

September/October Newsletter

Hello!

My name is Caley Dougan. I will be the Program Leader for the Afterschool Program on Monday, Tuesdays and Fridays at the Watford Site. Our Youth Leaders this year is, Emma Cotton and Paige Lougheed. I 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. This is a FREE healthy lifestyle program focusing on physical activity, healthy eating and personal wellness for children between grades 1 and 8. The hours of the program runs is 3:00p.m to 6:00p.m. I am super excited to meet your kiddos! If you have any questions or concerns, I have attached my contact information on the left side of the calendar.

This year, things will look a little different. We are starting the program September 28, 2021, at Watford Centennial Hall and running the program only Tuesdays and Fridays. Then on October 18, 2021, we will start running program at the Watford Arena, three days a week (Mondays, Tuesdays, and Fridays). Reason for switching location is, Watford Arena provides our program extra day for the children to attend during the week. The Afterschool Program runs from September to June.

Reminders

- **October 8th**, there will be no program running.
- On **October 28th**, we have guest speaker (Rainbow Lynne) coming in to speak to the children about healthy eating. Lynne works at North Lambton Community Health Centre as Registered Dietician. She has come in the past to talk with the children at the afterschool program.
- **Please return all signed forms** to program as soon as possible. Children cannot attend program until registration is complete.
- Parents currently are **not allowed** to come into facility. Parents **MUST** text Program Leader and Program Youth Leader will bring child outside of the facility. These measures are in place due to COVID precautions.
- **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 the following:

- ✓ Program runs until **6:00 pm**. Please pick up your child by **6:00 pm**.
- ✓ Parent **MUST** test or email Program Leader before **11:00a.m** every day of program if child passed COVID screening questionnaire. Child is not allowed to program if child has any of the COVID symptoms.
- ✓ **Outside food and toys are not permitted at program. This includes electronic devices (ex. Ipads/Iphones/Ipods).**
- ✓ 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.**

Thanks!





Watford iCan Afterschool Program



September/October 2021

Held at Watford Centennial Hall
Mondays, Tuesdays, and Fridays

- Notes:**
- Please remember no boots or wet shoes in the activity room!
 - No program on Oct 8th and the 11th.

For more information, please contact

Program Leader – Caley Dougan
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 NLCHC #: (519) 786-4545 ext. 330
 Email: cdougan@nlchc.com

MON	TUES	WED	THURS	FRI
	28	29	30	1
	Welcome!			Soccer Baseball
4	5	6	7	8
Freeze Dance				P.A. Day, no program
11	12	13	14	15
 Thanksgiving	Dodgeball Fun!			Craft Activity!
18	19	20	21	22
Soccer	Kids Choice!			Tag your It!
25	26	27	28	29
Talent Show	Rainbow Lynne at 3:45p.m 			Halloween Fun!