



Macdonald-Headingley Recreation District Before and After School Program Parent Frequently Asked Questions



Is this a Licensed Child-Care Program?

No, it is not. It is a recreation focused child-care program that will provide recreation experiences and activities that incorporate physical literacy, community stewardship and outdoor play. This Before and After School Program will operate on a not for profit basis in partnership with Oak Bluff Recreation and Starbuck Recreation.



Can I get a tax receipt for the program?

Yes! The Macdonald-Headingley Recreation District (MHRD) Before and After School Program qualifies as an eligible child-care expense for tax purposes (line 21400). Receipts will be issued monthly.



What are the qualifications of your staff?

MHRD is committed to ensuring that the leadership of children's programs is of the highest quality. Hiring criteria for Program Leaders require that candidates demonstrate: interest in children, an understanding of child development, a caring attitude when working with children, experience working with children, recognized certification in first aid, and a clear Criminal Record and Child Abuse Registry Check.



What is the staff to child ratio?

The Government of Manitoba guidelines for licensed child-care requires a 1:15 ratio for children 6 to 12 years old. The MHRD Before and After School Program is not a licensed childcare facility but will follow a staff to child ratio of 1:10, when possible. In cases of staff illness or emergency, that ratio may change to 1:15. This will result in a change of programming to ensure the safety of participants.



What are the program locations?

There are two locations for the Before and After School program.

1. Oak Bluff Recreation Club
101-123 Macdonald Rd, Oak Bluff, MB
2. Starbuck Arena
60 Arena Blvd, Starbuck, MB



Important connections exist between the health of the body and of the brain, which must be fostered in order for kids to reach their mental, emotional and intellectual potential.

- Participation

<https://www.participation.com/en-ca/resources/report-card>



What is the program schedule?

The program will follow the Red River Valley School Division school calendar and will be available:.

Before Care:	7:00 am - 9:00 am
After Care:	3:00 pm - 6:00 pm
In-Service Days:	7:00 am - 6:00 pm



What are the registration options?

There are a variety of registration options to accommodate busy schedules. The breakdown is as follows:

- Full-time participants attend the program 4-5 days per week
- Part-time participants attend the program for a maximum of 3 days per week
- Full-time and part-time options for Before-School or After-School only
- In-Service only

Priority for registration for Inservice Days will be given to children registered in the Before and After School Program (full-time/part-time participants). If there is available space, registrations will be accepted for other families. Parents must register one month in advance for an In-Service Day. If a registered family declines the use of an In-Service Day, it will be offered to a family looking for single-day use. If a child is not a regular participant of the program, they must have proper registration forms filled out and signed before attending.



What is the cost?

Before and After	In-Service
\$15.00/day for Before and After School	\$30.00/ day (8:30 am – 4:30 pm)
\$7.50/day for Before or After School	\$4.00/day for Before or After In-Service
\$100.00 refundable deposit	\$8.00/day for Before and After In-Service



Do you offer sibling rates?

No, we are not able to offer sibling rates.



Daily physical activity is scientifically proven to improve divergent and convergent thinking, the two components of creative thinking.

- *Participation*

<https://www.participation.com/en-ca/everything-better/create-better>



When do I have to pay my bill?

Payment is required monthly; due on the first of each month via cash, cheque or e-transfer to info@mhrd.ca. Cheques are made payable to "Macdonald-Headingley Recreation District". Late payments and NSF cheques will be charged an additional \$25 administration fee.



What if I wish to withdraw from the program?

Please provide the Program Coordinator with a minimum of one-month notice to withdraw from the program. This will allow time to adjust staff schedules adjust staff schedules and give notice to a family on the wait list.



What if my schedule changes and I need to change my part-time or full-time care option?

MHRD will do their best to accommodate requests and needs of every family. Speak with the Program Coordinator if your schedule changes. Please be aware that a minimum of one-month notice is required to accommodate any schedule changes



If my child is not in the MHRD Before and After School Program, can they attend the In-Service program?

Priority is given to children who are registered as full-time and part-time in the Before and After School Program. If there is space, children not registered in the Before and After Program will be accepted.

Parents are asked to provide one-month notice for use of an In-Service day. If a registered family declines the use of an In-Service day, it will be offered to a family looking for single-day use. Proper registration forms must be completed before attending.



Getting active increases endorphins and other feel-good chemicals in the brain, which helps us feel happier and more upbeat!

- Participaction

<https://www.participaction.com/en-ca/everything-better/laugh-better>



If my child is in Morning Kindergarten, can they attend the After-School program?

If a morning kindergarten child wishes to attend the After-school portion of programming, a parent or guardian is responsible for transporting to the program.



If my child already attends the MHRD Program, do I have to register my child every year?

You do not need to register your child each year. In order to withdraw from the Before and After School Program, we must receive a minimum of one-month notice. Until notice of withdrawal is received, your child(ren) remain registered in the program. At the end of each school year (June) MHRD will confirm with parents/guardians if they plan to return in fall.



How do children get to the program?

Children must be dropped off by a parent or guardian for the Before School Program.

Oak Bluff: Before-School, children will be bussed from the program site to Oak Bluff Elementary School. After-School participants will be bussed from the school to the Oak Bluff Recreation Centre (101-123 Macdonald Rd, Oak Bluff, MB).

Starbuck: Before-School, children and Program Leaders will walk from Starbuck Recreation Centre to Starbuck School. After-School, Program Leaders will escort children from the school to the Starbuck Recreation Centre (60 Arena Blvd, Starbuck, MB).



Mentally, moderate intensity physical activity helps us regulate our emotions and recover from stressful events faster and reduces the time we spend dwelling on negative thoughts.

- *Participaction*

<https://www.participaction.com/en-ca/everything-better/heal-better>



Is bussing included in cost for Oak Bluff Before and After School?

Yes! Transportation for Oak Bluff participants is provided by Red River Valley School Division at no additional charge. Please be sure to indicate the correct pick-up and drop-off locations when completing the bussing forms at the beginning of the school year.

Does my child get a snack?

It is difficult to accommodate diverse dietary needs of all children on-site. Your child(ren) can be sent to the Before-School Program/In-Service Program with food, but breakfast is not served by Program Leaders. There is snack time scheduled at the start of the After-School Program. Snacks must be provided by parents/guardians. This program will be nut free, please ensure all snacks are peanut free for the safety of everyone.

How do I register?

Oak Bluff: <https://mhrd.ca/programs/details/before-amp-after-school-program--k---grade-6/2105>

Starbuck: <https://mhrd.ca/programs/details/before-amp-after-school-program--k---grade-6/2106>

What will my child do at the MHRD Before and After School Program?

Activities include (but are not limited to) crafts, outdoor play, experiments, free choice time, low-organized games, sports, team building games, cooking, and themed days! Children will remain indoors and participate in free play, crafts, and low-organized games in the Before School Program. After School, children will explore the area around them, take part in experiments, participate in sport and physical activity and tap into their creative side.



Physically, moderate intensity physical activity contributes to a healthy immune system, which can assist in everything from healing wounds to fighting off colds.

- *Participation*

<https://www.participation.com/en-ca/everything-better/heal-better>

How will MHRD manage the interests of different age groups?

The Before and After School Program will offer a variety of engaging activities to meet the interests of all ages in the program. Each child will be encouraged to participate to their fullest ability. MHRD believes the broad age range provides opportunities for learning, growth and leadership development. We all have something to learn from one another.

Will my child be circulating with general public at the program site?

The Before and After School Program takes place in public buildings and children may encounter people not registered in the program. Program Leaders will plan activities to minimize interaction with people outside of the program.



Do you offer Winter Break or Spring Break Programming?

MHRD is not planning to offer programming for Winter and Spring Break at this time. If sufficient interest is expressed and staffing is available, MHRD will consider expanding the program to include these options.



Does your program support children with disabilities?

We can accommodate children with mild cognitive and physical disabilities. Specific details of a child's needs will need to be discussed with the Program Coordinator to ensure the safety of the child and to ensure there is a mutual understanding between parents and the program. If a child is high functioning and needs additional explanation, guidance, and supervision – we can accommodate this. MHRD does not have sufficient resources to accommodate children requiring extra care and support at all times. Children accompanied by a respite worker are welcome to attend. All respite workers must provide Macdonald-Headingley Recreation District with a clear Criminal Record and Child Abuse Registry Check.



Is there a chance of my child getting injured?

Your child(ren) will be exploring outside and actively playing games indoors. They may incur a minor injury, like bruises, cuts, and scrapes. The chances of major injuries are low. Programming is created to ensure all activities are low risk to children. The site will be checked daily before programming begins to ensure all controllable hazards are non-existent.



Will my child get dirty?

Children may be crawling, digging, exploring, and creating – they may get a little dirt on their pants at the end of some days. A grass or mud stain is the sign of a great adventure!



What about tick season?

Manitoba does have deer and dog ticks. As part of our end of the day routine, children will be checked for ticks.

More information can be found here:

<http://winnipeg.ca/publicworks/insectcontrol/insect/ticks.stm>



Being outdoors enhances our desire to seek and enhance social interactions.

- *Participaction*

<https://www.participaction.com/en-ca/blog/7-science-backed-reasons-to-get-outside-immediately>



What about mosquito season?

MHRD Before and After School Program Leaders encourage parents to send their child to the program with mosquito netting (head or body), as well as a supply of mosquito repellent.

More information can be found here:

<http://winnipeg.ca/publicworks/insectcontrol/mosquitoes/mosquitoinfo.stm>



Physical activity – especially aerobic exercises – encourages the growth of new brain cells in the hippocampus, which plays a big role in memory.

- Participation

<https://www.participation.com/en-ca/everything-better/create-better>