

# The Extra Scoop



SPRING/SUMMER 2021

BGC DOVERCOURT CLUB



Tots After School Program member, Sevin was excited to showcase the plants he grew himself.

## A Great Blooming Garden Indoors And Outdoors

During the spring season, the Teaching Garden program transitioned online as Dovercourt Bringing The Garden Home. Members did not fall short of any hands-on activities or learning during this transition. In fact, online programming gave members a new and different opportunity to learn independently and be creative with the resources they have at home. Over the past few months, members grew their own fairy gardens, planted flowers and succulents, and created crafts for their plants. All of these projects were centered on caring for the environment and planting for the summer season; preparing outdoor soil for planting, removing any weeds from the soil, planting seeds and transplanting.

“We’ve learned gardening skills and facts over the program, but the most important thing to me is the excitement I can see on their faces and hear in their voices. They are developing a passion for nature and growing things that hopefully will remain with them throughout their lives,” said Emily Pollock, Teaching Garden Lead. Read more about this online program and its spring activity timeline on page 6.

In case you missed it, BGC Dovercourt Club’s spring highlights include:

- **New Logo, Same Legacy:** Learn about BGC Canada brand update on page 3.
- **Transitioning To Post-Secondary Education.** Check out tips for parents and youth on page 4.
- **Charities And Community Organizations Are Stepping Up To Alleviate Food Insecurity.** Learn about Dovercourt’s community initiatives on page 8.



# Managing Healthy Media And Technology Use

Managing children and youth’s media and technology use is a challenge parents face as their excessive use has detrimental effects. This challenge has only been exacerbated with the COVID-19 lockdowns which have limited outdoor mobility.

Technology platforms like Zoom and social media networks, amongst other platforms are helping us connect, learn and continue working to the best of our abilities. But with this online connection, extra down time, lack of social interaction, and feelings associated with dissatisfaction can fuel excessive use of social media during this challenging period. These circumstances create a harmful cycle; excessive use of social media and technological platforms fuel anxiety, depression, FOMO (fear of missing out) which creates added stress.

The Child Mind Institute has shared resources on best practices for managing media and technology in households. This includes, establishing healthy limits, handling cyberbullying and understanding how to make media and technology a healthy experience for children and youth.

## Healthy limits on technology use

Establishing limits for your child’s technology use may be daunting especially if it is a consistent part of her schedule. However, there are ways to mitigate its use without falling into the trap of dependency. If technology use becomes excessive; this can hinder a

child or youth’s homework, sleeping patterns, performance at school and social interaction. All of these are important activities that prepare the next generation for success. According to Child Mind Institute, the best ways to establish limits, especially for gaming, is to treat technology use as a privilege and an activity for when your child has completed his or her responsibilities such as homework and chores. If this isn’t followed, it is important to determine realistic consequences for your child, for example, banning video games for a few days. There must be clear and reasonable consequences.

## How to handle cyberbullying

Before handling cyberbullying it is crucial to understand what it is. Cyberbullying is the use of digital communication tools to make another person feel angry, sad or scared. This behavior is often done repetitively and includes sending hurtful texts or posting embarrassing photos of others online. If you



suspect your child is experiencing or engaging in cyberbullying, speak to your child immediately. Child Mind Institute recommends taking these important steps to address cyberbullying



with your children: reassure them you love and support them, help them take a break from their devices and if possible, identify the bully and consider contacting their parents or your children’s schools. Often, cyberbullying can be carried out in-person as well.

## How to make social media a positive and educational experience

There are ways to create a positive social media experience for youth and children by introducing them to high-quality programming, informational videos and blogs. As social media creates space for discussions, it’s beneficial for children and youth to develop their online voices and learn how to communicate their ideas and thoughts respectfully and manage criticism or negative feedback.

If used in a healthy manner; social media can be used to educate, inform and connect with others. Media and technology use isn’t decreasing any time soon. Therefore, establishing healthy limits and encouraging a positive and educational media and technology experience will in return help children and youth, learn and support each other.

# General Media Guidelines For Children And Youth

Today's media includes a wide range of things: phones, tablets, apps, and social media. With online learning, it's important to be mindful of media and technology usage. Establishing general guidelines at home for media and technology use after school or work is helpful in reducing harmful physical and mental effects such as: headaches, eye strain, and muscle pain. Child Mind Institute has suggested general guidelines to incorporate in your child's media and

and technology use:

## Lead by example

Refrain from checking your messages during dinner or looking at your phone when people are speaking to you. These are habits parents often try to instill in their children and being conscious of your own related behaviors will reinforce this with children who are always watching and learning from adults.

## Incorporate in-person play and activities

Free play is an important experience for children because this unstructured experience lets them decide what to do and how to do it. This helps them develop creativity, get experience making decisions, learn to be leaders and

advocate for themselves.

This can similarly be practiced with youth by dedicating time with them to catch up, play a sport, learning something new and also by simply spending family time together.

## Discuss and encourage privacy

Some social media networks allow kids as young as 13 years old to sign up. When your child engages in these platforms, research privacy and public settings and discuss this with them. Help your child figure out his or her desired choice and be sure to communicate best practices of what information to share or not share. Social media can be fun and engaging and privacy should not be overlooked.

## New Logo, Same Legacy: BGC Dovercourt Club

This year, Boys & Girls Clubs of Canada has updated its brand to: BGC Canada. Under the umbrella of BGC Canada, Dovercourt Boys and Girls is updating its name and brand to BGC Dovercourt Club as well.

The purpose of removing gender from the name is to modernize the BGC brand and demonstrate inclusivity while still retaining history and brand awareness. BGC Canada serves young people of all ages, backgrounds and identities.

This update reflects that opportunity changes everything: Clubs across the country open their doors to all kids and teens

being offered all the same opportunity. The legacy of this brand represents 120+ years of creating learning opportunities for successive generations of Canadian youth.

This update is a culmination of BGC Canada's many consultations with Club youth and staff and also members of the LGBTQ2S+ communities across Canada.

What does this mean for BGC Dovercourt Club? The services and community support remain the same. This update will be illustrated in the Club's communications and audience-facing platforms. The Club will



*Opportunity Changes Everything*

continue to provide a safe and supportive place where children and youth can experience new opportunities, overcome barriers and build positive relationships. This has been its mission for BGC Dovercourt Club for more than 60 years and will continue to be so. To learn more about this update, please visit: <https://www.bgccan.com/en/>

# Transitioning To Post-Secondary Education: Tips And Tricks For Parents And Youth



Post-Secondary Education transitions can be both exciting and challenging for youth and parents. It's an important time for parents to keep consistent communication and provide support. For young people, having tools to navigate mental health, learning challenges, or health issues are not just crucial to their success in college or university but also an independent and healthy life.

As young adults are coping with the COVID-19 pandemic, remote education is most likely an integral part of their routines. Remote education may be new for some young adults. Since they are also managing household environmental challenges, they may need extra support juggling school, free time, family and any other activities. They are

numerous strategies to structure free time, make schedules and plan ahead for long-term projects. Parents and guardians can aid their children during this educational transition by setting an example themselves of creating a work and play schedule, managing meal times and any medication, and setting up work and study spaces. While it's easy to read tips and tricks, people in your immediate environment can influence your behaviors.

It's also important for young adults to receive praise for their efforts and extra help with school work or simply bouncing ideas. Thinking out loud and discussing projects and challenges with parents and guardians help relieve extra pressure. Young adults can build positive learning habits at home which they can take to



campus and retain during their adult lives. Keeping consistent sleep schedules, often during weekends as well is beneficial for concentration and time management. Students can eliminate any confusion and meet deadlines by using online tools like phone reminders, calendars, task management apps, or keeping a day planner to stay organized.

To successfully deal with challenges, it's helpful to anticipate and recognize them beforehand. Feelings of frustration, isolation, lack of focus or procrastination is normal and communicating this with young adults is crucial.

Some tools for dealing with these emotions is to take time to socialize and connect with your trusted group of friends or family. Connection with others helps both parents and young adults in distress. Also, young adults can think beyond routine school work or activities by taking on fun, spontaneous hobbies like exercise, cooking, or learning a musical new instrument. These are great mental breaks which inherently teach soft skills that can be used in school and daily life.



# Dovercourt's Star Supporters



## Easter Hamper Project

Amidst organizing community initiatives, Dovercourt completed its annual Easter Hamper Project. A big thank you to all of Dovercourt's sponsors for helping the Club provide food hampers to its members and community families on Saturday March 27 and Thursday April 1, 2021.



## Ferrero Roche

Thank you to Ferrero Roche for donating these treats to our Club for Easter 2021. They were a wonderful addition to Dovercourt's community food initiatives.

Do you have any cool crafts you've created at home? Post a photo and tag us on social media! @dovercourtkids

# What's Happening At The Club



Apart from regular virtual programs, Dovercourt held its annual Spring Break Camp, virtually! During the week of Monday April 12 to Friday April 26, 2021 members participated in virtual art and garden camps which included beginner and advanced sessions. During the week-long camp, members learned the basics of planting, tending seeds, miniature gardens and creating ornaments. They also planted their own "fairy gardens" or miniature gardens with flowers, grass, and fairytale ornaments.

Spring Break Camp began with members planning how they wanted their fairy gardens to appear. After, members painted the homes and



Fairy Garden.

fences of their garden. During this process, they learned how to prepare soil and pots before planting flowers; Nasturtiums, Cosmos and Morning Glories! Campers didn't just stop here. To finish the garden, decorative rocks and sticks were placed in and around the space

Members also built Tissue Box TVs by creating a structured box TV, story templates, and a "background," for their story reels to be played. Spring Break Camp was concluded with landscape paintings and freehand bouquet still life. After completing both or either Art or Garden programs, members received a certificate of completion.



# Dovercourt Teaching Garden

Dovercourt's virtual Spring Break Camp also focused on gardening and agricultural activities. Members had the chance to practice what they observed in person in the Teaching Garden and complete their own planting projects at home. From learning how grass grows, migration of red-winged blackbirds to playing ecology games; there was always a new lesson for the Club's young gardeners.

"The highlight of the program has been getting to hear about the kids' own passion and enthusiasm for the subject! There's nothing more exciting to me than having a class go over time because one of the kids wants to show me her tomatoes, or needs me to clarify whether carnivorous plants are "like in Mario," said Pollock.

Here are some of Dovercourt Bringing The Garden Home program highlights:

P.S. Check out Dovercourt's podcast: Horticulture Weekly to stay updated about this program and more!

Young gardeners saved and planted dragon fruit cactus seeds and drew illustrations of fanciful fruit dragons. Also, they made rainbow suncatchers, crafted and played with rainmakers and watered a little grass doll to show how grass grows.

Members kicked off the Spring season by planting summer-thriving herb, basil, wildflower, and milkweed; the sole host plant for Monarch butterfly caterpillars!

Members discussed "cool season" crops and played ecology games. They also planted potatoes, made their own hanging baskets to plant peas and made cardboard rabbit warrens.



**Planting herbs and flowers**  
March 2021

**Fanciful fruits**  
March 2021

**"Cool Season" crops**  
March 2021





Step one of this project was learning about fertilizer. To teach members the importance of it, they were tasked with creating their own fertilizer. This was 100% recyclable and members also learned about recycling. #EarthDay2021 was a reminder on why it is important to participate in sustainable practices and learn about environmental science in order to keep our planet healthy!

Succulents are an easy and fun plant option to grow at home. After growing their own gardens and tomato plants, members began growing their own succulents: Kalanchoe and Echeveria. Kalanchoe are a popular succulent choice that is native to Madagascar and tropical Africa. Native to the semi-desert regions in Central America, Echeveria is a rose-shaped succulent which resembles flowers!

All this learning culminated in a big project for members: building and decorating a tiny garden to keep in their homes.

After learning about seeds, gardens, cool seasons, and fertilizers; it was time for members to create and nurture their own tomato projects and learn about plant support.



**Building your own garden**  
April 2021

**Creating fertilizer**  
April 2021

**Tomato cages and plant support**  
April 2021

**Easy, breezy Succulents**  
May 2021





## Charities And Community Organizations Are Stepping Up To Alleviate Food Insecurity

Food insecurity, a blatant challenge further amplified by the COVID-19 pandemic has seriously affected many communities. The numbers and phone calls say it all.

According to Better Toronto Coalition’s briefing, “Food Security during the COVID-19 Pandemic: Toronto’s food crisis is imminent,” the demand for food has exponentially increased and food banks have experienced an unprecedented increase in demand. Ontario’s 211 contact data of phone calls, emails, etc. also revealed increasing inquiries for food. Despite new benefits programs, charities have stepped up to go above and beyond to support their communities. And Dovercourt understands this need.

Since its inception in 2019, the Junction Triangle After School Program at Pelham Park has been an integral part of the support

Dovercourt provides to the community. The Club has supported Pelham Park families by not only launching an After School Program but also a meal program in July 2020 which provides breakfasts and lunches to families most weekends. As many charities and community organizations have shifted their support to emergency relief initiatives; Dovercourt too, has supported the Pelham Park community through online programs and technology tools which have been crucial for children’s on-line learning.

The Better Toronto Coalition briefing addresses the challenges charities and community organizations are facing in their efforts. The briefing reveals that these groups have experienced strain in providing food assistance and limitations in distribution due to high demand. The COVID-19 restrictions and policies for

social distancing, etc. This has made it difficult for teams, especially smaller teams, to conduct these initiatives. Over the past year, Dovercourt has received support from



numerous community members and leaders who have become involved in the Pelham Park Gardens Meal Program including MP Julie Dzerowicz, MPP Marit Stiles and Councillor, City of Toronto Deputy Mayor Ana Bailão. By partnering and joining forces with others, the Club is able to continue doing what it does best; serving members and the community.

## Unplug To Connect From Stressful Connections and Plug Into Connections That Promote Wellness

This year, Unplug to Connect continued celebrating both in-person and virtual healthy connections. Unplug To Connect encourages Canadians to spend more time with friends, family and co-workers and less time in front of screens. On June 4, for one hour or more, some people

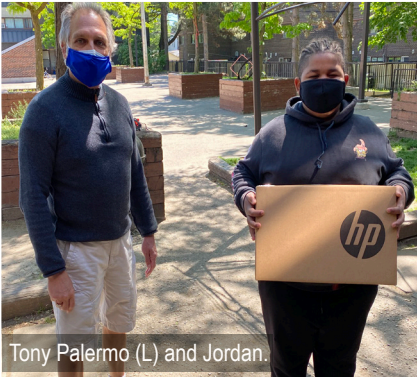
unplugged from their devices.

During this campaign, BGC Canada highlighted Club stories and focused on how they have contributed to positive mental health. Canadian singer and songwriter, July Black hosted an #UnplugToConnect Instagram live session with

some of BGC Canada’s Youth of the Year winners. The CN Tower, Toronto sign located at City Hall and Olympic Stadium in Montreal were also lit up in green to celebrate this campaign and connections. To learn more, please visit: <https://www.bgccan.com/en/unplug-to-connect-2021/>



# Serving Members And The Community: Technology, Food, And Program Support



Junction Triangle Clubhouse (JTC) has been busy as ever! From helping to plan Summer Camp 2021 to coordinating the Pelham Park Gardens Meal Program, team members have been front and centre in supporting Club members and the community during this challenging time.

The Pelham Park Gardens Meal program has been a successful community initiative. This

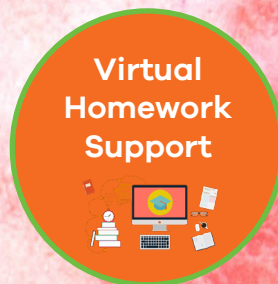
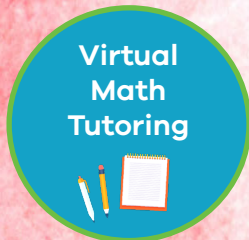
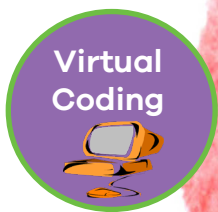
season, Pelham Park families were supported with breakfasts on Thursday mornings and lunches on Saturdays. On average, JTC has provided 75 to 80 breakfasts and 150 lunches. It has been challenging for the Pelham Park community with the COVID-19 pandemic and this meal program was coordinated to lessen the pressure for families, especially ones with children. JTC has also been keeping touch with families and members via phone.

Families have expressed how much they miss their friends, in person interaction, school, and After School Program. Members and parents also expressed excitement and enthusiasm for Dovercourt's virtual programs. Dovercourt has continuously offered Math Tutoring, Coding

Program, Dovercourt Bringing The Garden Home, and various cooking programs to Club members and the Pelham Park community.

In addition to food and online support, JTC supported this community with technological tools. With assistance from 11 Division - Toronto Police Service, JTC provided Pelham Park Member, Jordan with a laptop for which he was very excited to receive! The laptop supports Jordan's school work and he is now able to participate in the Club's online programs: Math Tutoring and Coding Program. JTC's partnership with 11 Division has been successful. It is an enthusiastic supporter of the Pelham Park Garden Meal Program, Hamper programs and community development.

## Pelham Park After School Program



The After School Program (ASP) is run by BGC Dovercourt Club at Pelham Park. This program offers virtual homework support and virtual programs: math tutoring and coding. Your child must register at BGC Dovercourt Club as a member prior to joining the program at Pelham Park.

Junction Triangle Clubhouse  
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# JUNCTION TRIANGLE CLUBHOUSE

## Mental Health And Children's Mental Health Week



The Canadian Mental Health Association marked May 3-9, 2021 as Mental Health and Children's Mental Health Week. This year's campaign, #GetReal was about embracing your emotions, sharing mental health information and resources, learning how to help others and yourself, and supporting mental health programs.

This campaign has been important now more than ever. According to a *Summary of*

*Findings The consequences COVID-19 on mental health: wave 2 published by the University of British Columbia*, 48% of people in Canada reported feeling worried and anxious and 17% felt optimistic during the second wave of the pandemic.

There are numerous sources of anxiety and discomfort due to the pandemic. A report published by the Ontario Centre of Excellence for Child and Youth Mental Health and Children's Mental Health Ontario (CMHO) "*Potential Impacts of COVID-19 On Child and Youth Mental Health* revealed that children and youth are no exception.

According to the report's findings, some sources of stress for children and youth are:

fear of becoming infected by COVID-19, loneliness, stigmatization; especially if individuals became infected with the virus, financial insecurity, tensions in domestic environment and relationships and access to health, community and social support services.

This year, City of Toronto's Children Services reminded us that it is also important for caregivers to take care of themselves first so they can continue being healthy caregivers for others. By sharing resources, supporting mental health programs and getting real about mental health, we can help ourselves and each other.

For practical advice, articles and information, check out: <https://mentalhealthweek.ca/>

## Virtual MasterChef Program: Cooking And Learning At Home With Dovercourt

No-bake oatmeal squares, beginner pizza, Pesto pasta, Pasta Carbonera, and Zucchini bread are some of the delicious, easy and healthy

meals members of the MasterChef program cooked this season! Along with other virtual programs, the Masterchef program has continued

(virtually) and every week. Members prepared a new meal while learning the fundamentals of cooking skills, technique, and safety.





# Dovercourt Club Reflection: Meet Alumni, Allan White

In a phone interview with Dovercourt, Club Alumni, Allan White reflects on his experience attending the Club:

## How did you discover Dovercourt Club?

"I started going to Dovercourt when I was 11 years old. So a couple of years after Dovercourt opened up. Around 1966. I was introduced by my best friend from public school, he used to go there. He introduced me to it and I fell in love with it. There were so many cool things to do and I went every day.

## What programs and activities did you enjoy?

"Learning to swim was a big one

for me. I was not even close to a good swimmer when I showed up there. Over the weeks, they were very patient with me and I learned to swim." said White. "I was in the boxing program at one point, I was learning to box and that was quite fun.

## What are some of your most memorable moments?

"My favourite thing in the summer time, once I learned how to swim; I used to have a softball team and I played on the softball team. It [field] was just on the other side of the park. That was a highlight for me, playing softball."

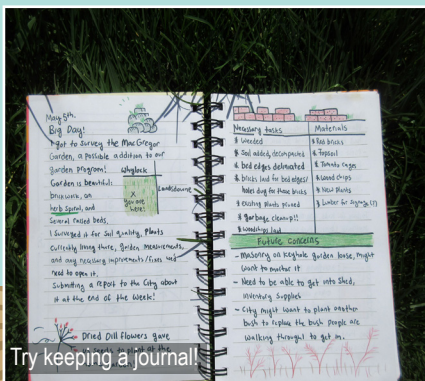
## How did your experience at Dovercourt affect your adult

life?

"It helped with my career, well what initially was my career choice because I initially wanted to become a phys-ed teacher. Before you can graduate first year of phys-ed, you had to pass the swimming test. And because I learned how to swim there [Dovercourt], I still wasn't the greatest of swimmers but I figured out how to pass the test so it helped me with that.

The Club helped me socialize as well with people. Because there were a lot of kids there that I never met before and I had to figure out how to get along with and that has definitely helped me all the way through my life."

# Brain Breaks: Reset Energy Levels And Improve Focus



Research shows that brain breaks help reset energy levels, improve focus and retain more information. Give these a try!

## Focus ball breathing

Stand with legs and feet together and bring your palms together in front of your chest. Keep your fingertips touching as you pull your palms apart, forming a ball with your fingers.

Press your fingertips together until you feel your hands and arms are activated and feel your core tighten. Close your eyes and as you breathe in, inflate your ball and as you breathe out, flatten the ball by pushing your palms together.

## Focus on sound

Ring a chime or song and listen to the sound carefully; feeling the vibration and sound reverberate. Breathe slowly and focus deeply on the sound while relaxing your your body and muscles. Take big, deep breathes and make sure you feel your diaphragm contract upon inhalation and relax as you exhale.

## Doodle break

Research shows that downtime is beneficial for growing brains as it helps young children integrate and process information. Set a timer for 3-5 minutes and let kids doodle with pencil and paper or a dry erase board. Feel free to play music!



## DATES TO REMEMBER

Online Programs continue  
May 2021 onwards

Summer Camp begins  
Week of Monday June 28, 2021

Canada Day  
Thursday July 1, 2021

Junction Triangle Clubhouse  
Summer Camp begins  
Monday July 5, 2021

Civic Holiday  
Monday August 2, 2021

Labour Day  
Monday September 6, 2021

**To stay up to date  
regarding important  
dates and events, please sign  
up for Dovercourt's  
emailing list via  
[www.dovercourtkids.com](http://www.dovercourtkids.com)**

For information on Dovercourt  
Boys and Girls Club Programs or  
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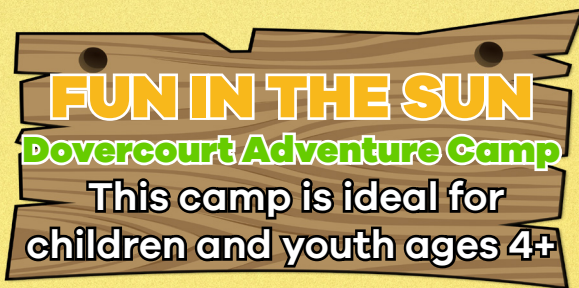
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BGC DOVERCOURT CLUBHOUSE AND JUNCTION TRIANGLE CLUBHOUSE



Theatre & Group plays

**Sports**  
Outdoor Games Room  
Arts & Crafts  
Garden activities  
Nutrition Activities  
Nature Walks & Excursions  
Tots Camp (Ages 4-6)

SUMMER CAMP RUNS FROM 9:00AM-5:00PM

SUMMER CAMP BEGINS WEEK OF JUNE 28, 2021

**Fun In The Sun: Dovercourt Adventure Camp** is ideal for **children and youth, ages 4+** who want to be active and try new and different activities. Campers will get to participate in many daily activities including theatre and group plays, sports, outdoor games room, arts and crafts, gardening activities, nutrition activities, nature walks and excursions, and more!

With a strong focus on outdoor play and nature, members will learn in a safe and open environment. Dovercourt will explore **recreational and cultural themes** with its members. From Wide World of Sports to Summer Scientists - there is a week catered to all interests!

Dovercourt Adventure Camp's weekly themes are: Wide World of Sports, Mystery Week, Nature Week, Critter Week, Summer Scientists Week, Island Getaway Week, Let's Go Camping Week, Believe in Magic Week, and Spirit Week. **Summer Camp begins the week of June 28, 2021 and will run from 9:00am to 5:00pm.**



Summer Camp 2021 will be offered for BGC Dovercourt Clubhouse and Junction Triangle Clubhouse.

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

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



To Register, visit us at:

BGC Dovercourt Club: 416.536.4102  
Junction Triangle Clubhouse:  
416.530.4233

Email: [info@dovercourtkids.com](mailto:info@dovercourtkids.com)  
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