal City, New Westminster, BC V3M6J7 Phone: 604.521.3631

Calvary Worship Centre 260 12th Street 604.526.1313 calvaryworshipcentre.com Programs for children ages 4 to 13 i.e. Sunday School for Kids and Soccer Clinic for Kids 7 to 12 years of age.

Connaught Heights Pentecostal Assembly, 2201 8th Ave. 604.526.5505 www.chpa.ca Sunday School, Jesus 1st Club, and a once a week After School Drop-In.

Mount Zion Lutheran Church, 930 Cumberland St. 604.521.0120 Sunday School for ages 3 to 12 www.mtzionluth.org

New West Community Church, 422 Hospital St. 604.521.1243 Sunday school for children ages 4 to 12. www.newwestcommunitychurch.com

Olivet Baptist Church, 613 Queens Ave. 604.522.0232 www.olivet.bc.ca Weekly Olivet Kids Sunday school, and Mom's Group for moms of all ages that features a separate children's program for children 0 to 5.

Salvation Army Church 325 Sixth St. 604.521.0363 Sunday School for children pre-school to age 12 and a weekly Kids Club for children 6 to 12 that also includes a meal.

St. Aidan's Presbyterian, 1320 7th Ave. 604.526.4914 Weekly Sunday school and a monthly "Messy Church" for families with children who are not used to church that features 30 minutes of crafts, 30 minutes of story and singing, and 30 minutes of sharing a child friendly meal.

Shiloh-6th Ave United Church, 111 Sixth Ave. 604.522.3443 www.shiloh6thave.net Weekly parent and tot program for families with children under 6, a children's church on Sunday's for children 4 to 12, and youth groups for children 8 to 12 and 12 to 17.

Sikh Temple Sukhsagar, 347 Wood St. (Queensborough) 604.521.6933 www.sukhsagar.ca Provide a wide variety of faith and recreational programs for families with children of all faiths on a weekly basis.

The following Churches provide a weekly Sunday school for children ages 0 to 12:

First Presbyterian Church, 335 7th St. 604.522.2801 www.firstchurchnw.ca

Five Stones Church, 3rd floor 612 Columbia St. 604.544.5035 fivestoneschurch.org

Holy Trinity Cathedral, 514 Carnarvon St. 604.521.2511 www.htc.shawbiz.ca

Knox Presbyterian Church, 403 East Columbia St. 604.524.6712 www.knoxnw.com

Mt. Calvary Lutheran Church, 701 6th St. 604.521.2007

Please note: We apologize if we have missed your faith-based New Westminster organization. If you would like your organization added to future editions, please contact:
info@kidsnewwest.ca

New Westminster's Hidden Jewels

Be Active... Make it fun!!

Get a book on local birds from the **New Westminster Public library** and go bird watching along the **Brunette River** in lower Hume Park. It is the best place in New Westminster for bird watching!

Take a stroll, or ride your bike along the boardwalk at the **Quay**... Check out the world's largest tin soldier, all the activity happening on the river and play in the tug boat or on the submarine in the Quay park.

Discover the history of our community by visiting **Irving House** and the **New Westminster Museum**.

Ride your bike along the **Millennium Trail** in Queens Park or take a longer ride on the **Central Valley Greenway** or along the **Riverfront trail network** in Queensborough.

Visit **Friendship Gardens** beside City Hall and watch the ducks splash in the pond.

Take some time and look at some of the **Public Art** in the City... the Alphaball at the library, the Puddle Jumper at Royal and 10th Street, the mosaic street tiles along 12th Street and along Columbia Street in Sapperton.

A great place for biking/skate boarding and watching BMXers and boarders navigate dips and turns is at the **Boro All Wheel Park** in Queensborough.

Check out the **Westburnco Reservoir** and its tennis courts, ball hockey courts and expansive flat concrete area that is perfect for tricycles, bike riding, or in-line skating.

Visit our very own farm in the middle of the **Queens Park** and chat with the farmer.

Walk to the **Royal City Farmers Market** in Tipperary Park, talk to a farmer and buy ingredients for supper.

Make **scavenger hunts** part of your daily walking in the community and at local parks. Think about what you want to find before you leave home.

Learn about the history of Lacrosse by visiting the **Canadian Lacrosse Hall of Fame** at Centennial Community Centre.

During the summertime get refreshed in one of the many **neighbourhood waterparks** - swim in an outdoor pool, or splash in a wading pool or spray park.

Pay a visit to the beach in **Port Royal in Queensborough**... walk along the river, skip rocks into the Fraser River and build sandcastles in the sand.

Visit the **Glenbrook Ravine Park**... Ponds and gardens lead into one of New Westminster's few remaining wooded areas. Watch the turtles swimming in the pond and hike through the ravine.

Next time you are walking along Columbia Street, stop by the **Police Museum** inside the Police Station at the corner of 6th and Columbia Street.

Visit **Sapperton Landing Park** and walk along the waterfront trail, look at the mosaic tiles on the trail and walk on the floating dock.

Getting Ready for Kindergarten

As September approaches a mixture of excitement and curiosity comes over schools and households. It's time for school! Here is a list of things that young children may be able to do that will help them as they begin their school experience.

Singing songs that have a rhythm or a rhyme: Songs that have a rhythm or a rhyme really help children learn the sounds of language. This understanding of the sounds of a language really helps children learn to read. You can sing to children in any language!

Drawing and painting: Drawing and painting helps children learn to express their ideas and share those ideas with others, as well as helping them learn to hold a pencil so that they can learn to write more easily.

Building: Building helps children develop a number of very important mathematical concepts like more versus less; positioning such as on-top, inside, and beside, as well as learning basic numbers such as one, two and three.

Playing and cooperating with others: Playing and cooperating with others helps children learn to expand their growing ideas about the world. Through play children learn to share with others and develop an understanding of how others feel.

Communicating needs and ideas: Talking with the family is a very important skill that is related to school success. Talk to children about what is happening in their daily family life. Ask children questions about things going on around them— listen to them when they talk.

Encouraging them to tie their own shoes and do up their own coat: Begin to practice putting on shoes, coats and doing up zippers. These are skills that help children feel confident about their ability to take care of themselves.

Holding a fat pencil or marker: Holding a pencil or a marker to draw or make lists helps children learn to hold a pencil and understand the importance of the printed word.

'Reading' (looking at books): Reading books with children helps them understand the importance of print, and to learn the language of stories and books, new words, ideas and information. It also helps children learn empathy for others and develops attention skills. Reading together is a critical first step in learning to read. Talking about books with children creates an interest in reading.

Counting to 10: Counting to 10 helps children become aware of the basic number system. Children learn to count when they are involved with you in activities such as helping with cooking, setting the table, buying groceries, and activities like counting stars, cars, shoes, etc. There are also some great number books available at the local library!

Reciting the alphabet: Reciting the alphabet helps children learn both the letters of the alphabet and the sounds of those letters.

Please note: children are not expected to be able to do all of these activities before they enter Kindergarten.

	Development Stages in the Middle Childhood Years hood Matters Steering Committee		
	6 to 8 years old		9 to 10 years old
	Characteristics	What you can do	Characteristics
Physical: <i>What Children Can Do</i>	They learn how to control their bodies They have a lot of energy They enjoy manipulating objects They may find handling small objects or performing fine motor tasks challenging	Provide periods of down time for free play Provide physical activity daily as an outlet, especially after sedentary periods Establish good sleep habits – approx. 10 hours of sleep per night on average Introduce games that practice fine motor skills	They enjoy moving and being active. They enjoy sports, dancing and physically intense games They can play until they are exhausted. Will play vigorously in one activity but will quickly drop it for another. May have huge appetite fluctuations.
Cognitive: <i>What Children Can Understand</i>	They learn best by doing. They understand clear and simple instructions. Instructions need to be few and simple. They have a limited attention spans and are easily distracted by their environment. They are very imaginative. Decisions are emotionally based.	Establish routines for homework. Chores, etc. Avoid complex and lengthy explanations. Use simple situations as learning opportunities (changing light bulbs – electricity, grocery shopping – money and nutrition, etc.) Encourage imaginative play (Lego, building games). Provide time to undertake creative art projects (art with markers, leaves, glue, glitter, Popsicle sticks, etc.)	They are curious and enjoy learning new things. They learn best when involved in a concrete project. They may become frustrated when things do not turn out as expected. Forgetful and lazy tendencies. Don't want to do chores or basic hygiene. Typically a stable age. Kids generally happy and easy going but when upset can't handle emotions well.
Social: <i>What Types of Relationships Children Can Have</i>	They can be somewhat self-centered. They play better in pairs than in groups. They need to be constantly reminded of the group rules. They like to express themselves, but share personal information when asked direct and simple questions.	Encourage playing with children outside of tight group to support maintaining friendships. Provide time for solitary activities. Provide opportunities to join groups/teams. Support play dates and times with friends in a supervised setting. Find time to spend one-on-one (bike rides, walks, going for ice cream, etc.)	They place increasing importance on friendships. They enjoy playing and taking up group challenges. They are sometimes competitive. They can express what they like or do not like, but their judgement is sometimes not well developed. Still feel close to parents, siblings. Squabbling with younger siblings common.

Developed by, and used with the permission of, the Vancouver Middle Child-

Developed by, and used with the permission of, the Vancouver Middle Child-		
9 to 10 years old	11 to 12 years old	
What you can do	Characteristics	What you can do
<p>Channel competitive energy into activities that require group cooperation, not a win/lose mentality.</p> <p>Explain and be a role model for healthy activity and nutrition decisions.</p> <p>Provide a variety of activities that allow for skill level challenges around endurance, agility, concentration, coordination and movement.</p> <p>Allow children to participate in a variety of activities.</p>	<p>They experience rapid physical changes, especially girls.</p> <p>Their energy levels vary.</p> <p>They may find it difficult to control their emotions.</p> <p>They may feel uncoordinated at times during growth spurts.</p>	<p>Be sensitive to changes in peer relationships – talk about how natural it is that kids develop at different rates.</p> <p>Good time to introduce new activities and skills that require complex movements and thought patterns (martial arts, yoga, dance, tennis, etc.)</p> <p>Be a role model, take your child for a run, bike ride, walk, swim, to the gym etc. Physical activity is important in maintaining a healthy body image for children entering puberty.</p>
<p>Provide opportunities for skill development (programs, activities, a role model who can teach them how to fix a bike, cook, knit, play a sport, etc.)</p> <p>Provide time for personal projects using technology that they like. Make a movie, write a blog or make music. Ensure computer access is supervised and limited.</p> <p>Encourage a schedule or daily reminders to brush hair, teeth, etc...</p>	<p>They begin to develop abstract thinking skills.</p> <p>They learn well through imitating role models.</p> <p>They are adventurous and enjoy change.</p> <p>They have a good attention span.</p>	<p>Reinforce home values and code of conduct</p> <p>Praise and encourage your child for independent undertakings like cleaning their room, doing homework, critical thinking and not just following along, etc.</p> <p>Support their decision making skills by encouraging them in discussion / debates about current issues.</p>
<p>Encourage them to talk about what is bothering them.</p> <p>Encourage and talk with your kids to come up with creative ways to look at problems, there is no one right answer.</p> <p>Plan family outings.</p> <p>Keep an eye on intense friendships.</p> <p>Encourage expanding social network.</p>	<p>They enjoy working in teams.</p> <p>They seek the approval of their peers.</p> <p>They are more independent and begin to question authority.</p> <p>They enjoy projects that involve helping others and social justice.</p>	<p>Identify readiness to be left alone and develop a safety plan to provide short periods where child can be left alone.</p> <p>Allow for personal space and time.</p> <p>Don't take verbal outbursts personally.</p> <p>Have clear rules on what is inappropriate behaviour and the resulting consequences.</p> <p>Walk away from "attitude" and power struggles.</p> <p>Continue with praise and encouragement.</p> <p>Minimize comparisons with others.</p> <p>De-emphasize the need to be the best – focus on them trying their best.</p>



School District No. 40 (New Westminster)

1001 Columbia Street

604.517.6240

district.sd40.bc.ca

"The Board of Education of School District No. 40 (New Westminster) is committed to ensuring that learners become self-assured, self-sufficient, caring, wise, flexible, and able to live successfully in an ever-changing environment."

School District No. 40 is a medium sized school district, provincially, and a microcosm of the large, urban school districts surrounding it in the Lower Mainland (Greater Vancouver). The District is growing modestly and has a total of approx. 6,435 (2011) students in Kindergarten to grade 12. Currently, there are twelve schools in the District (nine elementary, two middle and one secondary school), two Adult Learning Centres (ALCs), three Youth Alternate programs, and a Home Learners Program that also has a satellite program on Bowen Island. The student population is reflective of the City's population with a full range of social and cultural backgrounds that combine to form a rich and diverse presence in the schools. In the 2011 school year, there were a total of 378 Aboriginal students, 760 ESL students and 558 students with special needs.

Supports for Children with Additional Needs

Transition to Kindergarten: School District No. 40 in collaboration with Supported Child Development (Simon Fraser Society for Community Living) and BC Centre for Ability has produced a Transition to Kindergarten Handbook to guide parents of children with special needs in their transition to Kindergarten. Each January, parents are invited to a special meeting so that appropriate support plans are in place prior to the new school year. For more information please contact: Diane Halkett, District Administrator, Student Services at 604.517.6369 or dhalkett@sd40.bc.ca.

Multicultural Services and Supports

For information on the supports and services available for families with children in Kindergarten to grade 12 through the Settlement Workers in Schools (SWIS) and Immigrant Youth Worker programs, please contact the Multicultural Services Manager, Hargurjeet Sekhon at 604.517.6227 or hsekhon@sd40.bc.ca.

Aboriginal Services and Supports

For information on the supports and services available for Aboriginal families with children in Kindergarten to grade 12, please contact Bertha Lansdowne District Coordinator - Aboriginal Education at 604.517.6316 or blansdow@sd40.bc.ca.

Drug and Alcohol Prevention

The (Alcohol and Drug) School Based Prevention Program provides alcohol and drug prevention services in classroom and individual settings, including confidential assessment and referral for students and families. For more information, please contact Karen Janzen at kjanzen@sd40.bc.ca or 604.517.5927.

Early Learning in School District No. 40

The Board of Education of School District No. 40 (New Westminster), is strongly committed to Early Childhood Development and Learning, and the development of quality early intervention services to promote school readiness.

StrongStart Early Learning Centres: StrongStart Early Learning Centres are free drop-in centres for pre-school children 0 to 5 and their parents or caregiver. Qualified Early Childhood Educators facilitate learning activities like story time, music and art to help children get ready for kindergarten. Parents and caregivers are provided with an opportunity to discover new ways to support their children's learning at home, and make valuable connections to both the school and community. Currently there are centres at Queen Elizabeth, Connaught Heights and Richard McBride Elementary Schools.



Ready, Set, Learn: Each year families and their three years olds are invited to their neighbourhood school to attend a fun-filled Ready, Set, Learn event where they meet school staff and a wide variety of community service providers. Families receive an age appropriate book for the child, a parent/ family kit with a booklet that contains helpful tips for supporting their preschooler's learning and development, and additional information about school and community programming and resources.

Welcome to Kindergarten: In May and June of every year, families of children registered to attend Kindergarten in September are invited to neighbourhood schools for a family orientation session. Families tour the school and meet a variety of school-based staff and local community service providers. Each family receives a Welcome to Kindergarten resource bag, and then is provided with an opportunity to work hands-on with the resources in the bags. Welcome to Kindergarten is a partnership with The Learning Partnership.

Working with Human Early Learning Partnership (HELP): School District No. 40 continues to work with Dr. Clyde Hertzman and HELP at University of British Columbia in the implementation of the Early Development Instrument (EDI). The resulting EDI maps provided a snapshot of the vulnerability of children in neighbourhoods throughout the City, and heightened awareness at both the school district and the community level of the importance of Early Childhood Development, and the necessity to develop policies and programs that support children and families.

New Westminster Early Childhood Development Committee: School District No. 40 has been actively involved in the New Westminster Early Childhood Development Committee since its inception, and participated in the planning process that led to the development, and updating of, the New Westminster Strategic Action Plan for Early Childhood Development.

Middle Childhood Development in School District No. 40

School District No. 40 has been actively involved in the New Westminster Middle Childhood Development Committee since its inception, and participated in the planning process that led to the development of a Strategic Action Plan for Middle Childhood Development. In the 2011/2012 school year, the District received funding from the **United Way of the Lower Mainland** to increase Community School programming for middle childhood children (ages 6 to 12) in out-of-school hours at district schools.

Programs of Choice

New Westminster public schools offer two programs of choice for young children. One is the Early French Immersion Program, where children learn French through learning in French. The other is the Montessori Program, where children learn through the instructional methods developed by Maria Montessori.

Early French Immersion Program

Canada has many languages, but two have official language status, English and French. The French Immersion Program is designed to teach French to non-French speaking children. Students can enter this program in Kindergarten or grade 1, but not after that. They learn almost completely in French from Kindergarten to grade 3, and then in grade 4 begin to learn English Language Arts while other subjects continue to be in French. By high school, students are studying about half the time in each language. Students graduate from grade 12 with a bilingual Dogwood Diploma, which qualifies them to work and study in the French language. More information please visit:

[//district.sd40.bc.ca/programs-services/french-immersion-montessori-programs](http://district.sd40.bc.ca/programs-services/french-immersion-montessori-programs)

or on the Canadian Parents for French website at www.cpf.ca/ or by calling the Director for Learning Services at 604.517.6111.

Montessori Program

Created by Maria Montessori, an Italian doctor, this method uses individualized learning and promotes students' intellectual, social, moral, physical and aesthetic development. Children learn in a community of learners, helping each other. Children interact with specialized materials, the teacher and each other to develop their skills and knowledge. Specialized Montessori materials allow children to discover and learn for themselves. Children learn at the concrete level before they move to abstract understanding. This allows them to build their abstract concepts on solid foundations. Because they learn through their own investigations, they develop independence and strong self-esteem. All Montessori classrooms above Kindergarten are multi-age classrooms, so that children learn from their peers and learn leadership through helping each other.

Children are accepted in Kindergarten and Grade 1. Sometimes students are accepted at older grades, if there is space and it is suitable for the child. More information on the Montessori methods can be found at: www.newwestmontessori.ca/ or by calling the Director for Learning Services at 604.517.6111.

Registering in Programs of Choice

If you would like your child to learn in one of these programs, you must apply at the School District Office at 1001 Columbia Street. Take your child's birth certificate with you when you go. It is important to register as soon as possible, since places in the program are offered on a first come, first served basis. The sooner you apply the more likely you are to get a place at one of the schools. The programs are very popular. Families applying in the spring of the year may not be offered a place for the fall. Brothers and sisters of children still in the program are offered priority so that families can have their children at the same school. Residents of New Westminster are accommodated before children from other districts. Questions can be directed to the Director for Learning Services at 604.517.6111.

Did You Know... Parents matter, even in middle childhood. Children's connections to their parents are central to their development. Children entering adolescence still function best if they

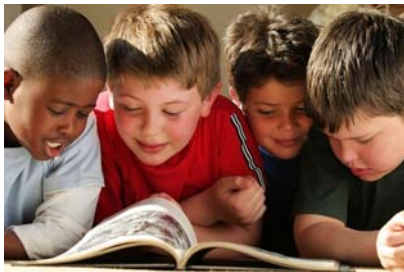
Late French Immersion

Canada has many languages, but two have official language status, English and French. The Late French Immersion Program is designed to teach French to non-French speaking children. Students enter this program only in Grade 6. They learn almost completely in French in grade 6, and then in grade 7 begin to learn English Language Arts while other subjects continue to be in French. By high school, students are studying about half the time in each language. Students graduate from Grade 12 with a bilingual Dogwood Diploma, which qualifies them to work and study in the French language. More information please visit:

district.sd40.bc.ca/programs-services/french-immersion-montessori-programs

or on the Canadian Parents for French website at www.cpf.ca or by calling the Director for Learning Services at 604.517.6111. You apply for this program the same way as the programs for younger children, at 1001 Columbia Street.

School Libraries



Libraries are the hubs of literacy and learning in New Westminster schools. Early literacy skills form a solid foundation for the successful development of reading and writing skills throughout a child's school career.

Parents can assist with developing early literacy skills by reading aloud to their pre-school age children. By reading aloud, parents help to foster early literacy skills such as:

- developing and expanding vocabulary;
- encouraging an interest and enjoyment of reading;
- developing a sense of story, both for listening to stories and for telling them;
- developing an awareness of how print works, i.e., that in English and French we read from the top to bottom and from left to right on a page;
- creating an awareness that the print on the page conveys meaning; and,
- developing letter knowledge, which is the ability to understand that letters have names and are different from each other, hearing letter sounds in words, individually and in combination.

Two district schools, Queen Elizabeth and John Robson, currently offer pre-school borrowing privileges for siblings of students registered at those schools.

Community Schools

All schools in New Westminster are Community Schools. Community Schools bring programs and services to district schools in seven core programming and service areas: Physical Activity, Arts and Exploration, Literacy, Social Responsibility, Resources for Children, Youth and Families, and Community Engagement. District Community School Coordinators work with New Westminster Parks, Culture and Recreation and the Ministry of Children and Family Development, through a Community School Partnership to provide additional supports and programming for district schools that address the needs of children, youth and families and make neighbourhoods stronger.

Bonjour from Canadian Parents for French!

Why not enrol your child in French Immersion?

You're doing a great job supporting and preparing your child for school. You continue to seek information to make good educational decisions— decisions that you hope will help your child to flourish in today's global world. Why not offer your child the advantages of Canada's world-renowned French Immersion programs? The advantages go beyond learning both of Canada's official languages. Being bilingual, or multilingual for that matter, opens doors and produces excellent students and creative thinkers.

French Immersion is a Program of Choice offered in 44 of BC's 59 school districts. The curriculum is identical to that of the regular English program. New Westminster School District offers Early and Late French Immersion. Early French Immersion starts in Kindergarten and continues to Grade 12. Late French Immersion starts in Grade 6 and continues to Grade 12. French Immersion is for every child--whether English is your first language or not! And parents do not have to speak French to support your child!

Canadian Parents for French is a parent-led, non-profit organization that has worked for more than 30 years to provide French-language educational, social, cultural and sporting activities for youth.

For more information check out Canadian Parents for French BC/Yukon at: www.cpf.bc.ca. Suite 623 - 409 Granville Street. Vancouver, BC V6C 1T2 Phone: 778.329.9115 or Toll Free: 1.800.665.1222 Toll Fax: 1.888.678.1780

The New Westminster Montessori Society

In 1998 the New Westminster School District responded to parents requests for a Montessori program. This program has developed and grown over the last 13 years. There are now 11 classrooms from with more than 200 elementary Montessori students in New Westminster. The Montessori program now offers Kindergarten to Grade 5 education on both the east (Richard McBride) and west (Lord Tweedsmuir/ Connaught Heights) sides of New Westminster. While Montessori has separate classrooms, the students participate in the full range of activities offered at the school and are taught the same BC curriculum as the other programs offered by the district.

The Montessori educational method is characterized by an emphasis on independence, freedom within limits, and respect for a child's natural psychological development. The classroom has mixed ages, and all Montessori classrooms above kindergarten have combined grades, which means two or three grades in each classroom. Students choose from activities within a prescribed range of options. The use of specialized educational materials helps the children learn through touch and visual stimulation. The additional costs incurred by the Montessori program are raised by the New Westminster Montessori Society through a variety of fund raising methods. This society is a parent run, non-profit society made up of volunteers. Its mandate is to raise funds and purchase the supplies needed to ensure the program offers the best possible education to the children in the Montessori programs of School District No. 40 (New Westminster).

For more information visit www.newwestmontessori.ca

What Comes Next?

So your child is getting older and is wanting to participate in more activities on their own with their friends. Don't worry, there are a lot of opportunities for children 11+ to have fun with their friends in safe environments throughout the City.

Here is just a sample of what is available:



New Westminster Parks, Culture and Recreation (NWPCR)

NWPCR opened a Youth Centre in Moody Park on September 15, 2010. The Youth Centre offers a variety of amenities that include: games room, lounge, PS3 station, kitchen, meeting spaces, computer room, mini-gym, fitness room and open

spaces. **New Westminister Youth Services** provides weekly drop-ins, social groups, art, music and sports programs and special events for youth 13+. A wide variety of activities are also open to youth in Grades 6 and 7. Some of these activities include: dances, out-trips, pro-d day activities, etc.

Youth Services also hold youth swims at Canada Games and Moody Park Pools, Youth Skates at Moody Park Arena, weekly girls and boys groups and Friday night drop-ins at some neighbourhood schools. All of these activities are for youth in Grades 6 and up.

New Westminister youth ages 13+ can also apply to get involved in the Youth Advisory Committee. The Committee meets monthly to have some food and provide City Council with a youth perspective on issues such as community safety, health, recreation, employment and environment. This is a great way to get service hours, make a difference and gain experience for school and post secondary.

For more information visit: www.newwestyouth.ca or view the latest NWPCR Active Living Guide at: www.newwestpcr.ca

School District No. 40: Community School Programming

The New Westminister School District, through **Community Schools**, provides a wide variety of after-school and summer programming for children in Kindergarten to Grade 12 at neighbourhood schools.

Community School programs are developed along 7 programming streams: Physical Activity, Arts and Exploration, Literacy, Social Responsibility, Resources for Children, Youth and Families, and Community Engagement.

Programs are developed in partnership with a wide variety of community partners including New Westminister Parks, Culture and Recreation and the Ministry of Children and Family Development.

For more detailed information about Community School programming please contact your child's school.

Stay Connected to Happenings in Early and Middle Childhood Development in New Westminster!

Register at www.kidsnewwest.ca for our updates

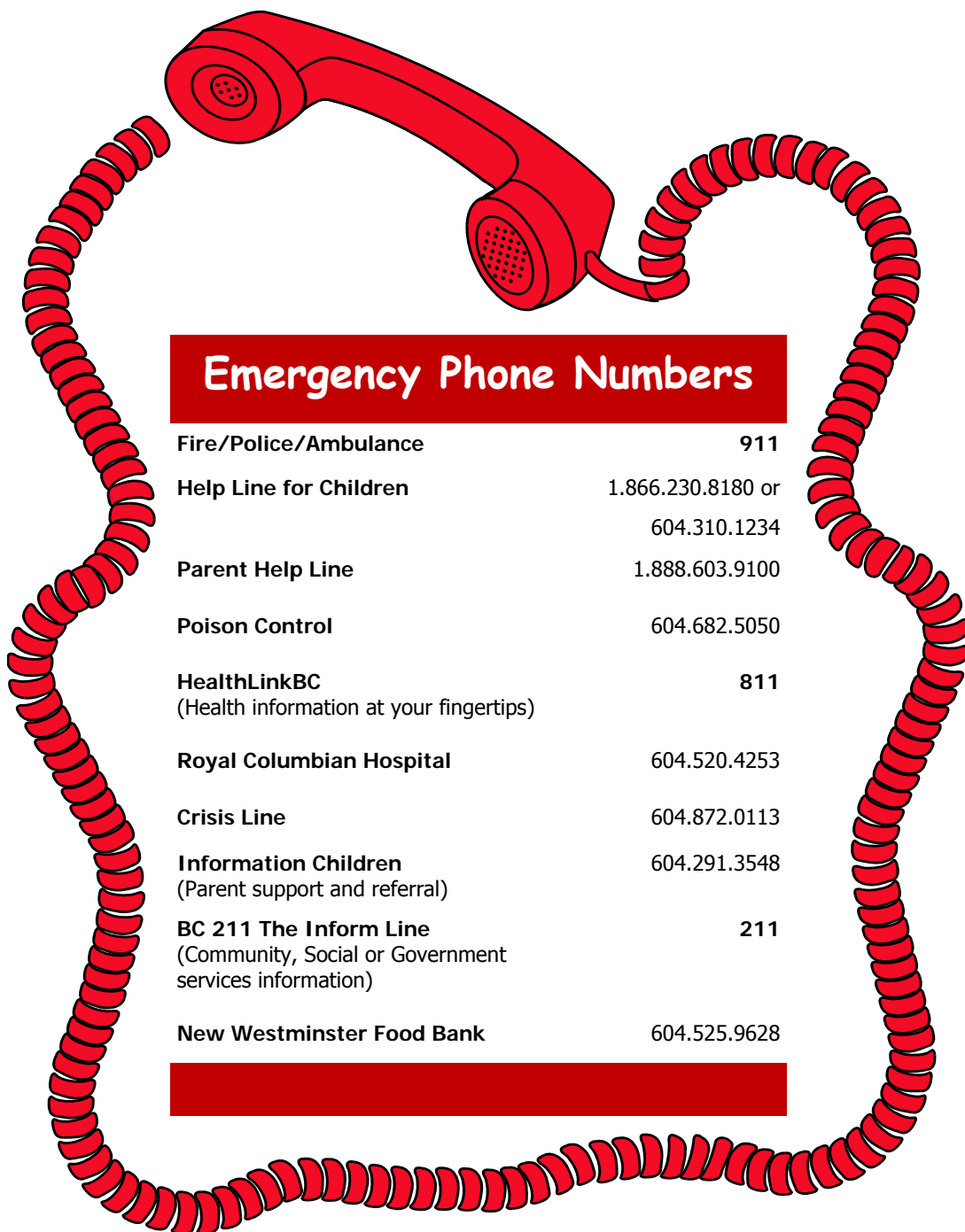
Pick up a copy of the annual **Summer Activity Guide**:
available throughout the community in late May.



Acknowledgements

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- Funding support from:
 - The United Way of the Lower Mainland, and
 - Children First (Ministry of Children and Family Development).



Emergency Phone Numbers

Fire/Police/Ambulance	911
Help Line for Children	1.866.230.8180 or 604.310.1234
Parent Help Line	1.888.603.9100
Poison Control	604.682.5050
HealthLinkBC (Health information at your fingertips)	811
Royal Columbian Hospital	604.520.4253
Crisis Line	604.872.0113
Information Children (Parent support and referral)	604.291.3548
BC 211 The Inform Line (Community, Social or Government services information)	211
New Westminster Food Bank	604.525.9628

www.kidsnewwest.ca

The official website for New Westminster families with children 0 to 12.

Information about Children

Family Fun Events

Workshops and Resources

Community Celebrations

Tips for Starting School

Finding Child Care

And much more!



School District No. 40



New Westminster
Middle Childhood
Development Committee



Community Partner
United Way
of the Lower Mainland



Kids in New West

HEALTHY KIDS BUILD HEALTHY COMMUNITIES & HEALTHY COMMUNITIES BUILD HEALTHY KIDS