



Nature & You Preschool Program Information

Welcome to Nature & You Preschool! First of all, we would like to thank you for your interest in our program. We understand how precious your child is to you, so we are honoured that you are considering our preschool for your 2.5 to 4 year-old explorer. At Nature & You we strive to offer a preschool program that allows children to connect with themselves, with each other, with their educators, and with their natural surroundings as they learn and grow. Should you choose to join us, we look forward to welcoming your child and your family into our community.

As a preliminary step, we have provided you with our program information. We would also welcome a visit and can work with you to find a suitable time. If you have a continued interest in the program, we will supply you with our intake form, medical form, emergency contact form, and program waiver.

Thank-you again for considering our program. We hope to speak with you soon.

* This child care program is not licensed by the Government of Ontario.

Program Overview

Our Curriculum: At the forefront of our program is the belief that regular free play in a natural outdoor setting will have lasting, positive impacts on your child's overall well-being. While following the children's curiosity and interests, we strive to present a balance of:

- free play and guided adventures
- active and quieter activities
- group and individual exploration.

General Schedule and Activities:

7:45 a.m.	Drop-off begins. Children begin their day with free play in our outdoor classroom.
9:30 a.m.	Snack time and toileting routines.
10:00 a.m.	Prepare for our morning adventure. This includes toileting and getting dressed in the right clothes and outdoor gear to suit the weather.
10:10 a.m.	Embark on our morning adventure. Our adventures vary with the weather and the seasons. They range from stream exploration to snowshoeing.
12:00 p.m.	Lunch and toileting routines.
12:45 p.m.	Storytelling and rest time. Reading or telling stories signals the beginning of quiet time indoors. This is a time to recharge after an active morning. Some children nap during this time. Those who don't nap engage in quiet activities.

2:45 p.m.	Snack time and prepare for afternoon outdoor play.
3:15 – 4:45 p.m.	Free play in our outdoor classroom until pick-up

Current Operating Times:

Monday to Friday

7:45 – 9:30 a.m.	Drop-off
9:00 a.m. - 3:30 p.m.	Main Program
3:15 – 4:45 p.m.	Pick-up

We plan to offer our program throughout the entire year, including summer months.

We will not be operating:

Labour Day

Thanksgiving Monday

Between Christmas and New Years Day

Family Day

Easter Friday and Monday

Victoria Day

July 1st (Monday holiday)

Civic Holiday in August

Working with your schedule: We may be able to offer your child a place for certain week day (e.g. Monday and Wednesday only). However, we are unable to offer half-day or half-day pricing at this time.

Available Spaces: This is an unlicensed child care program and will have a maximum of 5 participants per day.

Cost: \$45/day, payable at the beginning of each month through our online store, e-transfer to info@natureandyou.org, or cheque to Nature and You.

Location: 584 Cedar Heights Rd., North Bay, ON

Dressing Your Child for Each Day

The weather can vary throughout the day and there is always plenty of mud to be found. It is important to help your child to dress for the morning's weather and to pack plenty of changes of clothes. With each change of season we will send a packing list to your family.

Sample Fall Packing List:

These are the items required each day for our program. Items brought home for washing will need to be replaced the following day:

- 2 pairs long pants
- 2 light long-sleeve shirts
- 3 pairs of socks
- 2 pairs of shorts (for warm weather)
- ,2 t-shirts,
- 1 pair of **rubber boots**
- 1 pair of running shoes
- 1 hat
- sunscreen
- rain jacket
- rain pants
- warm fall jacket

- 1 sweater
- 1 re-fillable water bottle
- 1 toque or warm hat
- nap blanket and nap toy/stuffy (if they nap)
- 1 favourite quiet toy/activity from home (if they don't nap)
- diapers, wipes, and barrier cream (if still using diapers)

We do recommend long pants and long sleeves, even on warm days, as they protect against scratches and bug bites although we understand that some children prefer shorts.

Health and Wellness

Meals & Snacks: All meals and snacks will be provided at the centre following the Canada Food Guide. If your child has a special dietary need or allergy please let us know and we will adapt our menu to fit their requirements.

Illness: If children begin to show some of the symptoms listed below or any other symptoms which may indicate the possible presence of a contagious disease we will call parents and ask them to come and pick up their child as soon as possible.

High Fever

Persistent diarrhea or vomiting

Severe coughing

Difficult or rapid breathing

Conjunctivitis

Unusual rash

Jaundice

Difficulty/pain swallowing

Parents will be notified of contagious diseases affecting the children in our care. A child with a communicable disease must stay home until the period of contamination has passed or until the child has fully recovered.

Medical Form: Parents are required to complete a medical form prior to attendance at Preschool.

Emergencies: An emergency contact & medical care permission form must be completed by parents prior to attendance at preschool. Minor first aid will be administered when necessary by staff.

In the event of a serious injury or illness we will immediately contact emergency services and the child's primary caregivers. If primary caregiver's cannot be contacted we will reach out to the child's emergency contact.

Communicating with families

At Nature & You, positive relationships are the cornerstone of the work we do. We believe in developing strong learning partnerships between families and educators, and we know that good communication is the key to making this happen.

In Our Classroom: You are welcome to visit our indoor and outdoor classroom each day. We will put up art work, photos, and other creations that capture our fun and learning. These allow you the opportunity to view first hand the activities your child has been participating in throughout the program.

Events: Throughout the year we host “Experience Nature” events at our site. These take place four times throughout the year, with one occurring each season on a Saturday from 10:00am-12:00pm. We invite families to participate, especially during our August event as it is a chance for families and children to get to know each other before our program begins in September. The morning will involve games, activities, a local nature adventure, and of course some tasty treats. Other siblings and extended family are of course welcome to attend these events.

Meetings to share learning: In order to keep face to face dialogue, we do our best to meet with families once each season. These meetings give us the opportunity to share your child’s learning with you, to learn more about events and occurrences at home that may be shaping your child’s learning, and to pick up any information that we aren’t getting from the child directly that may improve our curriculum or program focus. Parents will also be able to share any expectations or concerns.

Communicating Concerns: If you have any concerns for your child, the program, staff, or interactions with other students, we are very happy to listen wholeheartedly and take them into serious consideration. However, in order to be able to fully listen to concerns and address them, it is crucial that these are discussed in person, or by phone if you are unable to meet. Please do not bring up major concerns in the following ways:

- *Pick up or drop off:* During this time staff are often busy working with a full group of children. For this reason, they will not be able to give you their full attention and your concern may not be received in full. Minor concerns such as a minute health concern to watch out for or a crabby mood to watch out for are perfectly acceptable to share at these times. However, if the concern is more serious, such as a conflict between your child and other children, you may set up a time to meet with us and discuss this more thoroughly.
- *Email:* Email can be an effective communication tool for sharing factual information, lists, and setting up meetings. It is not effective for communicating concerns or having discussions. The inability to read intonation or have immediate back and forth dialogue makes them ineffective for sharing concerns with educators. Email may be used to set up a meeting with our staff. Emails will be read and responded to during the week, Monday-Friday from 8:00-5:30. If an email is sent over the weekend, please do not expect a response before Monday afternoon.
- *Random Phone Call:* If you are unable to make a face to face meeting and would like to discuss a concern over the phone, we are happy to do so. Please ensure that this meeting has been prearranged so that our staff can prepare themselves and address your concerns effectively. If a parent calls unexpectedly throughout the day hoping to raise a concern that is not of immediate importance, they will be asked to call back at a specific arranged time to discuss this further.

Getting to Know our Educators

Although we plan on getting to know children and their families throughout the program, we have provided a summary of our experience, interests, and reasons for being a part of the Nature & You Preschool program.



Amy Fisher - Amy grew up climbing trees and getting muddy exploring the forest behind her home in Southwestern Ontario. Her connection to nature has always been a force for good in her life and, over the past decade, Amy has enjoyed helping others to connect with the natural world at various outdoor centres and organizations including her small community's camp program, Wye Marsh Wildlife Centre, YMCA Wanakita and ALIVE Outdoors.

In 2013, Amy completed her B. Ed and went on to teach Grade 5-6 at Trillium Waldorf School in Guelph, Ontario. The Waldorf curriculum values music, the arts and experiences in the natural world. Amy incorporates aspects of this into her outdoor practice and continues to learn more about inquiry and place-based approaches to education. Amy is excited to be part of Nature and You where she helps to create experiences that connect youth to their local landscape.



Mike Ward - Growing up in New Liskeard, Mike Ward has an embedded love for Northeastern Ontario and its natural beauty. Over the last ten years, Mike has worked as an Outdoor Educator around the province. He began his career as an Interpreter/Naturalist with Ontario Parks including Killarney, Grundy Lake, and Samuel de Champlain Provincial Park. He has since become a certified teacher, and worked at outdoor centres and organizations including YMCA Wanakita, Kinark Outdoor Centre, ALIVE Outdoors, Adventureworks, and the Lake Simcoe Region Conservation Authority.

Following his return to Northeastern Ontario, Mike's goal was to bring high quality outdoor education programs to the City of North Bay. His passion for establishing positive relationships with nature is one he wishes to share with as many as possible. He constantly seeks to offer programs in a way that is both experiential and accessible.

Contact us:



Nature & You
North Bay, Ontario
(705) 358-1541
info@natureandyou.org
www.natureandyou.org