



**Mainstream Mindfulness**

***Shaping the narrative of the next generation***

***Since 2017***

***mainstreammindfulness@hotmail.com***

[***Www.mainstreammindfulness.net***](http://Www.mainstreammindfulness.net)

**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.

**Independence-** Children need to know themselves and their own needs and wants and to voice them. To Learn we all have the ability to make choices, and be comfortable doing it! The ability to do things for themselves 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 be able to do things in more than one way.

**Acceptance-** Children need to accept themselves and feel accepted in any environment. Children also need to accept the difference of those around them.

**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.

**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**

**Drop Off/Pick up**

The centre is open from 8:00 am to 5:00 pm

Parent are requested to inform the centre as of 8 am of any absences

Parent must come into the classroom with their child and to inform the teacher of your child’s arrival.

All children must be signed in/out by your child’s teacher.

All children must be picked up no later than 5:00 pm.

Children will be released to authorized persons only as stated in the Registration form unless otherwise arranged in writing. Picture ID will be required.

**Children must be brought into the classroom and be acknowledged by the teacher.**

**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** |
| **Chicken pox** | 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 |
| **Diarrheal Diseases** | 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 |
| **Head lice**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 |
| **Pink Eye**conjunctivitis | 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 |
| **Strep Throat** | 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 | Exclusion until 24-48 hrs after treatment has begun | Notify parent. Sanitize all articles used by child, proper handwashing Notify health dept when clusters occur |
| **Ring Worm** | Ringed shaped rash with raised edge on skin or scalp. Often itchy & flaky. May  | Person to person by direct skin to skin contact or contact with personal items | From onset until medical treatment has been started | Exclusion until 24hrs after treatment has been started | Notify parent. Sanitize all articles used by child, proper hand washing cover lesions |
| **Hand foot and mouth disease** | 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, |





**CLOTHING**

As part of the learning process, the children are involved in messy activities. Please send children in inexpensive, comfortable clothing so they can participate in all aspects of the program. Please note that some of the children’s paint does not wash out very well. **Please label everything to help identify your child’s items.**

Children should be dressed appropriately for the weather. Children play outside daily and must be protected from the elements.

Tie up shoes are not practical for children; we recommend Velcro closures.

The following is a list of seasonal outerwear your child will require:

**All items must be clearly labeled with your child’s name.**

. Children should be dressed appropriately for the weather. Children play outside daily and must be protected from the elements.

. Mainstream Mindfulness is not responsible for lost or damaged items. We do have a lost and found bin, please check it regularly.

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| --- | --- |
| **Summer Camp** | **March Break**  |
| **Sun hat****Summer jacket****Waterproof rain boots****Sneakers****Comfortable sandals** **Re Useable water bottle****Sunscreen****Bug Spray** **Light sweater****Shorts****Towel****Swimsuit** | **Winter hat****Winter jacket****Winter boots****Indoor shoes****Snow pants****Change of clothes**  |

**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**

1. To develop and encourage growth of participants while teaching acceptable behavior in a group setting.
2. To learn to make positive life choices.
3. To feel good about oneself.
4. To encourage Pro-Social behavior.

**PREVENTION STRATEGIES**

1. Establish clear, consistent, and simple limits and provide explanations.
2. State limits in a positive way, way and periodically reminds children of those limits.
3. Provide opportunities for children to make choices throughout the day.
4. Focusing on positive aspects of a child’s behavior, will decrease unacceptable ones.
5. Prepare children for transitions.
6. Model and encourage appropriate behavior.
7. Give praise when appropriate.
8. Staff, volunteer, and care providers do not offer food to reinforce positive behaviors.
9. 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**

1. Stay close to children and redirect children when necessary
2. Acknowledge the feelings of the children involved in the situation
3. Consistency and redirection are used to help children find solutions
4. Assist children in problem solving
5. Interact with children
6. 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**

1. Striking a child directly or with any physical object
2. Shaking, shoving, spanking or any form of aggressive physical contact
3. Requiring or forcing a child to repeat physical movements
4. Harsh, humiliating, belittling or degrading responses of any form including verbal, emotional or physical discipline.
5. 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)
6. **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.
7. Confining or isolating a child
8. **Should a child’s behavior cause continual disruption, the child will be dismissed.**

**Parents must sign the Behavior Policy**

**NUTRITION**

 Campers are required to bring two healthy snacks and a healthy lunch daily.

 Please send in a full reusable water bottle daily.

 Allergies should be report to the Operator and on the participant information form.

 **MEAL AND SNACK ROUTINES**

Healthy meal environments focus on positive meal and snack routines.

Staff are responsive to children’s cues around hunger and provide

snacks and meals outside of the regular schedule as required.

 Staff create a relaxing and enjoyable meal environment.

Meal and snack times provide excellent opportunities to foster children’s self-help and social skill development.

Staff encourage children to respond to hunger and feelings of fullness and children are not forced to finish food that has been served.



 **PROGRAM FEE’S**

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| --- | --- |
| **PROGRAM** | **FEE** |
| Weekly camps  | $175 per week  |
| Online Mindfulness session | $150 per ten-week session $15 per class |
| School Mindfulness program | $150 per ten-week session $15 per class |
| Private Mindfulness session | $ 250 per ten-week session $25 per class |