

# October Newsletter



Hello!

My name is Caley Dougan and my name is Patti Larsen. We are your Program Leaders for the Afterschool Program this year. Patti will be on site Tuesdays and Caley will be on site Wednesdays and Thursdays. We would like to take the opportunity to welcome both returning children and new children to our Afterschool Program ran by the North Lambton Community Health Centre. Our program is a FREE healthy lifestyle program focusing on physical activity, healthy eating and personal wellness for children between grades 1 and 8. We both are super excited to meet your kiddos! If you have any questions or concerns we have attached both of our contacts on the left side of the calendar.

## Reminders:

- **Please return all signed forms** to program as soon as possible. Children cannot attend program until registration is complete.
- **Pick up** - Parents/Guardians **MUST** send a text to program leader outside of facility, to receive their child after program. Reason for this is, it limits COVID exposure to the children and the safety for them. If you have given your child permission to walk and it is indicated on their registration form, they may sign him or herself out. Children will not be permitted to leave early unless prior consent has been given.
- **PLEASE Check out** and **LIKE** the [Afterschool Program Facebook page](#) on North Lambton Community Health Centre for our monthly calendars and newsletters. We will be posting any updated information about program (program cancellation, school closures, weather alerts etc.)

## Please Note:

- ✓ Program runs until **6:00 pm**. Please pick up your child by **6:00 pm**.
- ✓ **Outside food and toys are not permitted at program. This includes electronic devices.**
- ✓ Children are not permitted to bring money to program and cannot purchase any items from the food booth during program hours.
- ✓ Please keep us updated on pick-up changes.
- ✓ Please keep us updated with any concerns or changes with your children.
- ✓ **Please bring your indoor shoes if possible.**



thank you!



# The Redford iCan Afterschool Program



## October Calendar

Held at The Redford Arena  
Tuesdays, Wednesdays, and Thursdays



**The Redford Cell Phone**  
Caley (519) 381-4807 OR  
Patti (226) 932-0786

**Notes:**

- Please remember no boots or wet shoes in the activity room!

**For more information, please contact**

**Program Leader (Tues) - Patti Larsen**  
Cell #: (226) 932-0786  
Email: [plarsen@nlchc.com](mailto:plarsen@nlchc.com)

**Program Leader (Wed/Thurs) – Caley Dougan**  
Cell #: (519) 381-4807  
NLCHC #: (519) 786-4545 ext.330  
Email: [cdougan@nlchc.com](mailto:cdougan@nlchc.com)

MON	TUES	WED	THURS	FRI
				1
4	5 Team Building	6 Freeze Dance	7 Dodgeball Fun	8
11  Thanksgiving	12 Exercise Bingo	13 	14 Craft Activity	15
18	19 Field Games	20 Kids Choice!	21 Talent Show	22
25	26 Pumpkin Decorating	27 Halloween Fun!	28 Rainbow Lynne at 3:45pm 	29 

Outdoor footwear is not permitted. Please bring running shoes if possible!