

# Newsletter



YMCA-YWCA of  
Northeast Avalon  
**CHILDREN'S SERVICES**

## The Tradition Continues



*Maxine Mercer, General Manager,  
Children's Services*

We extend a warm welcome to families who have just joined our Y family and a special welcome back to those who were already a part of the tradition. For 152 years, the Y has been delivering quality programs and services to children and families throughout the region. Today, our Y involves 1050 participants annually in 20 sites offering programs for toddler and preschool children, afterschool care and day camps.

As we build on our past, we are also very excited about our future. This past summer, we opened our first full day program for preschoolers. The Y Preschool Learning and Care Centre is at our New Cove Road location and is available from 7 am - 6 pm Monday through Friday all year round. This program opened in July 2006 for 3-5 year olds and will expand to include 2 year olds in January 2007. New school-age centres will open in

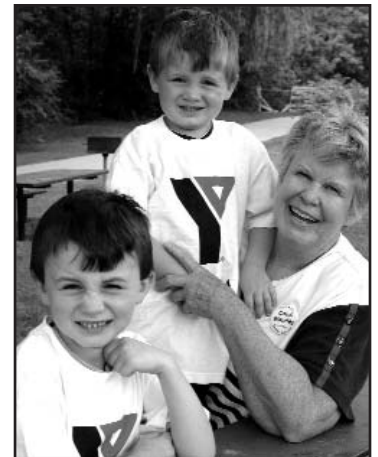
January 2007. One site will be at the Salvation Army Temple on Torbay Road, the other at Cowan Heights United Church on Frecker Drive and the third location will be at the Y building on New Cove Road. Transportation will be provided to the Y from schools in the east end.

We are in the process of introducing a new and exciting curriculum for young children that's been developed by YMCA Canada, entitled YMCA Playing to Learn. This curriculum which is based on the philosophy that children learn best through play and when they are nurtured by adults who care, fits nicely with the program goals throughout Y Children's Services. Watch for signs of this curriculum in your child's program over the coming months.

We believe that our Y provides the highest quality of care and education for young children. Read on and see what children and families have to say about our programs.

Thank you for being part of a long tradition that continues to grow in our community.

Maxine Mercer, General Manager  
Children's Services  
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**We build strong kids,  
strong families,  
strong communities.**

### what's inside:

- YMCA playing to learn
- child obesity
- facts about Y child care
- a caring environment
- open house

# YMCA Playing to Learn

The YMCA Playing to Learn curriculum focuses on what is already known about how children learn and develop. Recent research clearly states that it's during a child's early years that brain development is enhanced by active play experiences. Playing to Learn, also referred to as the living curriculum, embraces this belief by nurturing the learning that occurs through self-directed experiences, while optimizing the supportive environment and positive interaction with adults.

Taking the knowledge of child development, how children learn and a well-grounded understanding of children's play, our staff can construct a living curriculum that truly reflects the interests and needs of the children in their care. This program is based on the following principles:

- Children learn more when they are playing
- Play develops children's creativity and problem solving skills
- Play prepares children better for school learning
- Play is healthy. It promotes strength, coordination

## Preschool is Fantastic

The YMCA-YWCA Preschool Program is fantastic because it enables young children, like my 4 year old son, Peter Breen, to interact with other children his own age plus it gets him used to attending social activities without my presence.

This program stimulates his mind and encourages interaction in a learning setting. He especially enjoys the variety of activities available to him.

The teachers are friendly, courteous and concerned about the children's safety and overall well being.

I would recommend this program very highly.



Thank you,

Jane Morgan  
Y Playschool,  
Reid Centre,  
Mount Pearl



and brain development.

- Play teaches new skills and builds children's self-esteem
- Play teaches children social skills that help them develop friendships.
- Play is the right of children (United Nations Convention on the Rights of the Child).  
*(Source: Canadian Child Care Federation Resource Sheet).*

If you would like more information on YMCA Playing to Learn, please call Maxine at 754-2960, ext 24.

## A Caring Environment

I would like to commend the staff of the Y Kindercare program at St. Teresa's School for the exemplary care and consideration given to my daughter, Emma. The learning and caring environment they have provided has certainly eased her transition into Kindergarten. I am especially pleased that Carol-Lynn, Cathy and Juanita recognize each child's individual needs and go above and beyond to ensure those needs are met.

Sincerely,

Donna Hayes, mother of Emma Haller

## Child Obesity

Did you know that child obesity rates have more than tripled in the last 25 years? Did you know that Newfoundland and Labrador has the highest child obesity rates in Canada?

The fight against child obesity is one that the YMCA-YWCA of Northeast Avalon takes very seriously. Newfoundland also displays the highest levels of inactivity amongst children. This is why the Y offers many programs geared towards getting children in our community more active.

## Facts about Y Children's Services

- 1050 children served through programs in various communities (St. John's, Mount Pearl, Torbay, Portugal Cove, Foxtrap)
- 3 toddler and preschool child care sites, ages range from 2 - 6 years
- 13 school age child care sites, ages range from 6 - 12 years
- 16 families receive Y financial assistance
- Total value of Y financial assistance in child care is \$9620
- 6 day camps are offered at two locations (New Cove Road, Mount Pearl Y, Foxtrap)
- Total value of Y financial assistance in day camp is \$21,000.

## Facts about YMCA Child Care in Canada

- The YMCA is the largest provider of not-for-profit child care in Canada
- The YMCA is present in over 250 communities
- Children in Canada receive over 13 million hours of child care through the YMCA each year

## Children's Services Open House

On Saturday, November 18, 2006, the Y celebrated the opening of the new full day preschool with an Open House and ribbon cutting ceremony. Visitors had the opportunity to view

the new program rooms, play in the gym, and obtain information about all the new part and full day programs for children from ages 2 to 6.



## Heart and Soul



Dear Gen,

I love leaving school and going to the Y. It is nice to do crafts and have fun after a long day at school. You and Charlene make it possible. If the Y was a person, YOU would be the heart and soul.

Julianne Meaney, 10  
Y After School Club  
at Holy Trinity School



**Y** YMCA-YWCA  
of Northeast Avalon  
**CHILD CARE**

It's 3:27 in the afternoon  
You don't have to worry  
You know where your child is...  
She's discovered a new  
species of exotic bird.

**She couldn't be in better hands -  
She's at the Y.**

## a message from the CEO



Jason Brown, CEO

## It Feels So Good to Give

The Y is a special charity built by a unique partnership between volunteers, donors, staff, and participants. In Northeast Avalon the Y has been a part of people's lives since 1854. The Y works with over 14,000 people in our communities every year. Every one of these people has something to give.

Every year, hundreds of people volunteer for the Y, their reward is feeling good about serving their communities through the Y and making our communities even better places to live. Y volunteers volunteer to give and not to get, yet so many volunteers have told me they have gotten more from the experience than they could ever hope to give back. Y volunteers work in every part of our Association - in employment and enterprise services, children's services, health, fitness, recreation & membership, philanthropy, and governance. Our volunteers are leaders and role models and I want to thank them for their important contributions.

Every year, generous people also give charitable gifts to the Y. These funds are used to help ensure the Y is open to everyone and no one is turned away for inability to pay fees. As our needs grow, we will also be relying on donors to give towards capital funds so we can grow and make sure we can serve

more people in a bigger, better way. I want to thank our donors for their generosity.

As we move ahead with our Association Strategic Plan 2006-2009 we'll need even more support. I am confident our volunteers, donors, staff, and participants will be there in the future as they always have been in the past.

Jason Brown, Chief Executive Officer  
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### Our Mission

The purpose of our Association is to encourage all people in our communities to join together by providing opportunities for growth in spirit, mind and body through an environment that is built on respect, trust and safety.

### Our Vision 2006-2009

The YMCA-YWCA of Northeast Avalon is a leading charity that fosters self confidence and a sense of community. We empower people to be the best they can be.

### YMCA-YWCA Core Values

Caring  
Honesty  
Respect  
Responsibility  
Health  
Inclusiveness



health fitness & recreation - employment & enterprise services - children's services - voluntarism and philanthropy

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