

The Extra Scoop



Dovercourt
Boys & Girls Club

FALL 2020

DOVERCOURT BOYS AND GIRLS CLUB



Dovercourt
Boys & Girls Club

Getting ready for the winter season

-FURLANI-



Patrick and Barbara
Keenan Foundation



Weston Family
Foundation

Mike and
Nicole Tevlin



PEEL, TORONTO
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children's
charity
feeding hungry minds

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Donald Reid



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Transitioning back to school: Dovercourt's After School Program, Swimming, Harvest Festival and more

The Club has wrapped up summer with several accomplishments - from launching online programs for the first time to consistently organizing food hamper projects for the community. These efforts, along with support from funders, Board of Directors, and staff paved an exciting path for fall. We look forward to indoor gardening, Character Development Program, Christmas Hamper Program and more! To ensure the safety of everyone at Dovercourt during the COVID-19 pandemic, the Club has enforced policies and procedures for all programs and operations.

The new season looks a lot different from last year. As swimming lessons, book club, online programs (art, math, coding, Master Chef Junior, and photography), and hamper projects continue, we are able to continue to support Dovercourt children and youth. If members aren't at the Club, then they are learning how to make art sculpture, code Python, or make mini pizzas virtually.

In case you missed it, Dovercourt Boys and Girls Club's summer highlights include:

- **Coping with COVID-19 lockdown series:** Meet Club member Megan Silva on page 3.
- **Summer Camp 2020.** Check out Dovercourt's summer camp highlights on page 4.
- **Harvest Festival.** Read more about the Club's Harvest festival on page 7.

After School Program

Dovercourt Boys and Girls Club's Before and After School Programs (ASP) is back this year with enhanced safety policies and procedures. This year, ASP program is operated by the Club's outreach schools.

- St. Helen's Catholic School
- St. Mary's of the Angels
- St. John Bosco Catholic School
- Holy Rosary Catholic School
- St. Alphonsus Catholic School
- Stella Maris Catholic School
- St. Vincent de Paul Catholic School
- St. Paul VI Catholic School
- Alexander Muir/Gladstone Ave Junior and Senior Public School
- Perth Public School and St. Luigi Catholic School
- St. Matthew Catholic School

During ASP, members enjoy nutritious snacks and meals, make arts and crafts and play sports in a fun and safe environment.

"They focus on the students, age groups, and what is required for each individual. Rewarding to know they care and ensure they have adequate and up to date programs and information for all students," said Dolores Silva, parent of Club member, Megan. Megan has been with Junction Triangle Clubhouse for 7 years and participated in all summer camp programs.

In addition to recreational activities, the ASP offers homework help. "The After School Program helps with homework, this is extremely important. I do work full-time, the program aims to help with completing assignment and activities," said Silva.

Online Character Development Program resumes

In conjunction with ASP, Dovercourt's Character Development program continues this school year. Program participants have the opportunity to enroll in Math tutoring, Coding, Art Club, Photography, and Master Chef Junior. Over the years, this program has evolved from arts and crafts activities to bundled guitar, photography and keyboard programs.

To support continued and at-home learning, Dovercourt has transitioned these programs to online platforms. The coding program expanded this season with two different levels: beginner and advanced. Beginner coders work with Scratch to develop basic coding fundamentals and can continue building

their skill set by participating in the advanced program by learning Python.

Another program that has expanded is the popular Master Chef! For the first time ever, Dovercourt Club delivered cooking ingredients needed for the week's activity and members followed Teaching Garden Lead, Emily Pollock via Zoom to cook nutritious meals in the comfort of their homes!

"The kids are already talented cooks and I love how excited they are to improvise with the recipes and tell me how their creations went. It's a joy to bake with them every week," said Pollock. So far, members have made berry parfaits, mini pizzas, pasta pomodoro, and blueberry streusel muffins. Yum!



After School Program Operational Procedures

Dovercourt Boys and Girls Club is offering Before and After School Programs under specific policies and procedures to increase the health and safety of children, staff and families. Please note, these guidelines are also subject to change as per the direction of the Ministry of Education Child Care, Ministry of Health and Early Years Licensing Branch, Ministry of Heritage, Sport, Tourism and Culture Industries and local Public Health Units. Enhanced procedures include use of personal protective equipment, cleaning and disinfecting protocols, isolation rooms, washrooms, and

exclusion due to symptoms of illness.

Pick Up/Drop-Off Procedures

No parents or guardians are allowed entry into the Before and After Program and must wait outside the building. A designated DBGBC staff wearing PPE will meet each member at the front entrance and staff member from the child's cohort will chaperone the child to the front entrance where parents can pick-up.

If pick-ups occurs when the children are in the playground, parents must not enter the playground area; staff will bring the children to parents. They should bring ID.

Breakfast/Snack Program



There is no food sharing with members and physical distancing is in place during meal-times. Snacks are individually portioned and staff must wear PPE when serving food.

For questions or inquiries, please contact the Club at (416)-536-4102. For full policies and procedures, please visit: <https://www.dovercourtkids.com/programs/dovercourt-clubhouse/after-school-program>

Coping with COVID-19 Lockdown Series: Meet Club member Megan Silva!



As part of the Club's #CopingwithCOVID19 series, we're shining the spotlight on Junction Triangle Clubhouse member, Megan Silva! She has been with the Club for 7 years and has attended summer camp regularly. This year, Silva participated in the

Club's online math tutoring program. The Club interviewed Megan and her mother, Dolores about their experience with the Club.

How was your experience like with the Club this year?

D: Dovercourt Boys and Girls Club contacted me to join the Tutor program, it was great! They focus on the students, age groups and what is required for each individual. Rewarding to know they care and ensure they have adequate and up to date programs and information for all students.

Are there any Club projects or events Megan has participated in?

D: Megan enjoyed all the special activities: Unity Day Christmas concerts, Halloween and Teaching Garden.

Are there any Club services that you thought were really helpful?

D: The ASP helps with homework, this is extremely important. I do work full time, the program aims to help my daughter with completing assignments and activities.

SUMMER CAMP 2020



Learning, building relationships and having fun is integral to Dovercourt's programs including summer camp. This year, for the first time the Club launched on-line programs, hamper projects and organized special theme days for members all while hosting its traditional camp programming.

What made this year's camp different from others was the hybrid virtual and in-person programming. The combination of both attracted many new members! Dovercourt has expanded its reach and this means new, innovative programs and diversity in all that we offer.

"My camp highlight is seeing the kids I've worked with in the past and witnessing how they are growing up, and the people they



are becoming," said Staff member, Shemar Mitchell. During the COVID-19 lockdown in March 2020, the Club launched online math and English tutoring and a book and art club to support its members. The rapid success of these programs made one thing very clear. As in-person interaction is critical to learning, virtual programs are impactful and transformative as well.



"As COVID-19 continues, these programs [online] are very important for us. We're eager of course to get back to life without masks or physical distancing but having gotten use to activities and classes online, I think we'd definitely consider the idea even after COVID-19," said David Storch, parent of Club member. Campers this year attended

regular as well as specialty camps: sports, tots, and theatre camp. In respect to COVID-19 related policies and procedures, staff altered programming that emphasized independent work, social distancing, and limited sharing. "I just really like working with children, I like seeing all the old faces and new faces come in and play together. It really makes me happy seeing what I can do for the kids and what they do for me," said Staff member, Bailey Armstrong.

Members who did not attend the in-person camp were enrolled in online programs: math, English, and art camp. If Dovercourt staff weren't facilitating camp then they were organizing hampers and book club deliveries. The Club's summer hamper initiatives were similar to its annual Christmas Hamper Program. To combat food insecurity and assist families through this difficult time, staff members organized and delivered various hampers through the summer. The Pelham Park community was also supported through this program. It has been a successful summer camp and we hope to see families return in 2021.

Dovercourt Club's Star Supporters



Toys "R" Us, Girl Guides Cookies, Banana Republic

Every season, the Club receives generous donations from its partners and funders. These donations support Dovercourt in facilitating its day-to-day operations and brighten our members' days! This summer, we were grateful to receive donations from Toys "R" Us, Girl Guides Cookies, and Banana Republic!



Breakfast and Lunch delivery at Pelham Park

Another community initiative launched by the Club is the breakfast and lunch delivery program at 61 Pelham Park Gardens! In collaboration with 11 and 12 Division Toronto Police Service, Egg Smart, and Tre Mari Bakery, Dovercourt Club delivered breakfast and lunches over the course of 7 weeks to support families.



What's Happening At the Club



In October during its web series celebration, Boys and Girls Clubs of Canada recognized employees who have worked hard to service kids in their communities.

Of these people, Dovercourt's very own Tony Palermo and Mannie D'Elia were recognized for their years of service; Tony for 35 years and Mannie for 30 years of service! Congratulations Tony and Mannie for achieving this landmark contribution with Dovercourt Boys and Girls Club.



For thanksgiving this year, we had the pleasure of preparing and delivering hampers to the Pelham Park community with assistance from Deputy Mayor Ana Bailão, Casados Acores On and MP Julie Dzerowicz. This is one of many initiatives the Club has organized to support Pelham Park members and the community at large.

This program, "supports community and Club members, we are giving joy and happiness to families in need that is what Dovercourt is about, community and leadership," said Junction Triangle Clubhouse Program Director, Tony Palermo.

Horticulture Weekly: stay up to date on Teaching Garden



Dovercourt Boys and Girls has launched podcast, Horticulture Weekly to keep the community updated about its Teaching Garden. Since its inception in 2017, members have been learning about gardening, agriculture, and environmental science. The Teaching Garden was founded with help and support from The Boulevard Club, Mike and Nicole Tevlin, Patrick and Barbara Keenan Foundation, United Way, Weston Family Foundation, Second Harvest, and Furlani Foods. This program was created to introduce gardening all year-round to members.

The Teaching Garden has been an integral part of Dovercourt's programming from summer camp, indoor gardening to annual spring and harvest festivals. Members have grown everything from Basil, Dill, Lettuce, Tomatoes, Spinach, Lavender, Chives, and Kale and have also taken harvest



home to prepare delicious meals!

Every season, the Club prepares the Teaching Garden for the unique weather and members' activities. In Episode 1 of Horticulture Weekly, Teaching Garden Lead Emily Pollock walks us through this preparation specifically the garden's summer preparation. This required all important plants to be planted like tomatoes, parsley and dill cumpers and making sure soil is amended and watered. The Teaching Garden bloomed with vegetables and fruits which members took home and created salads with!

Since summer, members have been focusing on gardening and agricultural skills like pruning, transplanting, and planting. Members also saw the first sprouts of the Red Russian Kale and planted seeds for Blue Scot Curled Kale. This experience provides members

with an opportunity to develop life skills like patience, delicate care, cooperation and having the confidence and ability to stick to projects. These skills are transferrable to school projects, recreational hobbies and more!

In Episode 2 of Horticulture Culture, Emily shares tips on fall preparation, everything from planting cool crops, bolting, and taking care of root vegetables. Members helped prepare for this season by planting autumn crops like peas, squash and carrots, and harvesting hot plants. Hot crops are plants like tomatoes, zucchini, eggplant and peppers which thrive in Ontario's hot summer. "It's been a joy to work in the garden with the kids and I hope they learned as much from me as I've learned from them," said Pollock. Listen to Horticulture Weekly here: <http://dovercourtkids.podbean.com/>



Back to School With Dovercourt Club's backpacks



To help our members transition from Summer Camp to school, we put together and distributed back-to-school backpacks for them!

These backpacks were filled with school supplies, books, snacks and essential materials students would need to head back to school. A special thank you to the following sponsors who assisted the Club and donated to this initiative:

FKK Wholesale Cash & Carry Inc, Boys and Girls Clubs of Canada, United Way, Furlani Foods, Mondelez, PC Children's Charity, Weston Family Foundation, Walmart,

Patrick and Barbara Keenan Foundation, Dollarama Mike and Nicole Tevlin, Second Harvest, Children's Book Bank, Tre Mari Bakery, and Egg-smart. Thank you to our staff and volunteers: former Toronto Police Services Sergeant, Ojo Tewogbade and Professor Wendell Nii Laryea Adjetej for supporting this initiative!



Welcoming the Fall Season With Harvest Festival



Dovercourt Club has re-imagined its annual Harvest Festival. This year, the festival adhered to COVID-19 safety procedures and the celebration of ending outdoor gardening for the year. The Club's Teaching Garden Lead, Emily led Harvest Festival by organizing different stations which members rotated within, Halloween and Fall festivities were combined through Jack o' Lantern Olympics, Spooky Ghost Plants, and Painting Pumpkins. Harvest Festival is one of the Club's most

memorable celebrations.

Members had a range of activities to choose from: physical activities from keep-up, Thunderball and Balloon Tag with jack o' lanterns. For members who wanted to opt for a gardening experience, they took graptopetallum leaf (known as "ghost" plant) off its large mother plant, mixed it with soil and put them in containers. These plants are known to "come back to life" and over the next weeks, members will watch their planted assemblage grow!

Another exciting activity held during the Harvest Festival is the classic painting pumpkins. Members received mini pumpkins which they decorated with acrylic paint and took home. The fall season isn't complete without decorated pumpkins. The Club continued its



celebrations the following day by members dressing up for Halloween. We encourage members and families to celebrate such occasions safely with suggestions made by public health officials to ensure everyone's safety and wellbeing.



Healthy Eating and Living Program

As part of its healthy eating and living program, Dovercourt Club is prioritizing healthy eating and living for members, parents, and the community!

The joy of learning and playing are accentuated with good health and wellbeing. Imagine if you were a car. After a long day of rigorous activity, would you ignore fueling up? Or fuel up inadequately? Well, your body is just like a car. It needs energy, vitamins and minerals to function at it's best ability. Physical activity and sleep are also key in feeling and being healthy and strong.

Through our efforts of daily snacks, promotional materials around the Club, and educated discussions with members about the importance of healthy eating and living, we are teaching members what it means to live a healthy lifestyle. Doing so doesn't have to be stressful or time consuming. By allotting time

in your schedule to prepare meals and do grocery shopping ahead of time, you can prepare healthy meals that fuel your body for the whole day. Be creative with your meals and don't be afraid to try new foods!

Dovercourt Club staff prepare daily snacks that adhere to nutritional needs. Snacks like chicken wraps, fresh fruits, and energy bites are not only easy to prepare but are filled with diverse ingredients needed to keep members energized through out their day.

With the support from President's Choice Children's Charity the Club is implementing the President's Choice Children's Charity Basic Needs, Brighter Futures program.

What does your body need?

Minerals: create healthy skin, bones, and teeth.

Fiber: Found in fruit, vegetables, and whole grains, fiber helps your body digest food.

Vitamins: help fight diseases.

Fats: Found in dairy products, meat, and fish help build healthy nerves and fight diseases

Protein: Found in meat, milk products, beans and fish. Protein builds and repairs muscle.

After School Program Daily Snacks



Chicken wraps

Lettuce, cheese, tortilla wraps and chicken are all you need for these quick and easy wraps that are filled with protein and healthy fats.



Cereal and berries

Members enjoy cereal and berries during programming. Rich in antioxidants, this is a fun and quick on-the-go snack.



Chocolate energy bites

These chocolate energy bites were made with sunflower butter, chocolate chips, honey, flaxseed and oats to keep our members energized!

Dovercourt's Virtual Programs: Meet Club member Daisy Storch



Daisy Storch

Rowe Saturdays, and Master-chef with Emily on Sundays. Pre-COVID-19, she was part of the After School Program at Dovercourt Boys and Girls, and every summer she did two or three weeks of camp there, which she loves. This summer she was at Dovercourt in person for a week of camp, and did online Math and Art Camps.

If so, how has the transition been like?

Yes. Daisy says: "it's weird going from in person to on-line, and figuring out how to do things online." D: Daisy is a very social person, and COVID has been a lonely time for her. The online programs give her something to look forward to, and to schedule her day around.

Virtual programming has become an essential addition to the Club's services. The Club interviewed Daisy and her father, David about their experience in participating in the Club's online programs.

What are some of the activities Daisy has done?

D: Some of Daisy's favorite activities have been: tin foil creatures in art camp, computer lab this summer in person, 24 hour clock song with Chrystal, and definitely Emily's struesel blueberry muffins.

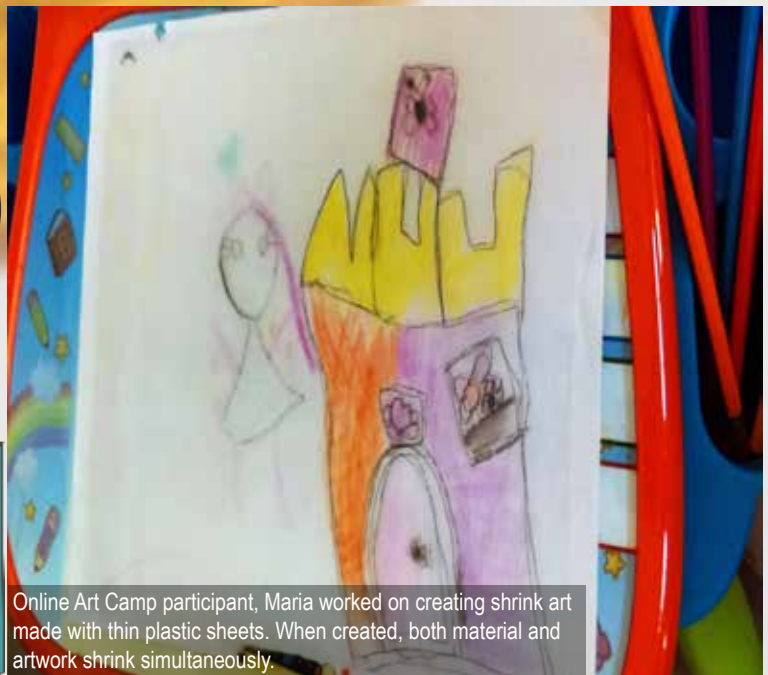
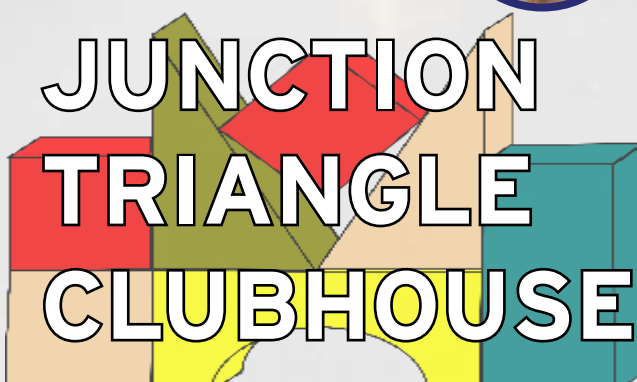
How is this helping her or how will this help her in school?

D: Daisy is in Grade 6, and getting more homework this year. To prepare for that, she has been working on her math skills. She has a good brain for math, but gets distracted easily. Regular practice is very important for her. Chrystal has been great at helping Daisy build confidence in herself.

Which character development program has Daisy participated in?

D: She has been doing Math tutoring with Chrystal Smith on Tuesdays, Art Camp with Allison

Is this Daisy's first time participating in online programs?



Online Art Camp participant, Maria worked on creating shrink art made with thin plastic sheets. When created, both material and artwork shrink simultaneously.

#OrangeShirtDay



On September 30th, community members are encouraged to wear orange to promote

awareness and the history of residential schools that affected First Nations, Métis and Inuit families and community.

Yearly on this day we honor the Indigenous children who were sent to residential schools in Canada. Between the 1860s and 1990s, Indigenous children were separated from their families and forced to assimilate in residential schools where they had to speak English or French, disconnect from their own

traditions and forced to adopt Christianity. This commemorative day was founded in Williams Lake, British Columbia where residential school survivor, Phyllis Webstad shared her story of having her orange shirt taken away and forcibly replaced by a residential school uniform.

To learn more about Orange Shirt Day, please visit: <https://www.orangeshirtday.org/about-us.html>

Bounce Back League Is back!

When: Thursday @ 4pm

Where: Dovercourt Club & Junction Triangle Clubhouse

Who: Ages 7-12



Dovercourt and Junction Triangle Clubhouses are excited to begin a new season of our BBL Program! This program is designed to help kids learn more about themselves, build new skills and learn how to fight through adversity, all while playing a variety of different sports!

For more information, please contact Shevin:
Shevin@dovercourtkids.com or (416)-536-4102.





Happy Child Care Worker and Early Childhood Educator Appreciation Day



October 22, marked Child Care Worker and Early Childhood Educator Appreciation Day - day to acknowledge the importance of child care and early learning professionals for children, families and the community. The Club would like to thank all its Child Care Workers and Early Childhood Educators for guiding and assisting children and youth through their crucial development stages!

In celebration, Mayor John Tory shared an appreciation video on social media to acknowledge the important role of child care and early learning professionals for children families, and the economy. "Child Care Workers and Early Childhood Educators have been at the forefront of the COVID-19 response, delivering essential services for the health and wellbeing of children." said Tory.

Try These At-home Activities!

Get Crafty

Journal book decoration

Bring your crafty ideas to life by wrapping your journal in fabric. Add button, add hand-drawn stitches and ribbons to make the front cover pop!

Scrapbook your photos

Flip through family and friends photos and create a memorable scrapbook for yourself and family! Create borders with construction paper or laminate one-of-a photos for preservation.

Play Games or Solve a Puzzle

Gather everyone and play cards, board games or jigsaw puzzles. Don't have these puzzles? Try charades or shadow puppets!

Teamwork

Try a new recipe

Dig into cookbooks or ask your family member for their favourite recipe! Partner up with your buddies virtually and recreate these recipes for the ultimate cook off!

Grow an indoor plant

All you need is a large pot or a collection of containers to grow an indoor plant. This is a quick and fun way to develop a connection to nature and eliminate air pollutants.

Paint Furniture

Painting a dull furniture piece can spruce up your living space. If you don't want to paint an entire piece, consider patterns!

Get Active

Balloon Volleyball

Blow up a balloon and create a net by tying a piece of yarn from one chair to another in a safe way and practice serving skills!

Yoga Jenga

Write yoga moves on JENGA blocks and play the game regularly. Whenever a player pulls a block out, they have to perform that specific yoga move!

TAG US ON SOCIAL MEDIA

@dovercourtkids



DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

"The Club that beats the Streets."

**REGISTER TODAY FOR
AFTER SCHOOL PROGRAM**

**OR ONLINE
CHARACTER DEVELOPMENT
PROGRAM**



CLUB ASP PROGRAM RUNS FROM 3:00PM - 6:00PM

FALL SWIMMING LESSONS BEGIN OCTOBER 23

Dovercourt's After School Program is back this year from 3:00pm to 6:00pm. After School program participants have the opportunity to explore music, arts and crafts, sports, cooking and tutoring activities - just to name a few activities. The Club's ASP are also facilitated at outreach schools. Please note, this program is operated under specific policies and procedures to ensure the health and safety of children, staff and families. These guidelines are subject to change as per the direction of the Ministry of Education Child Care, Ministry of Health and Early Years Licensing Branch, Ministry of Heritage, Sport, Tourism and Culture Industries local Public Health Units.

Dovercourt Boys and Girls Club adheres to Boys and Girls Clubs of Canada's Vision and Mission:

Mission:

To provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.

Vision:

All children and youth discover and achieve their dreams and grow up to be healthy, successful, and active participants in society.



**Register for Online
Character Development
Programs**



To Register, visit us at:

180 Westmoreland Ave
M6H 3A2 or 1379 Bloor Street West M6P4J5

For more information call us at
Dovercourt Clubhouse: 416.536.4102
Junction Triangle Clubhouse: 416.530.4233

Email: info@dovercourtkids.com
www.dovercourtkids.com

The Club welcomes
DONATIONS for its
Programming. To donate
online, please visit:

www.dovercourtkids.com

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DATES TO REMEMBER

Fall Swimming lessons

Friday October 31, 2020-
Tuesday December 22, 2020

Annual General Meeting

Tuesday November 24, 2020

P.A Day

Friday November 20, 2020

Christmas Hamper Program

Monday December 21, 2020-
Thursday December 24, 2020

Christmas Eve

Thursday December 24, 2020

Christmas Day

Friday December 25, 2020

Boxing Day

Saturday December 26, 2020

New Year's Day

Friday January 1, 2021

P.A Day

Friday January 15, 2021

March Break Camp

Monday March 15 - Friday March 19, 2021

For information on Dovercourt
Boys and Girls Club Programs or
to volunteer, please contact:

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