



45 School Street, Suite 403, PO Box 489, Mahone Bay, NS, B0J 2E0

Tel: 902-634-9977 Email: info@coastalaction.org Web: www.coastalaction.org

Earth Adventure Afterschool Program Parent Guide

Hello Parents & Caregivers

We are excited to have your child(ren) join us for our Earth Adventure Afterschool Program on **Mondays, Tuesdays, and Thursdays from September 11 to December 14**. This program is for students in **pre-primary to grade 4**. The program begins at dismissal (2:10 pm) and **ends at 5:00 pm**. During this new and exciting program, we will play fun, cooperative games, explore our surroundings, and do adventurous activities in the woods. We also have access to space at the Mahone Bay Centre for inside activities if it's wet and cold. However, in good weather, most of the time we will be outside! If there is no school or school is cancelled, the Afterschool Program will also be cancelled.

This fall, we are piloting this program. We will let all participants know by November 15 if it will continue in the winter and current participants will have a guaranteed spot for their current program days if they would like to register again. Current participants will also have first priority for additional sessions.

We have put together this electronic parent guide to help you and your child prepare for the Earth Adventure Afterschool Program. **Below you will find:**

1. Program Overview
2. Program Calendar
3. Program Cost & Payment
4. What to Bring
5. Get to know our program leaders

For non-urgent matters, you can call the Coastal Action office at 902-634-9977, or reach Madison Ottens by email at madison@coastalaction.org. In the case of an emergency or change of plans during the program, you can reach Madison by cellphone at 902-521-4462. Please note that we might not answer right away as it is our priority that participants are safe and have a positive experience. You can send us a text or leave us a message and we will respond as soon as we have the chance. Madison's number should only be used during program days. If messages are sent on evenings and weekends, you will likely not receive a response until the following business day.

We will also mention that should there be an emergency, the nearest hospital to the Mahone Bay Centre is the Fishermen's Memorial Hospital located at 14 High Street, Lunenburg, Nova Scotia. When the Fishermen's Memorial Hospital ER is closed, the next closest hospital is the South Shore Regional Hospital, located at 90 Glen Allan Dr., Bridgewater, Nova Scotia.

We are very excited for this program to begin, and we look forward to seeing you! And as always, if you have any questions or concerns, please do not hesitate to contact us.

~ Madison Ottens and the Earth Adventure Leadership Team



PROGRAM OVERVIEW

We have arranged for our group of students to take Bus #209 from Bayview Community School. The students will be met by our program leaders at 146 Fauxburg Road and will walk roughly 350 meters down quiet side streets to the Mahone Bay Centre.

On the Mahone Bay Centre property, there is a soccer field and a small basketball court, and the property backs onto a nice, wooded area that connects to the Bay to Bay Trail. During the program, we will play high-energy games, have snack time (snacks not provided), do a focus activity (nature games or guided exploration), and have dirt time (this is what we call free play). We will be inside the MBC for pickup at 5 pm (room TBD). Parents/caregivers who are picking children up will need to sign their child out at the end of the day. If someone who is not on your pick-up list (filled in during registration) will be picking your child up, please let us know in advance.

What Might a Typical Day Look Like?

2:10 PM	Students get on Bus #209
2:30 PM	Students picked up from bus stop (146 Fauxburg Road)
2:50 PM	Arrive at the MBC
3:00 PM	Snack time and quiet time (books, colouring, circle games, etc.)
3:30 PM	Outdoor adventures (active games, nature exploration, fort building, etc.)
4:30 PM	Clean up and pack up (inside time until pickup)
5:00 PM	End of program

What Might a Rain/Snow Day Look Like?

Note: we have access to a dryer and can dry clothes if kids get wet! However, an extra change of clothes is a good idea on wet days.

2:10 PM	Students get on Bus #209
2:30 PM	Students picked up from bus stop (146 Fauxburg Road)
3:00 PM	Snack time and quiet time (books, colouring, circle games, etc.)
3:00 PM	Gym time
4:45 PM	Clean up and pack up
5:00 PM	End of program

The calendar below shows which days the Earth Adventure Afterschool Program will be running. Feel free to print and add your own notes! Note: it is not a fully detailed school calendar – it only includes dates relevant to the afterschool program.



45 School Street, Suite 403, PO Box 489, Mahone Bay, NS, B0J 2E0

Tel: 902-634-9977 Email: info@coastalaction.org Web: www.coastalaction.org

September

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6 First Day of School	7	8	9
10	11 First Program Day!	12 Program Day!	13	14 Program Day!	15	16
17	18 Program Day!	19 Program Day!	20	21 Program Day!	22	23
24	25 Program Day!	26 Program Day!	27	28 Program Day!	29	30

Notes:



45 School Street, Suite 403, PO Box 489, Mahone Bay, NS, B0J 2E0

Tel: 902-634-9977 Email: info@coastalaction.org Web: www.coastalaction.org

October

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Holiday – No School or Program	3 Program Day!	4	5 Program Day!	6	7
8	9 Holiday – No School or Program	10 Program Day!	11	12 Program Day!	13	14
15	16 Program Day!	17 Program Day!	18	19 Program Day!	20	21
22	23 Program Day!	24 Program Day!	25	26 No School or Program	27	28
29	30 Program Day!	31 Program Day!	1	2	3	4

Notes:



45 School Street, Suite 403, PO Box 489, Mahone Bay, NS, B0J 2E0

Tel: 902-634-9977 Email: info@coastalaction.org Web: www.coastalaction.org

November

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 Program Day!	3	4
5	6 Program Day!	7 Program Day!	8	9 Program Day!	10	11
12	13 Holiday – No School or Program	14 Program Day!	15	16 Program Day!	17	18
19	20 Program Day!	21 Program Day!	22	23 Program Day!	24	25
26	27 Program Day!	28 Program Day!	29	30 Program Day!	1	2

Notes:



45 School Street, Suite 403, PO Box 489, Mahone Bay, NS, B0J 2E0

Tel: 902-634-9977 Email: info@coastalaction.org Web: www.coastalaction.org

December

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4 Program Day!	5 Program Day!	6	7 Program Day!	8	9
10	11 Program Day!	12 Program Day!	13	14 Last Program Day!	15	16
17	18 No Program	19 No Program	20 Last Day of School Before Holidays	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Notes:



PROGRAM COST & PAYMENT

Each session costs \$20 and you register for each day as a package (e.g., if you sign up for Mondays, it's all 11 Mondays).

*** Note: For those who register later in the season, registration fees will be updated/adjusted each week to reflect the cost of the remaining number of program days.**

Program Day	Monday	Tuesday	Thursday
Number of Sessions	11	14	13
Total Cost	\$220	\$280	\$260

Payments can be made online through our registration system or offline within 14 days of registration by delivering cash or a cheque to the Coastal Action office at 45 School Street, Suite 403, Mahone Bay, NS. Please bring your confirmation email with you as proof of registration.

If you are unable to pay in full upfront, please let us know and we can work out a payment plan.

There are no refunds for missed sessions. If you cancel partway through the program, you will be refunded for the upcoming sessions, minus a \$40 admin fee.

WHAT TO BRING

Most of the program takes place outside. Please prepare your child to spend each day outside. As a general rule, packing **LAYERS** is a great idea. **If you do not have one of these items, please let us know in advance.** We do have some extra gear available in various sizes to borrow.

- Pants that are both warm and waterproof (“water resistant” is not enough). This could mean waterproof snow pants or rain pants with warm pants underneath. Long underwear or leggings are a great idea.
- Jacket that is both warm and waterproof (“water resistant” is not enough). This could be a waterproof insulated jacket or a raincoat over a fleece jacket.
- Sturdy sneakers or boots (close-toed shoes).
- If it is cold/wet: warm, winter/rain boots and warm socks. Neoprene “Bogs”-style boots work well. Or you can put grocery bags inside winter boots. Or double thermal socks inside non-insulated rubber boots.
- An extra pair of socks.
- Long pants are always required. Long pants protect from insect bites (including ticks), scrapes, and sunburn.
- A reusable water bottle
- An after-school snack (no nuts or peanuts)

We ask that your child leave all their non-essential items (phones, tablets, cameras, toys, etc.) in their backpack during the program. They are nearly impossible to find if they become lost in the forest. If the items become an issue, we may hold on to them during the program, for the participant to pick up at the end of the day. We will let you know if an issue arises. In emergencies, you can reach your child via the program leaders.



45 School Street, Suite 403, PO Box 489, Mahone Bay, NS, B0J 2E0

Tel: 902-634-9977 Email: info@coastalaction.org Web: www.coastalaction.org

TICK INFORMATION

Lunenburg County is home to both dog ticks and deer ticks. Dog ticks are larger and commonly found in long grass, and deer ticks (aka black-legged ticks) are smaller and commonly found in leaf litter and wooded areas. However, ticks can be found almost anywhere because they are carried by birds and other wildlife. Deer ticks can carry Lyme Disease.

The Government of Canada provides good general information about ticks and Lyme Disease, which you can view on the [Government of Canada website](#), or view the [brochure as a PDF](#).

This 3-minute video is also a good intro: <https://www.youtube.com/watch?v=sU8wLgXZ92M>.



Lyme Disease can be a very serious illness, but the good news is that it is highly treatable if caught in the early stages. The best ways to prevent Lyme Disease:

1. Wear closed-toed shoes, long-sleeved shirts and pants. Tuck pants into socks (so fashionable!). Light-coloured clothing makes ticks easier to spot. Wear insect repellent.
2. Do daily tick checks. Thoroughly examine all of your skin, using your fingers. While ticks can be hard to see, you can usually feel even the tiny deer ticks with your fingers. Ticks like warm areas, so don't forget your armpits, groin, hairline, etc. Support your child in doing a tick check every night. Showering or bathing may assist in washing away loose ticks.
3. If you find a tick that has attached to the skin, slowly remove it by pinching as much of it as you can and pulling slowly, being careful not to detach the head. Seeing skin attached to the head of the tick is a good sign you have removed it completely. If you think it is a deer tick, save the tick in a clear plastic bag, and label it with the date and location on your body of where the tick was found. Take a photo of the location. Monitor the location.
4. If you notice symptoms of Lyme Disease (often mild flu-like symptoms about 2 weeks after the bite, may also see a "bull's eye rash"), seek medical attention as soon as possible (within a day or two, ideally). If caught early, a round of antibiotics is usually an effective treatment.



GET TO KNOW OUR PROGRAM LEADERS!

Madison and Julia are the main leaders, but you will see other friendly faces throughout the program! All staff have clear criminal record checks and child abuse registry checks and are certified in first aid and CPR.

<p>Maddie</p> 	<p>Maddie has been leading and planning summer programs at Coastal Action each summer since 2021. Maddie recently graduated from Acadia University with a Bachelor of Science (Honours) in Psychology. In her free time, she loves to visit family and friends, research her family history, and refinish old furniture.</p> <p>Maddie is from Lunenburg and loves spending time in the woods and on the water. She is so excited to be back for her third camp season and can't wait to see new and returning campers and students!</p> <p>Favourite summer foods: Panzanella and cucumber salads Favourite colour: Purple Favourite outdoor activities: Fishing, kayaking, and building forts! Fun fact: Maddie has 3 cats, 1 dog, and 1 hamster at home!</p>
<p>Julia</p> 	<p>Julia has been leading and coordinating programs at Coastal Action since 2018. She started as a summer student and has been working for Coastal Action full-time since 2020, after completing a Bachelor of Science in Biology and Psychology at Acadia University. Julia is certified in Wilderness Remote First Aid, Mental Health First Aid, and Paddle Canada Intermediate Canoe Skills. In her free time, she loves to read, knit, and spend as much time outside as possible. Julia looks forward to sharing her passion for the outdoors with campers and students!</p> <p>Favourite summer foods: fresh fruit (right from the garden), pasta salad Favourite colour: Green Favourite outdoor activities: camping, canoeing, hiking, and building snow forts Fun fact: I love to go for ocean polar dips at all times of the year!</p>