



Charlottetown

## Newsletter

Hello Families,  
Welcome back to our monthly newsletter, where we share essential information for the month of May and a reminder of our current programming that we are offering.

We have recently begun offering youth night on Thursday nights. More information is on page two.

As we are nearing the warmer days, we will go to the park more often, so ensure the participant has a water bottle in their backpack.

Stay Hydrated,  
BGC Charlottetown Team

## Programming

### Hours

#### Afterschool

#### Program

2:30pm-6pm

#### Evening Programs

Tuesdays and

Thursdays

6:00pm-8:00pm

#### Youth Night

Thursdays

6:00pm-8:00pm

## Key Dates

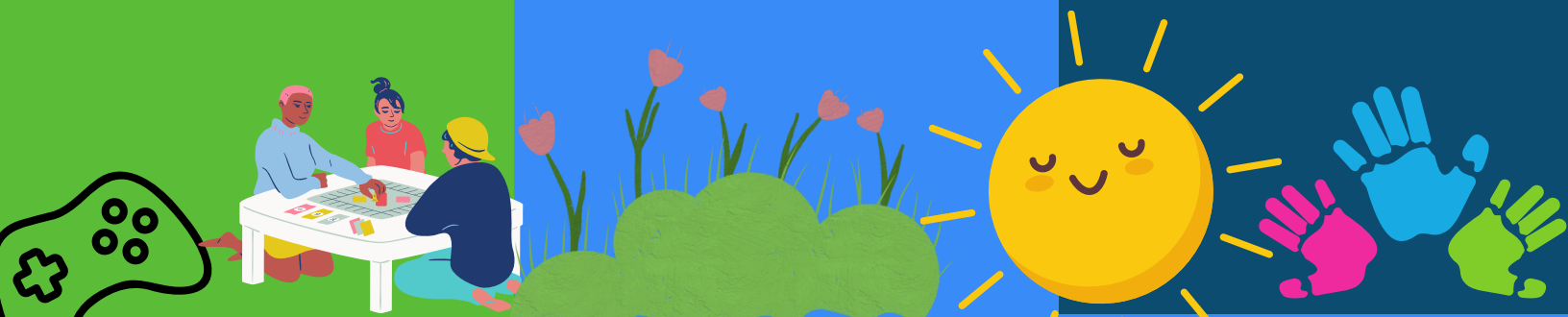
#### Closures

May 20th- Victoria Day

#### Full Day

#### Programming

No PD days in May





Charlottetown

## Youth night

We have changed our youth night from Wednesday evenings to Thursday evenings. Our program is catered for youth between 12 and 16! This relaxed program offers participants a hot supper and the opportunity to hang out, socialize, or enjoy the variety of program supplies we have at our disposal.

-Quality art supplies

-Video games

-Sports equipment

(volleyball, soccer, basketball, lacrosse, dodgeball, floor hockey)

-Bracelet making

And more!

## Evening program

Our Third cycle of the evening program will end on June 20th

Kid Strong at BGC- We run a Kid health and wellness-focused program on Tuesdays.

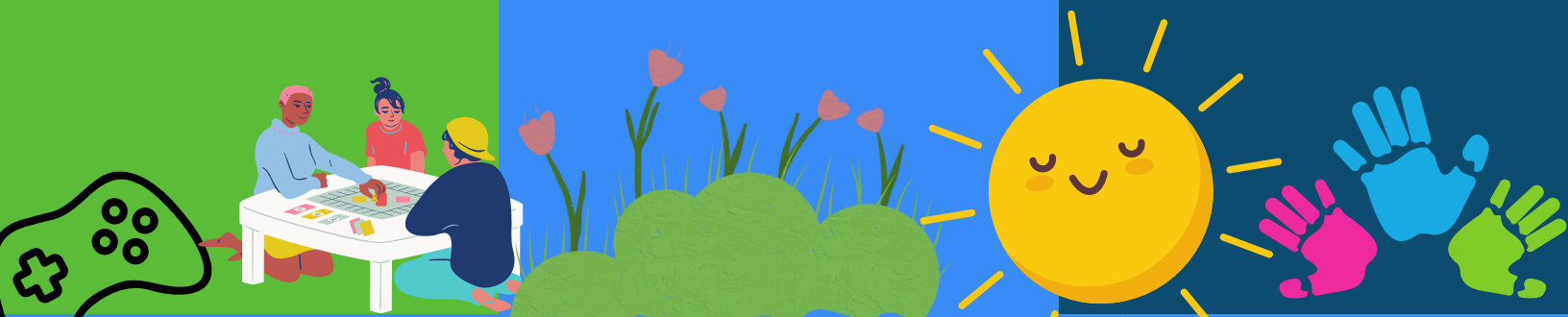
Grow Getters- On Thursdays, are running our grow-getters program, which is an indoor gardening program

[-click here](#) for more information

## Sunscreen Safety

In the months of May and June our programming will have many park days as a part of our programming so we ask parents to make sure that the participants are equipped to be at the park for multiple hours by providing them with a water bottle.

We have created a sun screen policy and we encourage parents to take a look at it (attached on page three and four of the newsletter)





## **BGC Charlottetown Sun Safety Policy**

### **Sun Safety Policy Statement:**

It is important for children to be outside for their physical, social, cognitive and emotional developmental needs. It is also important that children (and staff) enjoy the sun safely when outdoors.

BGC Charlottetown will provide a safer environment for our children and staff by reducing ultraviolet (UV) radiation exposure from the sun during outdoor activities. By adopting this policy, BGC Charlottetown aims to reduce UV radiation exposure by practicing appropriate sun protection strategies. This policy will be implemented all year round, but with particular emphasis during the months of April to September, when the sun's UV radiation is strongest.

**Rationale:** Every time skin is exposed to UV radiation from the sun, the body's skin cells change. These changes build up over time and can lead to skin cancer. Too much UV radiation can also lead to eye cancer, cataracts, and weakening of the immune system. Exposure to UV radiation in childhood is a major risk factor for developing skin cancer later in life. Skin cancer (melanoma and non-melanoma combined) is on the rise and is one of the most commonly diagnosed cancers in Canada. Fortunately, it is also one of the most preventable cancers through sun protection practices.

**Collaboration:** The policy will be implemented in collaboration with BGC Charlottetown, staff, and parents/caregivers. Everyone will work together to achieve a sun safe environment through the following measures:

- When enrolling their child, parents/caregivers will be informed of BGC Charlottetown's sun safety policy and provided information on sun safety practices.
- Communication will include, but will not be limited to, details of the centre's policy relating to hats, sun-protective clothing, sunscreen usage, and sunglasses.
- The policy will be reinforced in positive ways through parent letters/newsletters, staff memos, bulletin boards, and meetings.



- Signage will be posted that reminds staff, parents/caregivers, and children to practice sun safety. Families will be urged to reinforce sun-safe behaviors outside the facility.
- When outside when the UV Index is 3 or higher, parents/caregivers are encouraged to send their children with appropriate sun safe clothing, hats that cover the ears, face and neck, and sunglasses.
- Sun safe clothing includes A wide-brimmed hat that can protect the face, neck, ears and scalp. Children without a sun-safe hat will be required to play in an area protected from the sun (e.g. under shade or indoors) or will be provided with a spare hat.
- Caregivers are encouraged to provide participants with a water bottle.
- Caregivers are encouraged to provide sunglasses for outdoor activities.

### **Sunscreen**

Parents/caregivers are:

- Required to provide permission for staff to apply sunscreen to their child.
- if their child is allergic to the centre's offered brand/type. Parents are to provide a sunscreen that is water resistant, with broad spectrum protection, and an SPF of 30 or higher
- Asked to send their child to the centre with sunscreen already applied on days where the UV Index is planned to be 3 or higher (generally April to September)

Staff are:

- To apply (and reapply as needed) a 30 SPF or higher water-resistant broad-spectrum sunscreen to the child's skin that is not covered by clothing 20 minutes prior to going outdoors.
- Ensure children (through educational sun safety activities) are made aware of the importance of sun protection and sun safety practices such as: seeking shade, covering up with clothing, wearing hats and sunglasses, and using sunscreen.