

ACADÉMIE  
**ST-LAURENT**  
ACADEMY



## Enriched Daycare Programs

**INFANT, TODDLER, & PRESCHOOL**

641 SLADEN AVE.,  
OTTAWA, ONTARIO  
K1K 2S8



**ABOUT US**

St-Laurent Academy is an Ottawa based private school offering English & French full-day programs for children aged 10 months - 17 years. About 150 families, call St-Laurent Academy home.

St-Laurent Academy Daycare is licensed by the Ministry of Education to provide Infant, Toddler and Preschool programs for children 10 - 48 months old. Under the Ministry of Education of Ontario, St-Laurent Academy Elementary & Junior High also provides Kindergarten - Grade 12, for students 4-17 years of age.

**OUR FACILITIES**

Located at 641 Sladen, our facilities include a full-sized gym, a well-equipped daycare wing, two floors of elementary and High School classes, a library, computer lab, a multi-purpose room, a fenced and treed yard, instructional kitchen, greenhouse and a beautiful park adjacent to the school.

**Our Daycare offers the following programs:**

PROGRAM	AGE	RATIO
Infant Bilingual	10 - 18 months	1:3
Toddler Bilingual	18 - 30 months	1:5
Preschool Bilingual	30 - 48 months	1:8
Preschool French	30 - 48 months	1:8

## Enriched Programming

St-Laurent Academy Childcare prides itself on offering a rich and diversified daycare program. We develop children’s various abilities: Intellectual, cognitive, physical, as well as their social skills.

Our childcare programs are enriched with music, science, art and daily sports programming. At St-Laurent Academy, we respect each individual and recognize their diverse and unique family values and backgrounds. We emphasize everyone’s ability to succeed in whatever they undertake, and provide them with opportunities to do so. We address the whole child through “how does learning happen”, structured learning activities, child-centered exploration, sport, music and art activities.

# Infant Program (Bilingual)

## Ages 10 - 18 months

### INFANT TYPICAL DAY

Infants schedules are individualized to meet your child's needs. This is a sample of activities over the course of a day.

#### PRE-CARE

- 7:00 Arrival / free play / socializing
- 8:00 Exploring activity centers

#### REGULAR PROGRAM

- 8:00 Regular Program Drop-off
- Indoor Gross Motor/Free Play
- 9:00 Snack
- 9:30 Morning Nap
- 10:15 Outdoor Play Time
- 11:00 Lunch
- 11:45 Nap
- 2:00 Snack
- 2:15 Music/Free Play
- 3:00 Outdoor Play Time
- 4:00 Regular Pick-Up

#### POST-CARE

- 4:15 Free Play
- 5:30 Post-Care ends



## INFANT PROGRAM OVERVIEW

- **EXPLORATION & PLAY:** during this active learning time, infants are encouraged to discover the world around them by exploring and playing.
- **CLOSE & CARING RELATIONSHIPS:** learning and development are anchored by relationships with caring educators, who scaffold further learning based on the individual needs of your child. A variety of toys and materials are available to explore freely, and directly presented by teachers.
- **GROSS MOTOR:** movement is a big part of an infant's day. A gross Motor area challenges infants to become more independent, and more aware of their bodies as they crawl and walk over a variety of surfaces.
- **ROUTINE:** Schedules gently become routine to provide security to our youngest students.
- **ACTIVITY AREAS:** the Infant Room is divided into areas organized around specific activities, such as small toy area, book area, movement area, art area and spaces for diapering, meals, and naps.
- **LANGUAGE SKILLS:** are developed and reinforced using spoken word, and gestures. Basic infant sign language is introduced. Our educators will read daily to the infants. Our bilingual environment offers your infant the opportunity to become familiar with both English and French.
- **MUSIC:** is used widely in the infant program to soothe, engage and teach.
- **Self-Help Skills:** Basic self-help skills appropriate to infants, such as feeding, will be introduced to older infants.
- **OUTDOOR TIME:** Infants spend time outdoors in the yard.
- **MEALS:** Food and Drinks are provided by our kitchen and infants are fed according to parent/guardian instructions. Infants will be fed family style, sitting together at tables.
- **SLEEP TIME:** gradually infants will adjust to a twice daily nap schedule. All infants sleep in cribs. Linens are provided by the family.
- **TRANSITION TO TODDLER:** Infants transition to our Toddler Class between 18-22 months.

# Toddler Program (Bilingual) Ages 18 - 30 months

## TODDLER TYPICAL DAY

### PRE-CARE

- 7:00 Arrival / free play / socializing
- 8:00 Exploring activity centers

### REGULAR PROGRAM

- 8:30-8:45 Regular Program Arrival Time
- 9:00 Snack
- 9:30 Sport activity
- 10:00 Outdoor Play
- 11:30 Lunch
- 12:10 Nap time
- 2:00 Snack
- 2:30 Circle/ Art/ Free Play
- 3:00 Outdoor Play
- 3:45-4:00 Regular Program Pick-Up

### POST-CARE

- 4:15 Activity Centres/Free Play
- 5:30 Post-Care ends



# TODDLER CURRICULUM OUTLINE

**Classroom activities:** Arts & crafts, circle time, story telling, nursery rhymes, songs, finger play, blocks, puzzles, counting and sorting, language skills

**Self-help skills:** dressing/undressing, finger/spoon feeding, toilet training

**Social skills:** social skills are learned and reinforced. Games and songs reinforce these concepts.

**Music:** Offered weekly to Toddlers by our Music Specialist.

**Special Events:** Fire Fighter Visits, science presentations, class visitors.

**Family Events:** Christmas Show, Year-end Celebration

**Phys Ed:** Over two semesters toddlers will participate in a daily phys-ed program that could include: gymnastics, dance, sport skills, and yoga.

## TODDLER SAMPLE SPORT SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM	Sports Skills			Ball Play	
10:00 AM		Gymnastics	Dance		Yoga

# Preschool Program (English and French)

Ages 2 ½ years - 4 years

## PRESCHOOL TYPICAL DAY

### PRE-CARE

- 7:00 Arrival / free play / socializing
- 8:00 Exploring activity centers

### REGULAR PROGRAM

- 8:30 Tidying up
- 9:00 Snack
- 9:30 Sport activity
- 10:15 Outdoor play
- 11:00 Lunch
- 12:15 Nap or quiet time
- 2:15 Snack
- 2:30 Arts & crafts
- 3:15 Outdoor Play

### POST-CARE

- 3:45 Free play
- 5:30 Post-care ends



## PRESCHOOL CURRICULUM OUTLINE

**Classroom activities:** How does Learning Happen - Arts & crafts, circle time, story telling, nursery rhymes, songs, finger play, blocks, puzzles, counting / sorting / matching, dramatic play, language skills, and social skills.

**Self-help skills:** dressing / undressing, feeding, toileting

**Social skills:** social skills are learned and reinforced. Games and songs reinforce these concepts.

**Music:** Offered weekly to Preschoolers by our Music Specialist.

**Science:** Offered weekly to Preschoolers by our Science Specialist.

**Field Trips:** Four field trips per year are planned to Ottawa's National museums and other cultural centres of interest.

**Family Events:** Macoun Marsh Walk, Christmas Show, Year-end Celebration

**Phys Ed:** Over two semesters Preschoolers will participate in a daily phys-ed program that may include all of some of the following activities: gymnastics, swimming, skating, dance, sport skills, and yoga.

**Bathroom time:** is done approximately 4 times a day, or when child requests it.

## PRESCHOOL SAMPLE SPORT SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Sports Skills			Swim/Skate	
9:30 AM		Gymnastics			Yoga
3:00 PM			Dance		

**Swimming Ratios:** The ratio for swimming is 5 children for 1 adult and new students will have one on one time until they feel comfortable.



## Nap or Relaxation

Toddlers and preschoolers will nap for a maximum of 2 hours. While toddlers are required to nap, older preschoolers who do not sleep will still have a relaxation period. Infants nap twice daily.

## Home & School Communication

### COMMUNICATION BOOK

Each child is provided with a communication book which parents and teachers can use as a communication tool, and to document the progress of your child. This book will also serve as a great souvenir of your child's development.

### PROGRESS REPORTS & PARENT TEACHER CONFERENCES

Two Progress Reports are given throughout the school year and parents are invited to attend one parent teacher conference annually.

## Resources & Partners

Our strong community partnerships enable St-Laurent Academy to offer our students an enriched and diverse learning experience. Many thanks to:

- City of Ottawa
- Ottawa Library
- Macoun Marsh
- City of Ottawa Firefighters, Police & K9 unit
- National Capital Museums



## Snacks & Lunch

Snacks and lunch are prepared by our staff chef. The schedule for menus will be provided to parents for the year, starting in September. Six varied weekly menus are used and rotated. Our menus follow The Canada Food Guide and the ministry requirements. Additional fees will apply to parents who wish to substitute items on the menu for a child's dietary needs.

**Snacks will be given twice a day: approximately 9:00 AM and 2:00 PM**

**Lunch will be served at 11:00 AM**

### ALLERGIES

No peanut substances are added or used in the preparation of meals. **We have a Nut Free (no peanuts and/or tree nuts) Policy.** Should your child suffer from other food allergies, please advise us, and we will prepare meals accordingly. Staff are trained to use EpiPens for children requiring them.

### SAMPLE CHILDCARE MENU

	MON.	TUES.	WED.	THURS.	FRI.
Morning Snack	Cereal Fruit Milk	Oatmeal Fruit Milk	WW bread jam Milk	WW blueberry muffin Milk	Rice Pudding Fruit Water
Lunch	Pasta with meat & vegetable sauce salad Fruit Milk	Chicken & vegetable stew Whole wheat (ww) bread Chef'salad Fruit Milk	Vegetables & bean stir fry with rice WW bread Fruit Milk	Vegetables WW bread Chicken casserole Fruits Milk	Lentil & vegetable soup WW bread Fruit Milk
Afternoon snack	Yogurt Fruit Water	Cheese & Vegetable Water	Vegetables & Tzatziki Water	Yogurt & Fruits Graham wafers Water	Cheese Fruit Water

## Parental Involvement

Parents are the child's first guides. We, at St-Laurent Academy, appreciate that you work hand in hand with the educators and support the people who work with your child during the day.

To enrich the children's experiences, we invite parents to come and talk about their work, come play a musical instrument and have children sing, read a story, or talk about a trip, a pastime or have them do a craft. Simply discuss this with the educators and they will be glad to include your presentation in the scheduling at a time which is convenient to both parties.

## Discipline

Positive reinforcement will be used to settle conflicts. No physical force or mental cruelty will be tolerated. We do not bring down, harass or humiliate a child. Fundamental needs are never refused to a child. A disruptive child may be removed for a quiet down period for a very short while. If a disciplinary problem persists, parents will be advised. **In exceptional cases, if a child repeatedly displays acts of aggression, we reserve the right to dismiss him or her from the program.**

## Program Dates & Hours

Daycare programs follow the school year, and are offered from **September - June**. Tuition fees cover all scheduled school days in this period, statutory holidays, and up to 4 PD Days per academic year. The cost of camps are included over the Christmas Holidays and March Break. Summer camp is offered as an additional cost. **Regular hours are between 8:00 a.m. and 4:30 p.m.**

## Pre & Post Care

**Pre-care hours are 7:00 a.m. to 8:00 a.m. and Post-care from 4:30 p.m. to 5:30 p.m.**

Indoor activity centres, or outdoor play is scheduled.

# Holiday Camps

For your convenience, we offer the following Camp Programs for Infants, Toddlers & Preschoolers:

- **Summer Camps (approximately 10 weeks, by weekly registration)**

## Registration & Admission

Choosing the right school for your child is an important decision; many things have to be considered to find the right fit. We encourage all interested families to meet with us for an orientation. During this orientation, you and your child can familiarize yourselves with our programs and teachers, as well as the physical layout of our facility.

Registration for the coming school year, begins in January. On-going registrations are available throughout the year should space be available, and tuition fees are pro-rated . Spaces in our programs fill quickly, so please book your visit with us early:

**Admissions:**

**Andrea Crupi**

**613-842-8047**

**E-mail:admin@st-laurentacademy.com**

# Académie St-Laurent Academy

## Family Testimonials

“My daughter loves everything about the Academy - the activities, the teachers, her friends. “

“My sons have been in the care of St-Laurent Academy since 2006. The combination of an inclusive sports program with such a high level of academic teaching is unique in Ottawa. I am very fortunate to have had such wonderful staff care for my children.”

“The strength of the program lies in the variety of activities that are offered - in addition to academics, the program includes, dance, gymnastics, and music. The children at the Academy are presented with a range of opportunities that are not offered anywhere else. The bilingual nature of the program also gives the children an advantage when integrating into either French or English language elementary programs.”

“The Academy exposes children to a wide variety of experiences. The staff is also very receptive to the suggestions of parents. The fact that the Academy offers year-round programming is also a definite asset to working parents.”

“SLA has many great features, the most important of which for us are the staff and the sports programming. We feel extremely fortunate that our daughter has had the opportunity to be taught by such warm, capable, and enthusiastic teachers. We also think the sports programming is exceptional. While we greatly appreciate the rigor with which SLA approaches the academic curricula, it's the exposure to the wide variety of physical activities at such a young age that makes the SLA experience unique in our minds.”