



# NNS SUMMER CAMP

For Children Ages 6-12  
July 4 – August 19, 2017  
9:00 to 5:00 pm  
Monday to Friday

## Information Package

Camp Location at:  
Portage Trail Community School  
Address: 100 Sidney Belsey Crescent.  
Main intersection is Jane and Weston

For more information, please contact:

Anu Sharma, Camp Coordinator  
Northwood Neighbourhood Services  
(416) 748-0788  
[asharma@northw.ca](mailto:asharma@northw.ca)

**NOTE:** Please be advised that TTC tickets and costs of field trips are not included in the registration fee.

**Please see back for Nutritional Guide and Tips for preparing your child's lunches.**



## Northwood Summer Camp-2017 Registration Form

**PLEASE PRINT. Complete one application for each child**

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

Child's Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Current Grade in School: \_\_\_\_\_

- Please indicate any physical or medical condition for this camper:

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Name of Parent/Guardian 1:

Name of Parent/Guardian 2:

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

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

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

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

Cell phone: (\_\_\_\_) \_\_\_\_\_

Cell phone: (\_\_\_\_) \_\_\_\_\_

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

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

**EMERGENCY CONTACT: List someone OTHER THAN A PARENT/GUARDIAN who may be contacted in case of an emergency**

Name: \_\_\_\_\_ Relationship to camper: \_\_\_\_\_

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

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

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Northwood Summer Camp-2017 RELEASE FORM

Dear Parent/Guardian:

For safety reasons, we ask that you pick up your child at the end of the day. If you are unable to pick up the children please make an arrangement to be picked up by family members or friends, please sign below and return to Northwood Neighbourhood Services.

I, \_\_\_\_\_, have read the above and give

Permission for my child/children to be picked up at end of the day. I hereby release Northwood Neighbourhood Services from any responsibilities for my child after he/she leaves the premises.

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

Parent/Guardian Name: \_\_\_\_\_

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

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

I, give my authorization for my child to be picked up by

\_\_\_\_\_  
Authorized person

\_\_\_\_\_  
Signature

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



## Northwood Summer Camp-2017

### WAIVER

I, \_\_\_\_\_, release  
(Parent/guardian's Name)

**NORTHWOOD NEIGHBOURHOOD SERVICES from all claims for damages arising from any accident or injury occurring before, during and after the camp. My signature below indicates my permission to give Northwood staff officials the authority to act on my child's behalf in the case of an emergency. In case of an emergency please contact:**

Name: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Work Phone #: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Health Card #: \_\_\_\_\_

Allergies, Medical Conditions, etc.:

\_\_\_\_\_

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

Dates: \_\_\_\_\_



## Northwood Summer Camp 2017

We, **NORTHWOOD NEIGHBOURHOOD SERVICES** and Day Camp Counselors, as staff of the Summer Day Camp Northwood believe that we are here to empower the campers, through entertaining and meaningful activities, to build their self-esteem and help them gain a healthy respect for the community at large.

### **GENERAL RULES FOR CAMP NORTHWOOD**

1. Please bring your children no earlier than 8:30am and pick them up no later than- 5:30pm
2. There is a late fee of \$1.00 per minute after the grace period at 5:05pm staff timing. Fee due upon arrival for following camp day admittance or on the same day of being tardy. If child is picked up by someone other than the guardian fee is still due.
3. Children should be respectful towards one another, including towards things around them, for example: no swearing, fighting, yelling, jumping on chairs or tables, etc.
4. Disruptive behaviour is inappropriate and will be dealt with by warning. Continuous disruptive behaviour will result in the removal from the program. Admittance back into the program will only be allowed after the parents, child(ren) and staff have met
5. Children are expected to participate in all activities. Unless prevented by medical or cultural conditions.

### **Note to Parents:**

**Please read the rules together with your child (ren). If there is any concern regarding the behaviour of your child (ren), please let us know about it. We ask parents to encourage your child (ren) to speak with one of the counselors or the camp coordinator if a problem should arise. The office telephone is (416)748-0788**

I, \_\_\_\_\_ have read and understood  
(parent/guardian signature) all the above rules.

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



## Building a Healthy Lunch



A healthy lunch gives children the **energy** and **nutrition** they need to grow and learn at school.

A healthy lunch has foods from 3 to 4 food groups in *Canada's Food Guide*.

### Vegetables and Fruit

Apple	Carrots
Orange	Broccoli
Pear	Celery
Banana	Peppers
Melon	Tomato
Berries	Cauliflower
Mango	Cucumber
Apricot	Romaine Lettuce
Peach	Spinach
Kiwi	Apple sauce
Dried fruit	Canned fruit
100% fruit or vegetable juice	(in juice)

### Grain Products

- Whole grain bread or bagel
- Whole grain pita, flat bread or tortilla
- Pasta or noodles
- Rice
- Couscous
- Whole grain crackers
- Whole grain Melba toast
- Whole grain cereal
- Small muffin
- Arrowroot or oatmeal cookie

### Milk and Alternatives

- White or chocolate milk
- Yogurt drink
- Fruit smoothie
- Yogurt

### Meat and Alternatives

- Canned fish (light tuna, salmon)
- Chicken, turkey or roast beef
- Hummus
- Beans and lentils



## Lunches for a Week

Write down your own healthy lunch menus on the days that are blank. Ask your kids for ideas.

Monday	Tuesday	Wednesday	Thursday	Friday
Whole grain bagel	_____	Whole grain flatbread (roti or chapatti)	_____	Whole grain crackers
Sliced turkey	_____	Hummus	_____	Minestrone soup
Milk pudding cup	_____	Yogurt	_____	Apple
Sticks of carrots	_____	Sliced vegetables	_____	Chocolate milk
100% orange juice				
Water	Water	Water	Water	Water

### Keep Lunches Safe!

Wash your hands well before preparing foods.

**Keep hot foods hot.** Food must be cooked to the proper temperature depending on the type of food. Food should be steaming hot when you put it in a thermos. Please follow the manufacturer's recommendations for thermos use.

**Keep cold foods cold.** Use an insulated lunch bag and a freezer pack. You can also put in a frozen drink that will thaw by lunchtime.



## Fun and Easy Snack Ideas

<b>Veggies &amp; Dip</b>	Baby carrots, broccoli, red, green or yellow peppers, celery sticks, hummus or low fat salad dressing
<b>Cheesy Pizza</b>	Cheese, tomato sauce, whole grain English muffin, vegetables (peppers, mushrooms, etc.) Serve cold or heat in oven and serve warm
<b>Pocket of Surprises</b>	Whole grain pita pocket, shredded carrots, sliced cucumbers and peppers, cheese
<b>Fruit Kabobs</b>	A variety of cut-up fruit (banana, melon, apple, pear, mango), kabob stick or straw, vanilla yogurt for dipping
<b>Cereal &amp; Milk</b>	Whole grain cereal, milk
<b>Jungle Juice</b>	Milk, 100% grape juice, banana Mix in a blender and enjoy



# Healthy Snacks

Healthy snacks are important for your child. Children have small stomachs and need to eat often during the day to make sure they get all the nutrition they need to grow, learn and play.

A healthy snack has foods from 1 to 3 food groups in *Canada's Food Guide*. Aim for **Every Day** choices most of the time.

	<b>Vegetables and Fruit</b>	<b>Grain Products</b> (choose foods with as little trans fat and saturated fat as possible)	<b>Milk and Alternatives</b>	<b>Meat and Alternatives</b>
<b>Offer Every Day</b>	<ul style="list-style-type: none"> <li>Fresh fruit</li> <li>Raw vegetables</li> <li>Applesauce (no sugar added)</li> <li>100% fruit or vegetable juice</li> <li>Canned fruit salad (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain cereal (more than 2 grams of fibre per serving)</li> <li>Whole grain bread, bagel or English muffin</li> <li>Whole grain pita, flat bread or tortilla</li> <li>Whole grain chapatti, naan or roti</li> <li>Whole grain crackers</li> <li>Whole grain Melba toasts or bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>White milk</li> <li>Chocolate milk</li> <li>Yogurt</li> <li>Yogurt drink</li> <li>Cheese</li> <li>Fortified soy beverage</li> </ul>	<ul style="list-style-type: none"> <li>Bean dip</li> <li>Canned light tuna or salmon</li> <li>Hard-boiled egg</li> <li>Hummus</li> <li>Chicken, turkey, roast beef</li> <li>Nuts and nut butter</li> <li>Roasted soy nuts or chickpeas</li> <li>Seeds</li> </ul>
<b>Offer Sometimes</b>	<ul style="list-style-type: none"> <li>Dried fruit</li> <li>Canned fruit (in syrup)</li> <li>100% fruit leathers</li> </ul>	<ul style="list-style-type: none"> <li>Animal or graham crackers</li> <li>Arrowroot or oatmeal cookies</li> <li>Baked tortilla chips</li> <li>Cereal or granola bars</li> <li>Fig fruit bars</li> <li>Low fibre cereal (less than 2 grams of fibre per serving)</li> <li>Plain popcorn</li> <li>Pretzels</li> <li>Raisin bread</li> <li>Rice cakes</li> <li>Small bran, oatmeal or fruit muffin</li> </ul>	<ul style="list-style-type: none"> <li>Milk pudding</li> <li>Frozen yogurt</li> </ul>	
	Chocolate or yogurt-covered	Cakes, cupcakes, donuts	Ice cream	Beef jerky,

# Nutrition Matters

## Peanut Allergies in Schools

**S**chool boards now have policies and procedures to meet the needs of children with allergies. When a student has a peanut or nut allergy, the school asks all parents not to send peanuts or nuts from home. It is very important that the whole school community, including teachers, parents and other children, understands the risks and help allergic children avoid a life-threatening reaction.



and walnuts. Tree nuts and peanuts are often processed in the same facilities, so there is a risk that tree nuts may have some peanut protein residue on them and vice-versa. This is why both peanuts and tree nuts must be avoided.

### ***Did you know?***

***Peanuts are actually part of the legume family, like beans and lentils.***

### **What is a peanut allergy?**

A peanut allergy occurs when the immune system overreacts to peanut exposure. Peanuts are one of the most common food allergens, especially in children. If a child has a severe allergy, even the smallest trace of a peanut can cause a reaction called anaphylaxis (an-a-fi-lak-sis). This can lead to death if the child is not treated. Although some children may outgrow their peanut allergy, it usually lasts a lifetime.

### **What about nut allergy?**

A tree nut allergy can also be severe and often lifelong. Tree nuts of concern are almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts



### **Can't the allergic child just avoid peanuts?**

People with peanut allergies have to be very careful about what they eat. It only takes a tiny trace of peanut residue to cause some people to react. Sometimes the peanut ingredient transfers to another food that does not normally have that ingredient in it. For example, a knife with peanut butter residue on it could be used for another spread or foods with nuts can get mixed in with other foods in bulk food bins.

It is very important that everyone that comes in contact with an allergic child is aware of his/her allergy so that they can help the child avoid exposure to the allergen.