

# Feeling Good About Being Me – Day Camps

The South Shore Family Resource Association is pleased to announce that we will be putting on day camps for children aged 4 -5 years old this summer!

## **Purpose:**

This day camp is based on the children's book *Have You Filled A Bucket Today?* The philosophy around these day camps would be based around bucket fillers and would focus on four main aspects that we believe to be very important are can be incorporated from the book. These aspects are physical activity, nutrition and healthy living, safety and a piece on mental health, which for this age would be how to deal with emotions and self-esteem.

**Place:** Depends on Area

## **Date & Time:**

Monday - Thursday

10am-12pm

Please do not drop your child off any earlier than 9:45 am.

## **Additional Information:**

Please ensure that your child is wearing clothing that is appropriate for a moderate amount of physical activity (games and such, as well as we may be going outside). Also we ask that you pack a bottle of water for your child (with his or hers name on it so there is no confusion). Since we may be going outside weather depending, if you would like your child to be wearing sunscreen this must be applied before hand by you, and a hat may also be a good idea to pack. A healthy snack will also be provided.

## **Registration:**

To register your child, go online to [www.southshorefamilyresource.org](http://www.southshorefamilyresource.org) to access the online form and then send it to:

The Family Support Centre  
156 York Street, Bridgewater  
N.S. B4V 1R3

Or you can phone the South Shore Family Resource Association directly at 543-1301 to register over the phone

***Please note that there is limited enrolment of 15 children and it will be first come first serve. We will contact you concerning the status of your child's registration.***