



Tiny Tumblers Handbook

Welcome To Our Playschool



Visit Our Website
www.brazeaufamilyandchildcentre.uplifterinc.com

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Welcome Message

We hope that this information will help to answer all of your questions please take the time to meet your child's teacher and feel free to ask questions.

Tiny Tumblers Gymnastics Playschool is part of Brazeau Gymnastics Club (BGC) and is run by a board of directors, which consists of volunteer parents. We are a not-for-profit organization. Parents are encouraged to become involved and attend all general meetings.

Tiny Tumblers Playschool embraces the concept of "learning through play" and offers a unique program combining playschool activities with gymnastics. By enriching children's play they learn cooperation, problem solving, language, mathematics, and how to express themselves in a creative and socially acceptable manner. They develop curiosity, self-esteem, strength and coordination, self-directions, and values



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Programs, Requirements, and Withdrawl Policy



3 Year Old Program

TUES/THURS MORNINGS
9:00 – 11:30 AM

4 Year Old Program

MON/WED OR TUE/THUR
AFTERNOONS
12:30 – 3:30 PM

3/4 Split Program

MON/WED MORNINGS
9:00 – 11:30 AM

The 2025/2026 year will run from Monday September 8, 2025 to June 18, 2026. The school will be closed on statutory holidays and follows the Wild Rose Public School calendar for Christmas, Easter, and winter/spring breaks as well as PD days.

Children registered for this playschool **MUST** be fully toilet trained & meet the age requirements.

Absolutely NO diapers or pull-ups.

Withdrawl Policy

For student/athletes withdrawing from play school, one (1) month's written notice must be emailed to tinytumblersplayschoolbgc@gmail.com before withdrawal. Absences from the program will not constitute as withdrawal from the program.



Vision & Mission

Our Vision

Providing children a solid foundation with which to understand the capabilities of their bodies and minds.

Our Mission

Tiny Tumblers believes that play is essential for a child's growth and development. Our approach combines a play-based education program with the physical dynamics of gymnastics. This blend not only allows for energy release but also enhances the connection between the body and the brain, providing a strong foundation for your child's educational journey.



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Apparel Requirements & Gym Expectations

✓ Apparel

Please dress your child in clothing that allows free and fluid movement while in the gym and no pressure during messy craft projects. Activity planning does involve using paint shirts, but they don't cover everything. Some clothing may get stained.

For safety, no jewelry or clothing with metal buttons, buckles, or zippers (NO JEANS).

Long hair needs to be tied back, and no gum or candy will be allowed while in gymnastics.

✓ Gym Expectations

Abiding by the following expectations helps to support a gym that is clean and safe for everyone.

- Participants must be aware of the possible risks of injury associated with gymnastics, and careful attention must be paid to instructions given by the coaches/teacher.
- Only indoor footwear or bare feet are allowed in the gym.
- Warts must be taped.
- Please keep our gym tidy especially in the viewing area, boot room area, and washrooms. This is very important as germs can be spread easily by athletes that are barefoot.
- Only water is permitted in the gym area.
- Children are not permitted to enter any gym space either before or after class due to safety reasons
- In BGC, proper conduct is expected at all times by all users. Profanity or disrespect of any kind will not be permitted either within the facility or within property boundaries.
- We do our best to have each class participate in gym each day although sometimes there are circumstances beyond our control and the children will have play time in the classroom.



Child Discipline **Policy**

Discipline

Developing self-control and learning appropriate social behavior is essential to a child's social development. Appropriate behavior management or 'discipline' methods serve to guide a child's behavior while protecting and enhancing their self-esteem. In guiding children's behavior, two types of methods are used; preventative and intervention strategies. **Preventative strategies** are used to decrease the chance that the unwanted behavior will occur. They include appropriately planned programs and setting clear and simple rules children can remember. **Intervention strategies** are used to stop or redirect undesirable behavior when it happens, and include calming, redirecting, and reassuring the child or children.

Our discipline policies are as follows:

1. The teacher will take steps to support the child in changing their inappropriate behavior.
2. If the behavior persists the parent will be phoned to pick up their child.

If the teacher/coach feels that a child is disruptive to the point that learning or enjoyment of other children is being affected, on a recurring basis, the playschool staff will develop an action plan with the parents. This plan will identify a time frame in which improvements must occur. The action plan will be shared with the child. If the disruptive behavior continues, the parent will be asked to assist their child in the gym and/or in the classroom. If disruptive behavior persists, the parent will be asked to withdraw the child from the program.

Discipline will not involve physical punishment, confinement or isolation, verbal degradation, or emotional deprivation.

The discipline plan will be executed by the teacher.

Child disciplinary action must be reasonable in the circumstances; physical punishment, verbal or physical degradation, or emotional deprivation is not allowed; it must not deny or threaten to deny any basic necessity; and must not use or permit the use of physical restraint, confinement or isolation.



Nutrition

Snacks & Water

✓ Nutrition & Snacks

Parents are encouraged to provide a healthy, nut-free snack. This snack should be one or two items that are easy to open independently and can be eaten in 5 to 10 minutes. Please refrain from sweets and juice boxes as well as fruit cups.

Please provide water in a clearly labeled water bottle. All snacks must be in a lunch container that is clearly labeled with your child's name.

PLEASE ABIDE BY THESE REQUESTS.

If one child brings a juice box and a brownie...it is noticed by the rest of the class.

We will have events/parties when you will be asked to bring special foods and drinks.



Drop Off/Pick Up

Mandatory Safety Precautions

Tiny Tumblers Playschool is located inside the Brazeau Gymnastics Club.

The playschool entrance is located on your left upon entering the facility.

1. Please sign in your child each day.
2. Children can remove all outdoor clothing and footwear in the foyer areas. All outdoor footwear **MUST** be removed before going into the playschool. Children are required to have easy-on indoor shoes to keep at the playschool.
3. Please arrive on time to drop off and pick up your child.
4. Please inform the teacher if you will be late for any reason (example: doctor's appointment or a quick trip to Walmart).
5. Always notify the teacher if someone else will be picking up your child, and/or if they are carpooling with another family.
6. Don't forget to sign out your child each day.
7. Please take caution in the parking lot as there will be young children and families walking about.



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Accident, Illness, Allergies and Medications

✓ ACCIDENT OR ILLNESS AND POTENTIAL HEALTH RISKS

In the event of an incident (defined as an adverse traumatic event) or an accident requiring first aid, children will be given immediate attention. If necessary, first aid will be administered and/or medical assistance obtained. Guardians will be notified immediately. An incident report will be filed.

When a child has symptoms of an illness that might spread to others, it is important that the child be kept at home. Please DO NOT bring your child to playschool if they are not feeling well; vomiting, diarrhea, fever, excessive coughing and runny nose, pink eye, unexplained rash, green mucus, or has symptoms that prevents your child from participating comfortably in program activities.

If the child becomes ill at playschool, a parent(s) will be notified and will be required to promptly pick up their child. Your child will wait in the office with the administration until you arrive.

Details will be recorded in an incident report and filed in the office: name, date, symptoms, time parent was called, time child was removed from class, where they stayed until the parent arrived, and date child returned to class. Reports will be filed and reviewed to identify any trends or issues. Annual incident reports are submitted to the regional child care office.

✓ ALLERGIES AND ADMINISTRATION OF MEDICATION

Medications will only be administered if it is considered an emergency medication example EpiPen or Ventolin.

Medication must be an original labeled container with clear directions.

A medication form with details must be completed and signed and include a recent headshot of your child. The medication will be kept in a Ziploc bag and fastened to the completed consent form and hung in the playschool room (in sight of adults but out of reach of children).

If emergency medication is administered, parents will be notified immediately and an incident report will be completed; include child's name, symptom, time of administering the medication and who administered it.

If a child has allergies, there is an allergy form that must be filled out at the time of registration. The form and a recent clear photo of child will be posted in the playschool room. Medication will be stored in a locked container inaccessible to the children, unless it is emergency medication, then it is stored visible to teachers but inaccessible to the children.

Program may provide or allow for the provision of health care to a child only if the written consent of the child's parent has been obtained, or health care provided is in the nature of first aid.



Incident Reporting and Supervision Policy

✓ Incident Reporting

The following cases will be reported immediately to the regional child care office using the prescribed form: emergency evacuation, unexpected program closure, an intruder, an illness or injury requiring hospitalization, an error in medication administration, an allegation of abuse or neglect, death of a child, injury, missing or lost child, a young person involved in a crime, child removed from a program without permission, or a child left on premises after hours. Incidents will be reported immediately to the regional child care office using the prescribed form.

Serious injury that requires the program to conduct first aid, serious illness/injury to a child that requires the program to request emergency health care and/or require the child to remain in hospital overnight, the commission by a child of an offence under an act of Alberta or Canada.

✓ Supervision Policy

It is explained to the children the appropriate behavior for both the classroom and the gym and this information is reviewed often.

Respect of self, others, and property is emphasized.

The children are all in view of a teacher at all times and 'nose counts' are completed often.

The teacher ensures that the children are engaged in appropriate play and behavior and if a problem arises, the children are encouraged to explain what has happened, how they are feeling, and suggest a solution.

The children are encouraged to participate in the projects and crafts using their imagination and creativity.

A walk-about is done often to ensure toys and equipment are safe and maintained. Children are signed in and out by their parent or caregiver each day.



Contact Information

EMERGENCY CONTACTS:

Medical Emergency - 911

Poison Control - 1-800-332-1414

Child Abuse Hotline - 1-800-387-5437

Drayton Valley Hospital - 1-780-542-5321



COMMUNICATION PREFERENCES

Uplifter and email will be used as the primary form of communication. It is your responsibility to make sure that Brazeau Gymnastics Club has your current email address (or addresses) on file. If you require a change in your email, please contact our office as well as the playschool teacher; please make sure that you add her to your contact list/mark as not junk so the emails do not land up missed, unread, and/or in your junk mail.



Phone Number
780-515-9022



Website
www.brazeaufamilyandchildcentre.uplifterinc.com



Email
Kelly Proudlove - Educator
tinytumblersplayschoolbgc@gmail.com

Melanie Smith - Club President
brazeaugymnasticsclubpresident@gmail.com



Address
6426 50th Avenue
Drayton Valley, AB
T7A 1S7