

# The Extra Scoop

Spring 2017



Dovercourt BGC

 *Dovercourt Boys and Girls Club*

# Teaching Garden



## THE BIRTH OF A TEACHING GARDEN IN DOVERCOURT PARK!

The Dovercourt Boys and Girls Club is building a garden to provide children with a deeper understanding of where their food comes from. Daily interactions with edible gardens offer many benefits, such as increased vitality, joy, sense of calm and peace, and a healthy sense of responsibility.

Your children will be able to participate in the entire process. From seed to harvest, learning patience and cooperation, they will literally be rewarded with the fruits of their labour.

Activity in the garden will start during the Club's After School program in May and June, involving children of all ages.

The Teaching Garden programming will include:

1. **Seeds** and the different ways to plant and plant development (germination) techniques
2. **Nurturing**, which involves reading a plant's language, understanding, and responding to what it needs
3. **Patterns and Effects** that will show how the garden will interact with changes in weather, climate, and volumes (plant identification, weather, climate, volumes)
4. **Creative Expression** that allows the children to interact with the garden in an artistic sense. Activities would include sign making, journaling, and building trellises
5. They will also learn about general **natural sciences** which includes pollinators, soil health, worms, the five elements and various plant cycles



# THE STORY OF HOW THE GARDEN CAME TO BE: OUR PROCESS

Last year we had our first annual Harvest Fest, where the community was asked to imagine a garden. The responses were heart-warming and abundant.

After much planning and patience, we have ten new shiny planter beds. They are made of galvanized metal and were custom ordered from a local Toronto company for our site. There are many advantages to using planters made of this material. They are non-toxic, durable and will not rust or rot. They are made out of recycled material and if needed in the distant future, fully recyclable. If you are interested in planters like this for your own garden, please contact the Club for an info sheet.

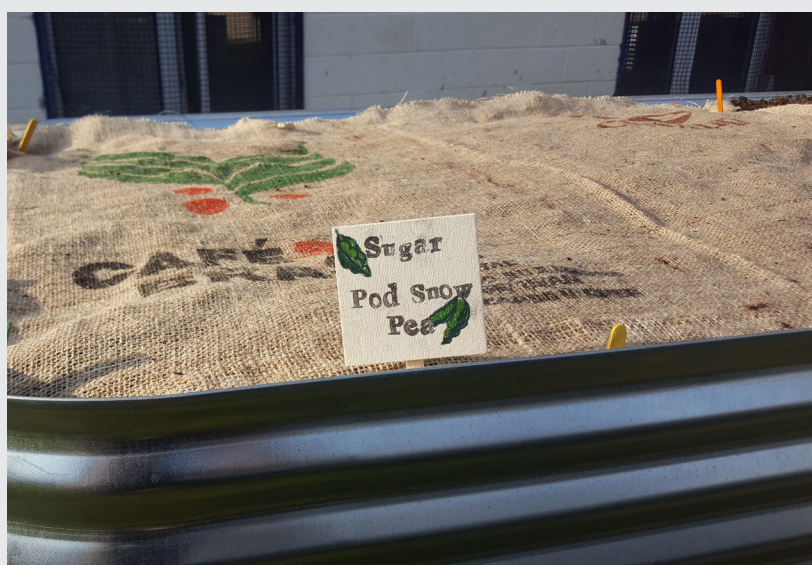
Over two days we had over 20 staff, interns, and volunteers assemble our new planters, and fill them with layers of wood chips and quality organic triple mix.

We shoveled 4,000 lbs of wood mulch as the bottom layer to help with drainage. The woodchips will also hold moisture in the wood, preventing the garden from drying out. The wood chips will break down and turn into compost in about 10 years.

Next we had 20,000 lbs of triple mix soil delivered. In less than two hours, our huge mountain of soil was happily filling our new garden beds.



We brought the first group of children out during the After School Program to plant Oregon Dwarf Grey Snow Peas. We are hoping over the years to grow hundreds of pounds of tomatoes, cucumbers, peas, beans, carrots, herbs and much more.





## "FUN AROUND THE CITY" FOR MARCH BREAK



The Dovercourt Boys and Girls Club was once again successful at carrying out a fun-filled March Break Camp, operating out of both Clubhouses. The week finished off with a bang as campers from both sites came together for a Club-wide St. Patrick's Day parade, dressed all in green, holding St. Patrick Day Posters and waving Irish Flags around Dovercourt Park. Members also enjoyed Green Pancakes for breakfast, took part in relay races, and Gaelic football, among many others. The children were also introduced to St. Patrick's Art and Irish dance.

Thank you to everyone who had a part to play in the success that was this year's March Break Camp! We can't wait to do it all again next year!



Following along with the theme, "Fun Around the City,"

Campers at the Junction Triangle Clubhouse visited different parts of the city within their very own building – from going swimming at the pool at Harbourfront, to making Greek yogurt parfaits in the Danforth cafeteria, to playing capture the flag on the Toronto Island, participating in a soccer tournament in Little Portugal, our campers were able to experience all the fun and diversity that this great city has to offer.

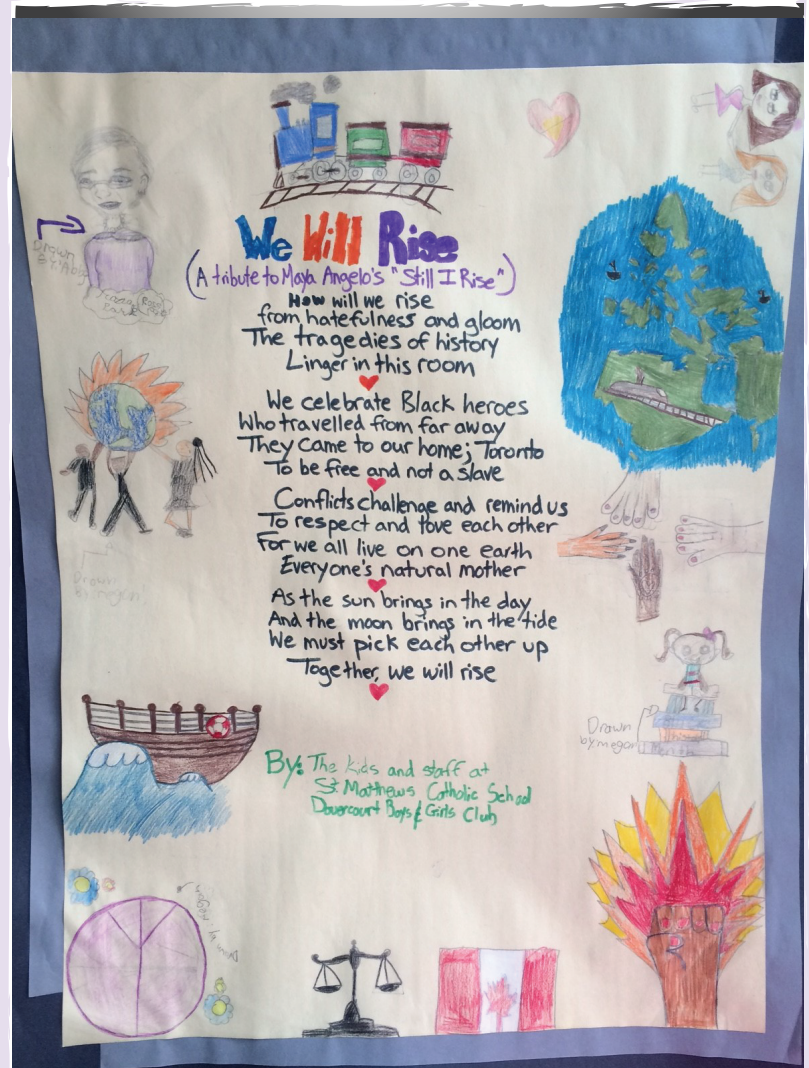
When members and staff ventured out, we made sure to go on some fantastic trips, including Wizard World, the indoor theme park held at the Exhibition Place. The fun didn't stop there as the very next day, our campers experienced the magic of Disney On Ice held at the Rogers Centre, where artists performed awesome tricks as campers sang along to their favourite songs from Disney's timeless stories.

## "WE WILL RISE"

In the first few weeks of February, members of St. Matthew's Catholic School's After School program reflected on Maya Angelou's poem, "Still I Rise" as well as the importance of Black History.

Thalia Felbert, After School program staff, facilitated a two-week long process in which members ranging from ages of 5 to 12 read the poem over multiple times and shared their thoughts and feelings. They then used these thoughts and reactions to recreate Angelou's poem into their own, titled, "WE WILL RISE."

To help the kids brainstorm on their recreated poem, Felbert recorded their responses into four main categories: Impactful words of the poem, most impactful stanza in the poem, and other impressions.



When members were asked why it was important to learn about Black History, they responded with learning the importance of freedom, having and exploring heroes such as Henry "Box" Brown, and being aware of racial conflict, among many others.

On February 15th, the members of the St. Matthew's After School program presented their poem to their school during Black History Month mass.



# SPIRIT OF EXPRESSION



**Spirit of Expression** is an art event showcasing the various talents of children and youth from across 7 different Boys & Girls Clubs across the GTA. On February 4th, members from Dovercourt Boys & Girls Club took the stage at Bloor Collegiate Institute for the annual showcase. Singing, dancing, playing of instruments, and visual arts were presented at the event.

Our club had a total of 3 performances: two dance routines and one solo singing act. The Spirit of Expression was a huge success and the participants had an amazing experience sharing their talents.

**The Dovercourt Boys & Girls Club** hosts a number of Character Development Programs to include: guitar lessons, The Spirit of the Drum, Soulful Steel Pan, and keyboard lessons. These lessons accommodate various expert levels, ranging from beginner to expert.

Additionally, lessons prove to be much more effective in other types of development other than just picking up a new skill. The incorporation of drumming circles in the drum program develops cooperation and effective non-verbal communication while helping participants to discover the skills of hand drumming. The steel pan class teaches members basic notes and rhythms while also learning about the instrument's cultural origins and backgrounds.

Keyboard and guitar lessons are also offered at beginner and advanced levels.







## Master Chefs

**The Master Chefs** at Junction Triangle have been very busy in the kitchen creating tasty and nutritious meals! Taking the lead from their facilitator, Natalie Austen, the Chefs have learned to make a game plan before they reach for the oven mitts.

The program begins each week with the Master Chefs discussing what they will be making, where it comes from, how to properly prepare the food, and alternative foods that could be used for picky eaters. The chefs have mastered the Kitchen Safety rules and all take part in preparing the meals, washing fruits, copping vegetables, grating cheese and stirring ingredients together.

So far, the Master Chefs have created tacos, macaroni & cheese, stir fry, oatmeal cookies, and meatballs – yet there still remains so much more to be made and eaten!

Master Chef Minho (age 8) explains what the program means to him, "It's not just about eating, it's about creating your own food with your own hands."

In the end, the Master Chefs finish up their program by enjoying the meal they have made together and discussing other healthy meals for future classes.



# JUNCTION TRIANGLE CLUBHOUSE- TOTS

Since September 2016, the Tots Program at Junction Triangle Clubhouse Tots has progressed significantly. The staff have maintained a focus on running programs based around wellness and community such as honouring Remembrance Day and Black History Month. Arts and crafts, physical activity, and nutritional education have been creatively incorporated in the program.

In addition, program facilitators have a strong focus on building social skills which is done by sorting members into teams and playing group games such as bowling, board games, and puzzles. Each team has a chance to collect "gems" based on how they work together as a group. Program facilitators also focus on problem solving through emphasizing clear communication, teaching the importance of sharing, and regular anti-bullying education.





# Kids Korner Daycare



The theme of this daycare is “kids are the leaders”; therefore, we base all of our programming on their interests. Through observations and conversations, we are able to craft activities that will continue their growth and development. This approach is effective as it gives members responsibility, adds value to their ideas, and creates a fun and inclusive environment.

The program fully utilizes Dovercourt Club house facilities – each day of the week there are different enrichment programs including yoga, cooking, gym, and art class.





The Dovercourt Clubhouse Afterschool Program (ASP) was fortunate to receive funding for Tennis Canada for the 2016 year. During that time 20 members between the ages of 9 to 12 participated in a PLAY Based Program which built their skills and improved their physical literacy. Nearing the end of the Program, the Dovercourt Clubhouse was selected by Tennis Canada to showcase our program to their Trainers across the nation. Trainers from British Columbia, Alberta, Ontario, Saskatchewan, and Quebec all witnessed firsthand the demonstration of what a proper Tennis Canada Program should look like.

Thanks all who have helped out and a big thank you to Tennis Canada for their continuous support. Dovercourt Boys and Girls Club has been the beneficiary of another Tennis Grant which will kick off in this summer.





# HEALTHY EATING



Every Tuesday and Wednesday the Dovercourt Clubhouse offers its Healthy Eating Program. On Tuesday our 7-9 yrs old members get the opportunity to indulge and try new recipes. Along with trying new recipes, the Clubhouse offer discussion time and simple activities that will expand members' knowledge on the importance of healthy eating. On Wednesdays our 10-13 years old members also prepare and eat the same recipe as the previous day. However, the context in which the program is delivered has more theory.

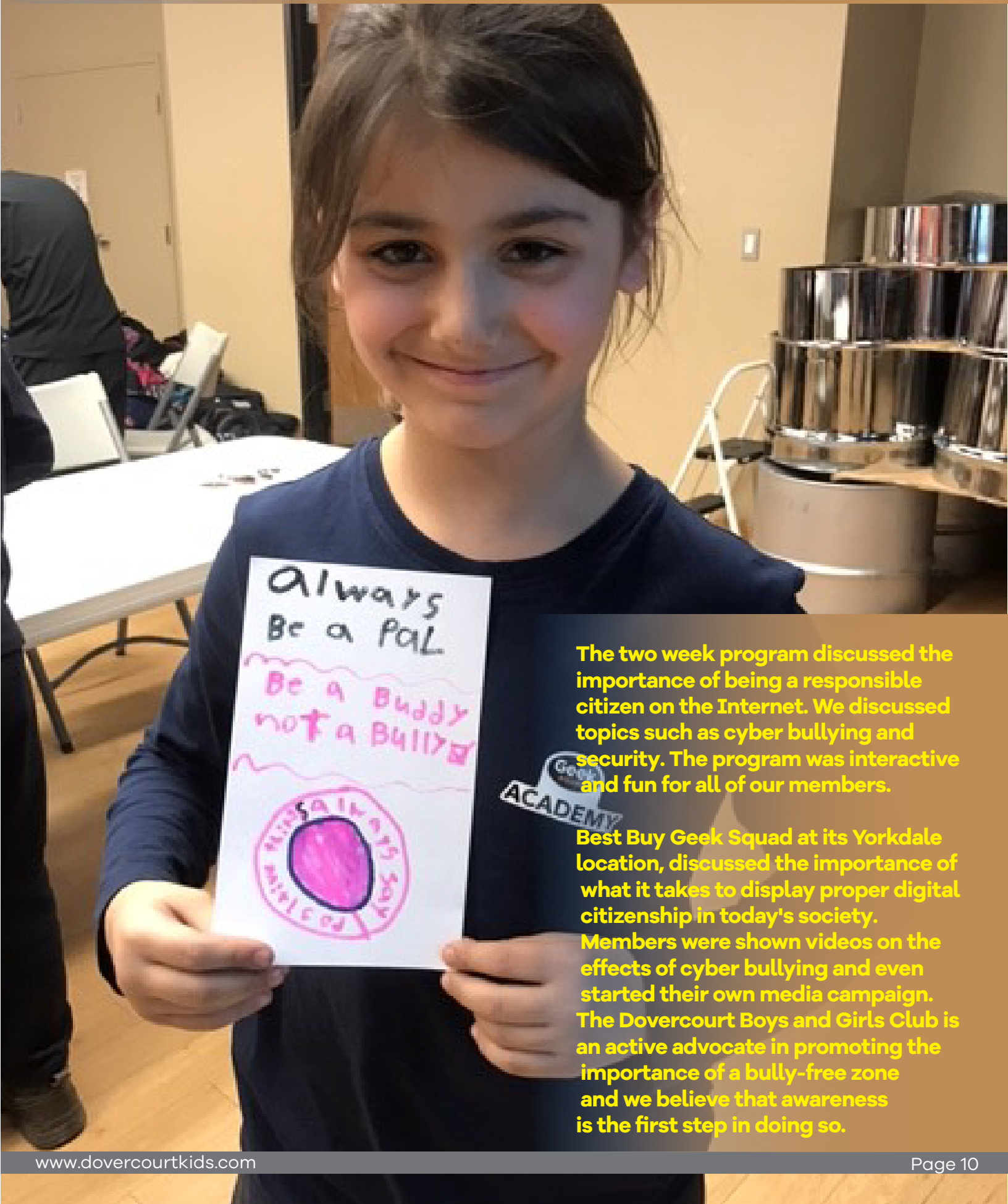
In addition Dovercourt has partnered up with Toronto Public Health Nurses and Loblaw located on Dupont/Christie to deliver the best possible program. Accompanied by staff and Student Interns, Dovercourt Clubhouse offers its Healthy Eating Program to over 90 members per week.

It is our goal to have members bring home what they have learned and hopefully cook up a nice dish for their parents.





# Best Buy Digital Citizenship



The two week program discussed the importance of being a responsible citizen on the Internet. We discussed topics such as cyber bullying and security. The program was interactive and fun for all of our members.

Best Buy Geek Squad at its Yorkdale location, discussed the importance of what it takes to display proper digital citizenship in today's society. Members were shown videos on the effects of cyber bullying and even started their own media campaign. The Dovercourt Boys and Girls Club is an active advocate in promoting the importance of a bully-free zone and we believe that awareness is the first step in doing so.



# SHERIDAN COLLEGE CERTIFICATE OF APPRECIATION

On March 29th 2017, Sheridan College recognized Marco Severino, Afterschool Program Coordinator for the Dovercourt Clubhouse, for all of his hard work and dedication shown to Sheridan Students in the Child and Youth Care Program. Marco received a Certificate of Appreciation for his commitment to student learning. Over the years, Marco has proven the importance of fostering an environment for future CYC graduates.

Additionally, the Club received a Certificate of Recognition for utilizing, testing, and developing the careers of all Sheridan Students who have completed their internship with Dovercourt. Marco has established strategic alliances with other Post-Secondary institutions across the GTA such as Humber College (North and Lakeshore Campus), George Brown College, Ryerson University, and Seneca College.

## JUNCTION TRIANGLE CLUBHOUSE GOES GREEN!

During the last two weeks of April, Junction Triangle Clubhouse's After School Program participants at St. Luigi, Perth Avenue, Alexander Muir Gladstone, and St. Matthew's Catholic School did a fantastic job in promoting Earth Day by creating posters and cleaning up their school yards!



Members not only demonstrated creativity but also concern for our earth as well, incorporating helpful recommendations such as, limiting shower time, riding a bike, walking more, and of course, "reduce, reuse and recycle!"

At the Junction Clubhouse, the annual school yard clean up is an important event that reminds our members of the importance of properly disposing litter, producing less waste, and recycling. In order to keep this activity safe and sanitary, members are provided with gloves when helping to clean up.

Although it is not the most glamorous of activities, our amazing members are always happy to participate in meaningful activities that show pride in their community.





# DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

**EXCEL IN MATH PROGRAM**  
\$150 /WEEK

**MASTER CHEF PROGRAM**  
\$150.00 /WEEK

**MATH AND LITERACY SUMMER ENRICHMENT PROGRAM**

**TEACHING GARDEN PROGRAM**



LUNCH PROGRAM

BEFORE & AFTER CARE

**JULY 3<sup>RD</sup> TO AUGUST 25<sup>TH</sup> 2017**

**EARLY BIRD REGISTRATIONS APRIL 18<sup>TH</sup> - MAY 31<sup>ST</sup> FEES: \$120-\$130 /WEEK**

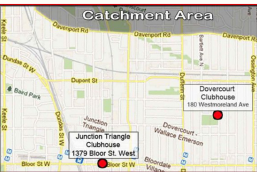
**EXTENDED WEEK AVAILABLE AUGUST 28<sup>TH</sup> TO SEPTEMBER 1<sup>ST</sup> FEES: \$130 - \$145**

Registration Fees after June 1<sup>st</sup> 2017 (\$135- \$145 / Week) Extended Week after June 1<sup>st</sup> (\$140- \$150 / Week)

### MASTER CHEF PROGRAM;

Engaging children in Grades 1 and up through educational and hands on interactive activities, and with different cooking and baking styles. All of our programs are wellness and healthy, lifestyle-based to build on the strengths of the participating youth for long term success.

Dovercourt Boys and Girls Club Summer Camp 2017 offers an exciting All-In-One Day Camp Program. This action packed program is ideal for kids and youth ages 4 to 17, who want to be active, try new and different things, and have lots of fun with other kids! Campers will get to participate in many daily activities including: sports, music, drama, arts, and dance. Campers will go on exciting field trips and enjoy lots of outdoor play.



**To Register, visit us at:**  
180 Westmoreland Ave M6H 3A2  
or 1379 Bloor Street West M6P 4J5

For more information, call us at  
Dovercourt 416-536-4102  
Junction 416-530-4233  
Email: [info@dovercourtkids.com](mailto:info@dovercourtkids.com)  
[www.dovercourtkids.com](http://www.dovercourtkids.com)

Our Summer Camp is open to all children and youth who live within the catchment area served by the Club. Children and youth from outside the catchment area are welcome to participate in the camp.

WE ACCEPT



Follow us at:

### What's New?

**NEIGHBOUR DAY FESTIVAL**  
A Celebration of Spring

Saturday May 06, 2017  
10:00 am - 2:00 pm

**Location:**  
Dovercourt Boys and Girls Club  
180 Westmoreland Ave.  
Toronto, ON M6H 3A2

**Fun for the whole family!**  
Featuring:  
- Children's Theatre  
- Activities, Crafts & Games  
- Children's Experts Share our Community  
- Entertainment  
- Displays  
- Healthy Snacks Served by your kids!

**SPONSORS:**  
Toronto, United Way, Fresh Air Fun, Furlani, Children's Charity



**Registration Hours:**  
Dovercourt Clubhouse  
7:30am 8:30pm Monday to Friday  
9:00 am - 12:30 pm Saturdays  
Junction Clubhouse  
9:00am to 8:00pm Monday to Friday  
9:30 am - 12:30 pm Saturdays

Canada



United Way  
Toronto & York Region



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[www.dovercourtkids.com](http://www.dovercourtkids.com)

### DATES TO REMEMBER PA Days, 7:30a.m. to 6:00p.m.

Friday October 6, 2017

Friday November 17, 2017

Friday December 1, 2017

### PA Days

École d'immersion française

Octobre 20, 2017

Novembre 17, 2017

### Christmas Concerts

Dovercourt Club House

Wednesday December 13, 2017

Junction Triangle Clubhouse

Thursday December 14, 2017

### Last Day of School Before Christmas Break

Friday December 22, 2017

### After-School Programs begins

Tuesday September 5, 2017

### Club Closed

Friday June 23, 2017

Last Day of Afterschool Program

Monday October 9, 2017

Thanksgiving day

### Notice

Upcoming changes in September 2017 to our After School and Tots program (4 to 5 years old).

### The Club welcomes DONATIONS for its Programming.

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

**Mattéo Severino,**  
Dovercourt Clubhouse @  
416.536.4102  
[matteo@dovercourtkids.com](mailto:matteo@dovercourtkids.com)

**Tony Palermo,**  
Junction Triangle Clubhouse @  
416.530.4233  
[tony@dovercourtkids.com](mailto:tony@dovercourtkids.com)