



## **Mainstream Mindfulness**

Shaping the narrative of the next generation

Since 2017

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# Philosophy Statement

At Mainstream Mindfulness, we believe children thrive in a peaceful, stimulating environment. We provide a loving and caring environment where each individual child is treated with respect and acceptance.

## Inclusion Philosophy

Mainstream Mindfulness is open to all members of our community. Children are recognized as individuals with their own strengths and abilities. All children have the right to be included in the classroom.

## Mission Statement

Shaping the narrative of the next generation.

## Values Statement

**Mainstream Mindfulness guiding principles when working with families in our care; our values are based on our image of each individual child as:**

### **Adventurous**

Children need to ask questions, to look, to listen, to taste, to feel. The courage to know and trust themselves. To take risks. To develop skills to problem, solve building confidence and a sense of self . belief in their own decision making.

### **Independence**

Children need to know themselves, their own needs, wants and to voice them. To understand autonomy, we all have the ability to make choices, and be comfortable doing it! The ability to do things independently and be proud.

### **Creative**

Children need to have a variety of mediums available to explore. To paint, draw, build, write, sing, dance and tell stories. To express themselves creatively in many ways. Enhancing creativity is an important part of developing children's problem solving and innovative thinking.

### **Acceptance**

Children need to accept themselves and feel accepted in any environment. Children also need to develop an acceptance of the difference of those around them enhancing their relationships with others and themselves.

### **Self-Esteem**

Children need to see themselves in a positive way, be confident and proud of who they are, where they are from and the choices they make. A strong sense of well-being provides children with confidence and optimism to develop a belief in themselves when facing challenges



## Staff

Our Founder has over 30 years experience as an Educator, 15 of which were as the owner/ operator of PCCC serving over 100 families. All support Staff have current First Aid, CPR, Child Abuse registry and Criminal record checks.

## Space Availability

Summer Camp program 5-12 years 15 spaces

School programs 5-8 15 spaces per class offered weekly

School programs 9-12 15 spaces per class offered weekly

## Upon Admission

Completed application, health information form and consent forms and payment forms are required prior to a child being placed in the program.

## General Information

**Days and hours of operation-**

Summer Camp Monday -Friday 8:00-5:00

School Programs Monday-Friday before school, lunch, after school

Online Programs – On student's schedule

## Payment Policies

Payments are to be made by E-transfer or PayPal

5 % for Registration of multi weeks

Fees must be prepaid, prior to starting the program.

\$50 nonrefundable deposit should you cancel within 7 days of beginning a program.

Full refund if cancelling more than 7 days prior.

No refund for cancellation during program which has started.

Delinquent accounts will be turned over to a collection agency.

## Attendance/Vacation

Please notify Mainstream Mindfulness if your child will be absent for any reason.

If your child is absent due to illness, please inform staff upon calling. We are required by the Department of Health to record these symptoms.

Please notify the center in advance of any vacation time.

Parents are required to pay for the days their child is absent since the space is reserved for them.

There is a late fee charge after 5pm \$5.00 per 5 minutes. For example, 6 mins. Late would equal \$10.00 late fee, 11 mins. Would equal \$15.00.

Monthly fees must be paid in full prior to months' end. Any unpaid fees or accounts will be sent to collections.



# Program Policies

## Illness

Sick children should not be brought to Mainstream Mindfulness; this includes high fever, vomiting, diarrhea, and other communicable diseases.

**A child will be able to return 24hrs after the symptoms cease.**

**If a child becomes ill while at the center, the parents will be contacted immediately for arrangements to be made to pick up the child.**

**Mainstream Mindfulness reserves the right to exclude children from the program if they are generally unwell and unable to participate in the general camp routine i.e., outdoor activities, field trips, etc.**

**An exclusion form will be filled in with return date information for parents to sign.**

## Illness Table



Disease & Incubation	Signs  Symptoms	Transmitted	Communicable  Infectious period	Restrictions	Control Measures
<b>Chicken pox</b>	Fever, skin eruptions with blister like lesions	Airborne or with direct contact vesicle fluid	1-2 days before outbreak, till blister dry	Until the blisters have dried	Vaccination and isolation of sick individuals
<b>Diarrheal Diseases</b>	Abnormally loose or frequent stools, vomiting and sometimes fever	Fecal-oral route, through contaminated articles, food/beverages and hands	Throughout acute infection and as long as organisms are in the stool.	Exclude until the diarrhea is gone for 24hrs or as advised by local health department & physicians.	Proper hand washing, sanitize all contaminated articles and equipment. Keep diapering and food services tasks and items separate. Notify parents & health department when cluster cases occur.
<b>Head lice</b>  Eggs hatch in 7 days / 1 week can multiply in 8-10 days lives 20-30 days	Severe itching, small lice eggs closer than ¼ to nits on the hair Bumpy rash on the nape of the neck, behind ears and/or crown of the head may appear after a persistent infection.	Direct contact with infected individual or their clothing, or article to article contact ie coats and hats	As long as live lice remain on an infected person or until the eggs are 1/4in away from the scalp.	Until after child and the household are treated and have no live nits	Vacuum to get rid of lice in environment wash all clothing and bedding in hot soapy water for 20 min Notify parents Keep all children's personal clothing separate.
<b>Pink Eye conjunctivitis</b>	Redness, itching, pain , discharge from eye, swelling of the eyelid.	Person to person by direct or indirect contact with discharge from eye	For duration of illness or until 24 hours after treatment started and improvement noted	It depends on the cause. I f viral, no exclusion. I f bacterial, until the antibiotic has been taken for 24hrs	Notify parent. Sanitize all articles used by child, proper hand-washing, all children for symptoms for 3 days
<b>Strep Throat</b>	Red, painful throat, sudden fever may develop a rash	Person to person  Bacteria in respiratory secretions	From onset of symptoms until 24-48 hours after treatment has begun	<b>Exclusion until 24-48 hrs after treatment has begun</b>	Notify parent. Sanitize all articles used by child, proper handwashing Notify health dept when clusters occur.
<b>Ring Worm</b>	Ringed shaped rash	Person to person by	From onset until	Exclusion until	Notify parent.

	with raised edge on skin or scalp. Often itchy & flaky. May	direct skin to skin contact or contact with personal items	medical treatment has been started	24hrs after treatment has been started.	Sanitize all articles used by child, proper hand washing cover lesions
<b>Hand foot and mouth disease</b>	May have fever headache, sore throat & rash. Red spots often with small blisters on hands/feet	Person to person spread. Virus present in nose& throat discharges & stool	For 1 to 2 weeks from onset of illness	No exclusion once diagnosis has been made by a dr, child may return	Proper hand washing, don't share cups, glasses etc. Sanitize all contaminated articles,

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BEHAVIOR GUIDANCE

Our Mainstream Mindfulness team provides a well-planned and developmentally appropriate program. We strive to help children learn self-discipline and self-control by helping to develop self-confidence, trust and independence. We caregivers help to develop essential conflict resolution skills by understanding and guiding their behavior.

## **OBJECTIVES**

- I. To develop and encourage growth of participants while teaching acceptable behavior in a group setting.
- II. To learn to make positive life choices.
- III. To feel good about oneself.
- IV. To encourage Pro-Social behavior.

## **PREVENTION STRATEGIES**

- I. Establish clear, consistent, and simple limits and provide explanations.
- II. State limits in a positive way, way and periodically reminds children of those limits.
- III. Provide opportunities for children to make choices throughout the day.
- IV. Focusing on positive aspects of a child's behavior, will decrease unacceptable ones.
- V. Prepare children for transitions.
- VI. Model and encourage appropriate behavior.
- VII. Give praise when appropriate.

VIII. Staff, volunteer, and care providers do not offer food to reinforce positive behaviors.

IX. Food is not to be used as a reward for completing a task or finishing a meal (ie, dessert will not be withheld if the child does not finish the main meal)

## **INTERVENTION STRATEGIES**

I. Stay close to children and redirect children when necessary.

II. Acknowledge the feelings of the children involved in the situation

III. Consistency and redirection are used to help children find solutions.

IV. Assist children in problem solving.

V. Interact with children.

VI. If a child is quite upset a teacher may use “time away”. Time away occurs when a child must be removed from a situation, time away from attention from other children. The teacher stays adjacent to the child and facilitates a discussion: providing support to enable the child to make better choices in the future.

## **THE FOLLOWING FORMS OF DISCIPLINE SHALL NOT BE USED**

I. Striking a child directly or with any physical object

II. Shaking, shoving, spanking or any form of aggressive physical contact

III. Requiring or forcing a child to repeat physical movements.

IV. Harsh, humiliating, belittling or degrading responses of any form including verbal, emotional or physical discipline.

V. Children should not be required to participate in any activity or to abide by a policy that is not good for them. (An example of this would be trying to force a child to taste a certain food)

VI. **Food is not used to reinforce desired behaviors** i.e., Food is not used to reinforce positive behaviors, food is not withheld as a consequence for inappropriate behaviors, Food is not used as a reward for completing a task or finishing a meal i.e., dessert will not be withheld if the child does not finish the main meal.

VII. Confining or isolating a child

VIII. **Should a child's behavior cause continual disruption, the child will be dismissed.**

**Parents must sign the Behavior Policy**



## PROGRAM FEE'S

PROGRAM	FEE
Weekly camps	\$195 per week
Online Mindfulness session	\$175 per ten-week session \$17.50 per class
School Mindfulness program	\$175 per ten-week session \$17.50per class
Private Mindfulness session	\$ 250 per ten-week session \$25 per class

