WELCOME TO RIVERSIDE PARK NURSERY SCHOOL

A PROGRAM OF ANDREW FLECK CHILDREN'S SERVICES

EVERYTHING YOU NEED TO KNOW FOR OUR SUMMER CAMP DURING COVID-19

JUNE 2021

RPNS SUMMER CAMP!

- The **5 hour day** (from 8:00 am to 1:00 pm) will feature lots of water play activities in our outdoor classroom; indoor classroom (rooms 6 & 7 with air conditioning) learning and walks to Mooney's Bay area and exploring the nearby forest.
- There are two Summer Camp cohorts: **Junior Preschool** for children aged 24 months to 3 years and **Senior Preschool** for children aged 3 years and up to 6 years. Junior Preschool class size is 10 children with 3 staff and Senior Preschool class size is 16 children with 2 staff. Our camp will focus on language skills; self-help skills; social development; physical activities and creative expression through nature based, child directed activities. RPNS provides nutritious morning snacks and lunches.

DAILY SUMMER CAMP SCHEDULE

We will be spending lots of time getting fresh air in our play yards!

- 8:00 am to 8:30 am ~ Arrival time (meet the screener/documenter outside near the RPNS entrance)
- 8:00 am to 9:30 am ~ Outdoor play- Juniors in Play Yard and Seniors in the Forest or Meadow
- 9:30 am to 10:00 am ~ Toilet/Wash Hands and Snack (we may enjoy it outside on nice days!)
- 10:00 am to 11:30 am ~ Outdoor play- Juniors in Forest or Meadow and Seniors in Play Yard
- 11: 30 to noon ~ Change into dry clothes/Toilet/Wash Hands
- Noon to 12:30 pm ~ Lunch Time
- 12:30 pm to 1:00 pm ~ Indoor activities
- 1:00 pm ~ Home time

LOT'S OF FUN AT SUMMER CAMP!
WATER SLIDES

ARRIVAL TIME AT RPNS SUMMER CAMP
KINDLY ARRIVE BETWEEN 7:55 AM TO 8:30 AM

Note: ***The screening area is set up outside at the doorway. Parents are not permitted to enter the building. Kindly keep physically distanced from other families while waiting outside.***

For Senior Preschool campers: The screener will ask you the required health questions and will take the temperature of your child. Once cleared, bring your child to the **Forest** area where you will meet the educators and she/he will bring your child in the Forest. Educator will mark your child 'in' on the attendance sheet. Parent is to apply sunscreen and bug spray (stored in child's back pack) on their child and leave the back pack with the educator.

For Junior Preschool campers: The screener will ask you the required health questions and will take the temperature of your child. Once cleared, bring your child to the **Play Yard** where the educator will meet you at the gate. Parents/siblings cannot enter the play yard. Educator will mark your child 'in' on the attendance sheet. Parent is to apply sunscreen and bug spray (stored in child's back pack) on their child and leave the back pack with the educator

Thank you for your cooperation.

PICK UP TIME AT RPNS SUMMER CAMP

KINDLY ARRIVE BY 1:00 PM SHARP!

Note: ***Parents are not permitted to enter the building, so the door will be locked. Kindly keep physically distanced from other parents while waiting outside.***

For Senior Preschool campers:

Parents, please tap on the outside of the Senior Preschool room window to attract the educator's attention. The educator will bring your child to the RPNS building entrance door.

For Junior Preschool campers:

Press the doorbell to the right of the building entrance door. The educator will bring your child to you at the doorway.

Thank you for your cooperation.

WHAT TO EXPECT WHEN YOU ARRIVE AT THE NURSERY SCHOOL

- You and your child will be greeted outside at the entrance of nursery school by a ‘screener’.
- Staff will be wearing any required PPE as set out by Ottawa Public Health. This may include face masks and visors.

SCREENING AT SUMMER CAMP

SOURCE: OTTAWA PUBLIC HEALTH

- Active screening is required for anyone entering the nursery school. At this time, it is recommended that only staff and children enter the building and that all others, such as parents/guardians of children and delivery persons, be met at the door. This policy will help with maintaining physical distancing in our hallways and cubby areas.
- Active screening is the process of proactively checking for symptoms (i.e., temperature checks), travel history and contact (without appropriate Personal Protective Equipment) of a person(s) who may have COVID-19.

SCREENING QUESTIONS

Questions to be asked each day before child can enter the program. (answers must be NO to all questions to be allowed entry)

Please note: Symptoms should not be chronic or related to other known causes or conditions (such as allergies)

1. Does your child have any of the following new/worsening symptoms? FEVER, CHILLS, COUGH, SHORTNESS OF BREATH, DECREASE/LOSS OF SMELL OR TASTE?
2. Does your child have any of the following new/ worsening symptoms? SORE THROAT, STUFFY NOSE OR RUNNY NOSE, HEADACHE, NAUSEA, VOMITING AND/OR DIARRHEA, FATIGUE, LETHARGY, MUSCLE ACHES OR MALAISE
3. Has your child travelled outside of Canada in the past 14 days? Or been in close physical contact with someone who returned from outside of Canada in the last 2 weeks with new Covid-19 symptoms (like a cough, fever or difficulty breathing)?
4. Has your child's household contacts, (family members and/or roommates) or other contacts outside of school/child care presented with new COVID-19 symptoms (like a cough, fever or difficulty breathing) in the last 14 days?
5. Has your child been in close physical contact with someone who has tested positive for Covid-19 in the past 14 days?
6. Has your child been directed by a health care provider including public health official to isolate?

Temperature needs to be 37.7 or less – (Fever is 37.8 degrees C or greater)

SCREENING DETERMINATION

- Should you answer **'NO'** to all screening questions, your child is ready have their temperature taken using an ear thermometer or non-contact thermometer.
- If the temperature should be less than 37.7 degrees Celsius or if the child/children have any symptoms, they should stay home.

An infrared ear thermometer

SCREENING DETERMINATION

- Should you answer **'YES'** to any of the screening questions (or refused to answer any question), your child will not be allowed to enter the program.
- Should your child (or any household member) have just one symptom, the child needs to stay home until 24 hours AFTER symptoms have FULLY resolved
- Should your child (or any household member) have more than one symptom, then you must:

➢ isolate at home for 14 days from the first day of symptoms OR

➢ provide the Program Coordinator with the child's (or household member's) negative Covid test result

WHAT HAPPENS IF MY CHILD GETS ILL WHILE AT THE RPNS SUMMER CAMP?

If a child begins to experience any symptoms while in care:

- Symptomatic children are immediately separated from others in a supervised area (isolation area) until they go home.
- Parents are contacted and must pick up their child immediately.
- Environmental cleaning/disinfecting of all program areas.
- Health Alert will be provided to all families.
- Ottawa Public Health is notified and RPNS will follow their directions

PANDEMIC PLAN FOR PARENTS

- Our Pandemic Plan provides details on all Covid 19 procedures. Kindly review the AFCS Pandemic Plan for Parents attached:

ENJOYING YUMMY FOODS!

SNACK AND LUNCH MENUS
MENU PLAN – WEEK 1

Lyn is making your yummy favourites!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Applesauce Graham crackers water	Grapes Rice cakes water	Closed for Canada Day n/a	Plain yogurt with berries w/w crackers water	Watermelon slices Arrowroot cookies water
LUNCH	Hummus & pita wraps Tabbouleh salad Sugar snap peas, broccoli florettes with dip Fresh fruit salad Water or milk	Spaghetti pasta and beef meatballs Peas and carrots Garlic bread cantaloupe Water or milk	n/a	Diced chicken breast Garden salad – lettuce, tomatoes, cucumber, red pepper, dressing w/w buns apple slices Water or milk	Mini pizzas- English muffins, pizza sauce, pepperoni, diced green pepper, cheese Carrot salad Plums Water or milk

SNACK AND LUNCH MENUS
MENU PLAN – WEEK 2

Lyn is making your yummy favourites!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cheerio cereal & milk/soy beverage Bananas water	Plain yogurt Peaches water	Mini blueberry bagels & cream cheese Orange slices water	Toast and jam Apples water	Fruit smoothies w/w crackers water
LUNCH	Hard boiled eggs 3 bean salad Celery sticks with cream cheese w/w buns kiwis Water or milk	Flour tortilla wraps – refried beans, cheese, salsa, lettuce and sweet peppers Avocado & cherry tomatoes salad Pineapple slices Water or milk	Chicken salad and cheese sandwiches Carrot, sugar snap peas and zucchini sticks Yogurt dip Watermelon slices Water or milk	Beef & vegetable soup Cream cheese and w/w crackers pickles sweet peppers and celery sticks Water or milk	Cheesy macaroni Cooked Broccolli Tomato and cucumber slices Honey dew melon slices Water or milk

SNACK AND LUNCH MENUS
MENU PLAN – WEEK 3

Lyn is making your yummy favourites!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Yogurt and berries Arrowroots water	Dry cereal mix cantaloupe water	Apple slices Graham crackers water	w/w crackers orange slices water	Rice crackers Cream cheese Pineapple slices
LUNCH	Frittata (egg, sweet peppers, onion) with hash brown potatoes and cheese w/w buns Garden salad (lettuce, cucumbers, celery, cherry tomatoes) Salad dressing bananas	Beef burgers Tomato slices cucumber salad Dill pickle slices Strawberries Water or milk	Tuna salad and cheese sandwiches Celery, sugar snap peas and cucumber sticks Yogurt dip Watermelon slices Water or milk	Chicken and Bow Tie noodles Cooked carrots and peas Celery sticks Cheese sticks Strawberries Water or milk	Tomato & black bean vegetable soup Cheese & w/w crackers carrot sticks & sweet peppers nectarines Water or milk

SNACK AND LUNCH MENUS
MENU PLAN – WEEK 4

Lyn is making your yummy favourites!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Applesauce Arrowroots water	English muffins & jam Bananas water	Cucumbers Rice cakes & cream cheese water	Cheese cubes Apple slices crackers water	Cereal & Berries milk/soy beverage water
LUNCH	Tuna macaroni salad Tomato & cucumber slices Honey dew melon Water or milk	Spaghetti and beef meatballs Garden salad Kiwis Water or milk	Egg salad and cheese sandwiches Carrot, sugar snap peas and sweet peppers Yogurt dip Watermelon slices Water or milk	Mini pizzas- naans, pizza sauce, pepperoni, diced green pepper, cheese Carrot salad Plums Water or milk	Flour tortilla wraps – refried beans, cheese, salsa, sour cream Cherry tomatoes and zucchini sticks Water or milk

SNACK AND LUNCH MENUS
MENU PLAN – WEEK 5

Lyn is making your yummy favourites!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal mix Cantaloupe slices water	Plain yogurt berries water	Mini bagels Orange slices water	Fruit smoothies w/w crackers water	Toast and jam Apples water
LUNCH	Hummus & pita wraps Tabbouleh salad Sugar snap peas, baby carrots apples Water or milk	Fish Pizzas- pizza sauce, cheese Buttered noodles Carrot salad Plums Water or milk	Cheese and salmon sandwiches (ww bread) celery and cucumber sticks Cheese cubes Watermelon slices Water or milk	Hard boiled eggs 3 bean salad w/w buns cheese cubes nectarines Water or milk	Chicken Veggie Fried Rice Cucumber slices Honey dew melon slices Water or milk

SNACK AND LUNCH MENUS
MENU PLAN – WEEK 6

Lyn is making your yummy favourites!

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Closed for Civic Holiday n/a	Cantaloupe slices Graham crackers water	apples Rice cakes water	w/w crackers orange slices water	Applesauce Arrowroot cookies water
LUNCH	n/a	Cheesy macaroni Broccolli Tomato slices Yellow plums Water or milk	Chicken salad and cheese sandwiches Carrot, sugar snap peas and zucchini sticks Watermelon slices Water or milk	Sweet & Sour Meatballs rice Cooked peas cucumber and celery sticks peaches Water or milk	Turkey tacos with cheese, lettuce, tomatoes & sour cream Garden salad Grapes Water or milk

WHAT TO BRING TO SUMMER CAMP!

YOUR CHILD WILL NEED TO HAVE THE FOLLOWING ITEMS (***LABELLED*** *WITH THEIR NAME*) EVERYDAY AT SUMMER CAMP:

- ✓ Back pack
- ✓ Swim suit (preference is to arrive at camp in swim suits with shorts, t-shirt over top)
- ✓ Water shoes
- ✓ Towel
- ✓ Sunhat
- ✓ Sunscreen and bug spray (keep in child's back pack)
- ✓ Indoor shoes (can be left in your child's cubby for the week)
- ✓ Refillable water bottle (stays at RPNS for the week as we will sanitize and refill your child's water bottle each day)
- ✓ Complete change of clothes
- ✓ Diapers/pull ups/wipes (if needed)
- ✓ Required medications (see Program Coordinator to obtain medication forms)

WHAT NOT TO BRING TO SUMMER CAMP

- Due to Ottawa Public Health guidelines for Covid-19, soft toys like stuffed bears, , blankies, pillows etc. cannot be brought into the program.
- Kindly ensure that your child is wearing closed toe sandals, running shoes or water shoes for outdoor play. Children must be wearing socks and running shoes for their forest adventures (for safety and for tics). Flip flops, fancy shoes and even crocs are not safe for our active children! Indoor shoes can be crocs or other easy to put on shoes.
- We have lots of toys here at summer camp, so please leave yours at home.
- Parents, kindly ensure that there are no medications (even cough drops) or food items left in your child's back packs.

DOES YOUR CHILD HAVE FOOD ALLERGIES OR FOOD RESTRICTIONS OR MEDICAL CONCERNS?

- Contact Paulette Young, Program Coordinator at pyoung@afchildrensservices.ca to discuss your child's dietary needs and/or health requirements.
- Food allergy/restrictions forms and medical information forms need to be completed prior to your child starting camp
- Outside foods cannot be brought into the program.

PAINTING OUTDOORS!

CREATING STORIES!

PUDDLE PLAY!

MAKING SOUP IN THE MUD KITCHEN!

FOREST SCHOOL & NEARBY NATURE

EXPLORATION AND POSSIBLE OUTCOMES!

Outcomes in Forest School ~

- appreciation for nature (why worms are good for the environment)
- fine and gross motor skills (moving rocks)
- cooperation with peers (building a fort with branches)
- using all our senses (finding animal tracks in the mud)
- learning new skills (tying knots in ropes)
- taking risks (climbing trees)

CREATIVE ARTS IN THE FOREST!

CAN'T WAIT TO HAVE LOTS OF FUN TOGETHER AT SUMMER CAMP!