



Discovery Kids

OUT OF SCHOOL CARE

Program Overview

Welcome to Discovery Kids Out of School Care! Our program overview is the guideline for the schedule and structure our program will follow. We will however, occasionally make minor adjustments to ensure we are accommodating the children's needs. We will also save the most stimulating activities for PD days and Spring Break camps when the children are energized and refreshed. Daily activities will be based on the children's ages and interests, which we will learn as we get to know them each individually.

Regular Care Days (End of School - 5:30pm)

End of school - 3:30 - Kinder time - The kindergarten school day ends earlier so we will have a chance to spend the first part of each day with them, focusing specifically on them and the things they enjoy doing.

- focus on fun
- curriculum based activities
- free play

End of School - 4:30 - For the first hour or so after school children with homework and those that prefer quiet activities will use room 9, the rest of the children will be in the kindergarten classroom.

- snack
- activities
- games
- crafts
- story time
- puzzles

4:30 - 5:30 - Prep for pickup, gym play, outside play (weather pending)

5:30 - 6:00 - Staff clean up

PD Days (7:30am - 5:30pm)

Days 1/3/5/7 - Field Trip Options

- Calgary Zoo
- Telus Spark
- Heritage Park
- Studio Bell
- Rothney Observatory
- Downtown Library
- Calgary Children's Festival
- Military Museum
- Griffith Woods
- Weasel Head Flats
- Glenbow Museum
- Calgary Farmyard
- Butterfield Acres
- Cobb's Adventure Park
- Granary Road
- Sports game

- For all field trips we will supply each child, staff member and volunteer with a Discovery Kids shirt to wear overtop of their clothing to ensure children are easily recognized and supervised

Sample PD Day Schedule #1

7:30-8:30 - arrival/free play

8:45 - bus loading

9:00 - bus departure

9:30 - approximate on site arrival/snack

9:30 - 11:30 - activities/exploration of site

11:30 - 12:00 - lunch

12:00 - 2:30 - activities/exploration of site

2:30 - bus loading

3:00 - arrive at DWA

3:00 - 4:30/5 - popcorn/snack and movie in gym

4:30/5 - 5:30 - gym play/outside play

Days 2/4/6 - Special Guest Options

- Calgary Fire Department
- Calgary Police Department
- AHS Ambulance/Paramedics
- Calgary Public Library with library van
- Children's yoga instructor
- Local musicians
- Local artists
- Local sports teams
- Environmental professional

Sample PD Day Schedule #2

- 7:30 - 9:00 - arrival/free play/snack
- 9:00 - 11:30 - special guest/related activities
- 11:30 - 12:30 - Healthy Hunger lunch
- 12:30 - 2:30 - focused activities prepared by staff
- 2:30 - 3:00 - snack
- 3:00 - 4:00 - quiet activities/reading
- 4:00 - 5:30 - gym play/outside play

Spring Break Camp Ideas

April 3,4,5,6 & 11,12,13,14
(7:30am - 5:30pm)

Week #1

- April 3 - Messy Monday - Slime, Elephant toothpaste, etc
- April 4 - Field trip
- April 5 - Woodworking Focus
- April 6 - Culinary Focus

Week #2

- April 11 - Sports Focus
- April 12 - Field Trip
- April 13 - Music Focus
- April 14 - Art Focus

Sample Activity List

- Brain games
- Parachute games
- Reading
- Puzzles
- Dance/Zumba
- Music
- Seasonal/Holiday crafts
- Tower gardening
- Scavenger hunts
- Cooking/Baking
- Board games
- Obstacle courses
- Science experiments
- Focused activities
- Art

Sample Topic Focus List

(linked with field trips/special guests)

- Astronomy
- Art
- Music
- Alberta Forests/Parks
- Science/Experiments
- Zoology
- Fitness/Health
- Fire Safety
- Emergency Services
- Alberta Farms
- Food
- Sports

Food

Parents will provide regular lunches and enough food for two snacks daily, except when Healthy Hunger provides the lunch. Then parents will only need to provide 2 snacks.

Healthy Hunger is an online platform used by many Calgary schools to provide nutritional variety in the form of fun lunches and snacks. Parents create an account, see the restaurant choices available on any given day (set by the facility/school/etc), and select and pay for what their child would like to eat. It is then delivered to the facility at a predetermined time. Ordering through Healthy Hunger is optional – parents can opt to send lunch from home instead of choosing a Healthy Hunger lunch.

Some restaurant options in the Bridgeland area available through Healthy Hunger:

- Freshii
- Booster Juice
- Subway
- The Lunch Lady
- Little Caesars
- Papa Johns
- Pizza73
- Mucho Burrito
- Boston Pizza
- Mary Browns
- Opa Of Greece
- Kernels
- Tim Hortons
- Saucy Bread Company
- Extreme Pita
- Chopped Leaf

Drop Off/Pickup Process

Safety and efficiency will be our main focus at pickup time

- Discovery Kids staff will sign children in on regular after school care days using the HiMama app
- On PD days and Spring Break days parents can drop off their children as early as 7:30am. Between 7:30am and 9:00am drop off will be in the kindergarten classroom. Parents will need to sign their children in using the HiMama app
- Each day will end in the gym or on the playground (weather pending)
- As daily pickup will occur in the gym, the children will bring their backpacks etc to the gym at the end of every day so the pickup process can be as quick and efficient as possible
- Parents can use the HiMama app to send a "ready to pickup" notification to let staff know they've arrived, allowing staff to get the child ready
- Parents will enter through the main doors by the office and pickup the child at the gym doors
- Parents must be present at pickup, staff will not send the child outside without a parent/approved pickup person
- Parents will sign their child out using the HiMama app