

FAMILY GUIDE



INFORMATION FOR INTERNATIONAL STUDENT FAMILIES

This guide was designed especially for students who are accompanied by their families. Please feel free to drop by Student Services at any time and talk to the Student Program Coordinator-

International, AS270.

THINGS YOU SHOULD KNOW

- It is illegal not to wear a seatbelt while in a moving vehicle
- It is illegal to hit a child
- Children under a certain age and weight are legally required to use a car seat (www.kidsinsafeseats.ca)
- Your phone book Yellow Pages can be a very helpful guide to finding local stores and services. It is available from your local phone company or online at www.yellowpages.ca

SOCIAL WELFARE

In Canada tax is high as well as social welfare. The Canadian government pursues policies to promote childbirth and to provide social supports to women and their children. Families that are considered low-income receive childcare benefit as well as living subsidies. Also, young children and children with disabilities receive additional benefits and special financial assistance.

Canada Prenatal Nutrition Program

The Canada Prenatal Nutrition Program (CPNP) is a comprehensive funding program that was designed to help community groups provide support for pregnant women. Priority participants vary in each community but most often include pregnant adolescents, women with low incomes, and the families that are geographically isolated.

The *Corner Brook Healthy Baby Club* is conveniently located at the following address:

Organization for Community Action Initiatives Inc.

355 O'Connell Drive

P.O. Box 712

Corner Brook, Newfoundland

A2H 6E6

For more information please contact the following individual:

Bonnie Randell, Coordinator

Telephone: (709) 634-2316

Fax: (709) 634-2319

Email: brandell@nf.aibn.com

Website: www.familyoutreachresourcecentre.com

Canada Child Tax Benefit (CCTB)

The Canada Child Tax Benefit is a non-taxable amount paid monthly to help eligible families with the cost of raising children under the age of 18 years. The CCTB may include the **National Child Benefit Supplement** and the **Child Disability Benefit**. To receive the CCTB, all of the following conditions must be met:

1. You must live with the child, and that child must be under 18 years of age.
2. You must be the person who is primarily responsible for the care and upbringing of the child.
3. You must be recognized as a resident of Canada for tax purposes.
4. You or your spouse or common law partner must be: A Canadian citizen, a “permanent resident”, a “protected person” or a “temporary resident”

A temporary resident is a person who has lived in Canada throughout the previous 18 months, and who has a valid permit in the 19th month. Therefore as international student parents you should not apply before the 19th month.

National Child Benefit Supplement (NCBS)

The National Child Benefit Supplement is included in the CCTB and paid monthly to low-income families with children under 18 years of age. It is the Government of Canada’s contribution to the National Child Benefit (NCB). As part of the NCB, certain provinces and territories also provide complementary benefits and services for children in low-income families, such as benefits, earned income supplements, and supplementary health benefits, as well as child care, children-at-risk, and early childhood services.

Child Disability Benefit (CDB)

This benefit is a monthly benefit included in the CCTB to provide financial assistance to qualified families caring for children with severe and prolonged mental or physical impairments. Families with children under 18 years of age who qualify for the disability amount are eligible to receive a CDB.

A child qualifies for the disability amount when the government has an approved *Disability Tax Credit Certificate* for that child. For more information on the CDB, you can call 1-800-387-1193.

Mother Baby Nutrition Supplement (MBNS)

This is an additional benefit paid to qualifying families who have children under one year of age. Benefits are combined with the CCTB into a single monthly payment.

Under the MBNS, you could be entitled to a benefit of \$60 per month for each child under one year of age if your family net income is under \$22,397.00.

This program is fully funded by the Province of Newfoundland and Labrador. If you would like more information, call 1-800-508-4788

Universal Child Care Benefit (UCCB)

The Universal Care Benefit (UCCB) is a **taxable** benefit paid monthly to help eligible families provide childcare for their children under six years of age. The UCCB provides families with a \$100 monthly payment (up to \$1,200 annually) for each qualified child. You are not required to file a tax return to receive the UCCB.

If you would like more information on social welfare in Canada please visit the Canada Revenue Agency website, www.cra-arc.gc.ca/E/pub/tg/t4114/t4114-e.html

PARENTING IN CANADA

Child Discipline

It is illegal to spank children in Canada. In Canada spanking children is considered a serious crime. With the exposure of newspaper and television, striking children becomes a very serious matter. If parents spank their children in public, it will immediately bring many indignant people to stop them. If at home, children are able to call the police when corporal punishment is used by parents or caregivers. This can lead to a court battle. Also, spanking children can result in fear and resentment towards parents and it can also create mental health problems and behavioural issues.

The Public Health Agency of Canada website provides further information on family and parenting issues. There is a pamphlet titled “What’s Wrong with Spanking”.

Reasonable Use of Force to Discipline Children

Parents can use “reasonable” force to discipline children. This is the guideline issued by the Supreme Court of Canada (Source: Canadian Press):

- Parents will not face criminal charges for “minor” corporal punishment of children aged two through 12.
- Corporal punishment is unacceptable for children under two and for teenagers.
- No use of implements other than the open hand, such as rulers or belts.
- No striking the child on the face or head
- Discipline must be for “educational” or “corrective” purposes, not motivated by anger or frustration.
- There must be no lasting bodily harm
- Punishment must not be “inhuman” or “degrading”
- Corporal punishment in schools is unacceptable. Teachers may restrain students, for example to escort them from the classroom, but must not hit them.

FAMILY HOUSING

In this section you will read about your housing options: living on campus and living off campus.

Living On Campus

Chalet Apartments

—Apartments are furnished with a fridge and stove, kitchen table and two chairs, two kitchen stools, two living room love seats, a coffee table and end table, and bedroom furniture, which include a bed, a desk chair and desk. All windows in each apartment are dressed with vertical blinds.

—Four three-bedroom apartments that are set aside as family units.

—There is always a waiting list for family apartments so make sure to apply early and keep constant contact with student housing.

Living Off-Campus:

You may wish to live off campus, it is your responsibility to contact rental properties and make the necessary arrangements. Student Housing which is located at RES 221 can provide you with a list of rental properties or you can view the list online at <http://www.grenfell.mun.ca/current-students/Pages/housing.aspx>

Places to Search:

- Check the local newspaper (<http://www.thewesternstar.com/>)
- Check online classifieds (<http://cornerbrook.kijiji.ca/>)
- Search and Join the group ‘Corner Brook Classifieds’ on Facebook
- Newfoundland and Labrador Buy & Sell Magazine. You can purchase a copy of this weekly magazine at any convenience store. New issues are available on Fridays.

*For more information on student housing you can visit:

<http://www.grenfell.mun.ca/res/Pages/default.aspx>

⇒ If you would like to contact the housing office you can go to room RES221, call (709) 637-6266

CORNER BROOK DAY CARE CENTRES

Daycares in Corner Brook are listed below. How much they cost per day differs, depending on your child's age and the type of care required. We recommend that you research several daycare centres to compare the fees.

Fishers Children's Centre

Fisher Children's Centre is located at the College of the North Atlantic, Corner Brook Campus. This centre operates as a full-time demonstration facility for students in the Early Childhood Education program and as a daycare Centre providing programs to infants, toddlers and preschool children and parents. Children of Grenfell Campus students are eligible to apply for spaces in the Fisher Children's Center. The Centre is licensed under the Child Care Service Act and Regulations 2005.

- The Daycare Centre is open from 8:00a.m. to 4:45p.m Monday through Friday.
- Infant Room: 6 Infant spaces for children between 6 months-24months.
- Toddler Room: 10 Toddler spaces for children between 24 months- 36months.
- Preschool Room: 16 Preschool spaces for children between 36months -60 months.

Kindergarten children will be accepted if there are remaining spaces available.

— There is a waiting list. If you are planning to attend a Provincial Post-Secondary Institution and need childcare, please contact the Centre for the number spaces available. If you wish you may add your child's name to our waiting list.

CORNER BROOK DAY CARE CENTRES CONTACT INFO

If you would like more information about the Fishers Children's Centre please contact:

Phone Number: (709) 637-8573

Manager, Fisher Children's Centre

College of the North Atlantic

P.O. Box 822

Corner Brook, NL

A2H 6H6

Humpty Dumpty Daycare

Address: 210 O'Connell Dr., Corner Brook, NL A2H 5N4

Telephone: 709-639-9866

Stepping Stones Daycare

Address: 304 O'Connell Dr., Corner Brook, NL A2H 6V9

Telephone : 709-634-5411

Headstart Preschool

Address: 6 Greenings Hill, Corner Brook, NL, A2H 4J7

Telephone: 709-632-2200

Jackie Andrews

Address: 26 Forest Hill Road, Corner Brook, NL

Telephone: 634-6028

Marla Smith

Address: 14 A Forest Hill Road, Corner Brook, NL

Telephone: 634-8260

Joy Callahan

Address: 18 Forest Hill Road, Corner Brook, NL

Telephone: 634-8316

Pamela Mercer

Address: 61 Sunnyslope Drive, Corner Brook, NL

Telephone: 634-4186

Josie Seward

Address: 88 Caribou Road, Corner Brook, NL

Telephone: 634-1431

Jeanette Preston

Address: 2 Marshall Crescent

Telephone: 634-4227

Amanda Penney

Address: 17 Queen Street, Corner Brook, NL

Telephone: 639-9592

Terri Donahue

Address: 14 Glenhaven Blvd., Corner Brook, NL

Telephone: 634-7513

Charlene Blake

Address: 40 Elizabeth Street, Corner Brook, NL

Telephone: 638-9771

Wanda Parsons

Address: 16A Woodbine Avenue, Corner Brook, NL

Telephone: 785-1647

Susan Power

Address: 14 Allen's Road, Corner Brook, NL

Corina Butt

Address: 47 Brosnan Street, Corner Brook, NL

Telephone: 785-1451

You can also look for daycare online and in the local newspaper (These listings may be unregistered).

Try:

<http://cornerbrook.kijiji.ca/f-services-childcare-nanny-W0QQCatIdZ84>

<http://www.cornerbrookclassifieds.ca/>

<http://www.thewesternstar.com/>

CHILDREN/YOUTH SCHOOLING

Canadian Education System (Kindergarten to Grade 12)

Children in Canada usually start their education at ages 5-7 in Kindergarten. Kindergarten to Grade 12 (K-12) education is publicly funded and free to all Canadian citizens as well as permanent residents until the end of secondary school, normally age 18.

The school year for K-12 schools is normally September to June; however, a few school authorities begin their school year earlier or operate year-round.

After children attend elementary or middle school, they proceed to secondary school (also known as high school or senior high school) where they stay until they complete grade 12. Curriculum programs at the secondary level include both academic and vocational programs. The academic program provides students with the credits necessary to meet the entrance requirements of universities and colleges. The vocational program prepares students with the credits necessary to continue their studies at postsecondary college, or to enter the job market. Secondary school diplomas are granted to students who pass the compulsory and optional courses of their programs-academic or vocational.

(source: Education @ Canada, website www.educationcanada.cmec.ca)

To enrol your child in school, contact the Western School District of Newfoundland and Labrador. You should contact the school board as soon as possible so that you can place your child in a school close to your home before the classes are full.

District Office - Western School District

P.O. Box 368

10 Wellington Street

Corner Brook, NL

A2H 6G9

Tel: 709-637-4000

General Fax: 709-634-1828

You can also visit the district's website: <http://www.wnlsd.ca/Home.aspx>

***Please note that in order to enrol your child in a particular school you must live within that schools service area. Keep this in mind when you are deciding where to live.**

SCHOOL LISTING (KINDERGARTEN TO GRADE 12)

Primary-Elementary Schools

CC Loughlin Elementary is located near the centre of the city and offers French Immersion, an opportunity for your child to be educated in French; however, there is an English program at the school as well.

Address: Citadel Drive

Phone: 709-639-8988

Humber Elementary is located in the eastern part of Corner Brook in the Humber Heights neighbourhood.

Address: St. John's Avenue

Phone: 709-634-6333

Immaculate Heart of Mary is a Catholic private school offering grades junior kindergarten to grade 9.

Address: 112 Humber Road

Phone: 709-634-1700

JJ Curling Elementary is located in the Curling area which is in the western part of the city.

Address: Woodbine Ave

Phone: 709-785-2814

Sacred Heart Elementary is also located in the Curling area.

Address: Curling Street

Phone: 709-785-5119

St Gerard's Elementary is located in the centre of the city near the hospital.

Address: Montgomerie Street

Phone: 709-639-8945

Junior High School

Corner Brook Intermediate is located in the central area of the city.

Address: 11 Mt. Bernard Avenue

Phone: 709-639-9541

High School

Corner Brook Regional High School is located in the central area of the city.

Address: 12 University Drive

Phone: 709-634-5258

SUMMER PROGRAMS FOR KIDS

Activity Camps

Grenfell Campus, MUN

www.activitycamps.grenfell.mun.ca

Baseball

Corner Brook Baseball Association

<http://www.cbbaseball.ca>

French Camp

Canadian Parents for French

<http://cpf.ca/en/activities/youth-activities/cpf-summer-camps/>

Reading/Writing

Summer Reading For Fun Program

http://www.nlllc.ca/summer_reading.htm

Soccer

Corner Brook Minor Soccer Association

<http://cbmsa.ca>

Swimming

Corner Brook Arts & Culture Center

Telephone: (709) 637-2584

YMCA Summer Programs

YMCA of Western NL, Humber Community

<http://www.humbercommunityymca.ca>