

OSCAR Newsletter

#3, Community Centre, 4516 - 54 St.
Camrose AB T4V 4W7

Email: cdsss10@telus.net
www.camrosefcss.ca

Phone: 780-672-0141
Fax: 780-672-2833



Summer Care Options!



A partial list of popular programs available in Camrose.

- **About Time Productions Camps**
780-239-1925 <http://www.abouttimeproductions.ca/>
- **Augustana Summer Camps**
780-679-1100 <https://www.ualberta.ca/augustana/programs/community/jru>
- **Bailey Theatre, Circus Camp**
780-672-5510 <https://www.baileytheatre.com/events.html>
- **Camrose Arts Society Camps**
780-672-9949 <http://camroseartsociety.ca/>
- **Kandu Summer Day Camp**
780-672-0257 <https://www.cafcl.ca/kandu-day-camp/>
- **Camrose Aquatic Centre**
780-672-9909 <https://www.camrose.ca/en/recreation-and-leisure/day-camps.aspx>
- **Camrose Boys & Girls Club**
780-672-8004
- **Camrose Children's Centre Daycare** 780-672-0131
- **Kids Campus Daycare**
780-672-0152
- **Rural Community Families - Summer in the Park**
780-672-0141



Financial assistance for sports and some summer camps <http://www.kidsportcanada.ca/alberta/camrose/>

mark your Calendar

- | | |
|--------------------------|--|
| May 2 | Early Dismissal – OSCAR starts 1 hour early |
| May 3 | Closed NO School & NO OSCAR |
| May 17 | Closed NO School & NO OSCAR |
| By May 20 | June Calendar Due @ CDSS |
| May 20 | April Fees Due |
| May 20 | Closed NO School & NO OSCAR |
| May 31 | Closed NO School & NO OSCAR |
| June 4, 5 & 6 | OSCAR Registration 2019-2020 – See Poster |
| June 6 | Early Dismissal – OSCAR starts 1 hour early |
| June 7 | Closed NO School & NO OSCAR |
| June 20 | May Fees Due |
| June 21 | Closed NO School & NO OSCAR |
| June 26 | LAST Day of OSCAR |
| June 27 | Closed – NO OSCAR |
| July 20 | June Fees Due |

OSCAR Parent Board Members NEEDED for 2019-2020

We need parents/guardians to join the OSCAR parent board. Without Board Members there will be no OSCAR. This is one of the easiest boards you will ever be a part of. Our meetings are once a month, for 30 minutes, currently on Mondays. Have your voice heard on policy, review changes, set fees and make a difference in your community for the lives of families and children that we serve.

Sign up at OSCAR Club Registration in June. See Registration poster for dates and times or contact Kandace in person or by email at [cdsss10 @telsu.net](mailto:cdsss10@telsu.net)



OSCAR Newsletter

Email: cdsss10@telus.net
www.camrosefcss.ca

Phone: 780-672-0141
 Fax: 780-672-2833



OSCAR Accounts



Invoices are now emailed to all families unless otherwise requested.

Just a reminder all accounts are to be paid in full each month by the 20th or shortly thereafter. These are the methods of payments we accept.

- Cash, Cheque or Debit Machine at CDSS
- Pre Authorized payments (PAD) 20th of the month or next banking day Subsidy

<https://www.alberta.ca/child-care-subsidy.aspx>

Tax Receipts

Were issued by email, mid-February for all accounts / fees paid in full for 2018.

If you have not received your receipt, please contact Kandace.

Program News

Chester Ronning – In May we will shift gears away from theme days, and into having our children put their creativity into planning our gym and outdoor activities, and of course our Family Boards for Family of the week. Please see the staff for when your family's week will be! **On May 22 and 23** we are inviting our families to come join us in play when picking up. We'd love to get to see you and share what you would like to see at OSCAR! Have a great May everybody!



Jack Stuart – May brings flower, camping, rain, fun, and Mother's Day! Jack Stuart OSCAR will be making cards for Mother's Day, and baking cookies. As well we will be learning some camp songs if families are going on any trips on the May Long. Plus we will be doing lots of outdoor activities by making mini kites and mini paper boats for any puddles that may come up this month. We invite families to join in the fun at any time.



Sparling – With the weather continually improving and summer nearing us everyone is getting excited for Summer!

May 6-10 we will be talking about Mexico's Cinco De Maya and it's meaning, then of course for the remainder of the week, we have a fun Mother Day craft planned to show our Moms our affection.

May 13-16 we will talk about camping, and our favorite things to do, like ghost stories around the fire, our favorite treats over the fire and the best camping spots!

May 21-24 we will have an Under the Stars theme and talk about the different constellations and make some crafts.

May 27-30 is Lego Challenge week, where we will challenge the children to use their imaginations and creativity to make different types of transportation out of Lego piece



Sifton – May will be a fun filled month, with four different themed weeks: **May 6-10** is "Disney week,"

because what child or adult doesn't love Disney? With activities like making an apple pie and playing "heads down 7-Up – dwarf edition" for Snow White and the Seven Dwarfs.

May 13-16 is our "Through the Ages week", respectively we are doing 50s 60s 70s and 80s. We have age crafts like tie-dying for the 70s. We encourage everyone to dress the part as well.

May 21-24 we are also doing an "elements" themed week (Earth/Wind/Water/Fire) with one staff to lead in campfire songs on the fire day.

May 27-30 we had one of our students plan an entire week. She has plenty of activities planned so that we can appreciate different aspects of our lives, like our friends, family, OSCAR and More. We are looking forward to a fun packed month and encourage parents to join in when they can.



OSCAR Newsletter

Email: cdsss10@telus.net
www.camrosefcss.ca

Phone: 780-672-0141
 Fax: 780-672-2833



Health Tip



Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure and obesity.

- CPS

Triple P – Telling Kids What to Do:

By Professor Matt Sanders

When children refuse to cooperate, it may be related to the way instructions are given. Here are some common traps.



- Too many. The more instructions you give, the more opportunities to disobey.
- Too few. Children may sometimes seem disobedient because no one has taken the time to give them clear information on what is expected.
- Too vague. Shouting your son's name, then pausing and frowning because he is jumping on the couch might not be of much help if he has also just teased his sister. State clearly what behaviors you find unacceptable.
- Asking, not telling: Don't phrase an instruction as a question. If you ask: "Would you like to go to bed now?" be prepared for them to say: "No".
- Poorly timed. Asking your child to do something while they are busy watching their favorite television show will probably result in them ignoring the instruction.
- Shouting from a distance. Instructions shouted from one room to another are often ignored simply because parents are not there to back up the instruction.
- Emotionally laden. Children react to the emotional tone of what parents say to them. Calling children "stupid" or an "idiot" shows disapproval of the child rather than the child's behaviour. Although it can be difficult, parents should work to control expressions of anger when giving children instructions.
- If you want your child to stop doing something, remember to tell them what to do instead. Give your child time to cooperate and praise them when they do so – or carry out a logical consequence if they refuse.



Join the OSCAR Club

OSCAR Child Care Society

4516 - 54 Street
 Camrose, AB T4V 4W7
 Phone: (780) 672-0141
 Email: cdsss10@telus.net
 Website: www.camrosefcss.ca
 Facebook - OSCAR Child Care Society

2019/2020 Registration:
 June 4th, from 1 p.m. - 5 p.m.
 June 5th, from 9 a.m. - 7 p.m.
 June 6th, from 9 a.m. - 1 p.m.

Location
 Camrose & District Support Services
 Community Centre Room 231
 4516 - 54 St.

Non refundable Registration Fee:
 \$60.00 for 1 child
 \$85.00 for a family

OSCAR is the Place to Be!

Chester Ronning	Sparling
Jack Stuart	St. Pat's children
Ecole Sifton	attend Sparling

Available to students in Kindergarten to grade 6.
 We follow the BRSD Calendar.

Find us on Facebook

Search for: [OSCAR Child Care Society](https://www.facebook.com/OSCARChildCareSociety)



Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®.

If you would like further information please do not hesitate contacting the Camrose Family Resource Centre, a Parent Link centre at 780-672-0141 or Facebook at <https://www.facebook.com/CamroseFamilyResourceCentre/>

OSCAR Newsletter

Email: cdsss10@telus.net
www.camrosefcss.ca

Phone: 780-672-0141
 Fax: 780-672-2833



You will find the online version of the Help Book at www.camrosefcss.ca. A printed copy is available at OSCAR, in the Parent Information Binder, for you to have a look at.

The Help Book is updated annually, and is an excellent information source of essential information.

Copies of the Help Book are also available at CDSS.



Frozen Yogurt Pops

kidshealth.org

Prep time: about 1 to 2 hours

Ingredients:

- 1 8-oz. container of your favorite flavor of yogurt

Utensils:

- small paper cups
- wooden popsicle sticks (available in craft stores)
- plastic wrap

Directions:

- Pour yogurt into paper cups. Fill them almost to the top.
- Stretch a small piece of plastic wrap across the top of each cup.
- Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
- Put the cups in the freezer until the yogurt is frozen solid.
- Remove the plastic wrap, peel away the paper cup, and eat your pop!
- **Serves:** 3 to 4



Variations and suggestions:

If you like, you can make this recipe using plastic ice-pop molds instead of the paper cups and popsicle sticks.

For a cool-looking snack, fill your cups only halfway with one flavor of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavor of yogurt that's a different color. Put the plastic wrap back on and freeze once more. When your pops are frozen, you'll have two-colored treats!

Questions & Concerns

Please feel free to contact me, Kandace Bonney, OSCAR Director, at 780-672-0141 if you have any questions or concerns regarding OSCAR in anyway.

OSCAR Site Cell #'s

- Chester Ronning OSCAR: 780-608-0990
- Jack Stuart OSCAR: 780-608-9068
- Sparling OSCAR: 780-679-4700
- Sifton OSCAR: 780-781-5159

Staff Birthdays

- Mr. Landon – May 19
- Miss Sandra – May 21
- Miss Kennedy – May 27

