

EXCEL 2023-2024



Halifax
Regional Centre for Education



EXCEL is a High Five® registered before and after school recreational program offered by the Halifax Regional Centre for Education at 69 elementary schools across the Halifax Regional Municipality. EXCEL's dedicated and qualified program leaders plan and facilitate weekly games and activities that consider the needs and interests of the registered students. These program plans reflect EXCEL's overall philosophy which is focused on providing opportunities for physical activity and positive social interaction in a safe and fun environment.

While program size and operating space may differ at each school, EXCEL's programming objectives are consistent. Since the program began over 25 years ago, it has developed significantly based on experience, advancements in the field of youth recreation, and feedback from participants, parents and staff. Today, EXCEL is one of the largest before and after school programs in Canada, providing engaging and inclusive recreational opportunities for nearly 4000 program participants.

Program Highlights:

- **Structured and unstructured active play both inside and outside;**
- **A minimum of 45 minutes per day of structured physical activity;**
- **Opportunities for participant choice in programming;**
- **Fun and exciting special guest presenters and external programming;**
- **Loose Parts and Loose Arts Play - open-ended activities using a variety of natural and human-made materials to build, create and imagine;**
- **P.A.L.S. (Playground Activity Leaders in Schools) for participants in Grades 4-6; and**
- **HRQ Gym (Homework/Reading/Quiet Time/Gym) from 5:30 to 6:00 pm.**



The EXCEL Program does not operate on Professional Development/Assessment & Evaluation days. These days are used to provide valuable training for EXCEL staff, including First Aid and CPR C, High Five® Principles of Healthy Child Development, Fundamental Movement Skills, Verbal De-escalation, Child Guidance, and Respectful Workplaces, to name a few.

EXCEL does not offer programming on days when the schools are closed due to inclement weather or other extenuating circumstances. Access to the buildings is not available on these occasions and the safety of our participants and staff are of primary importance.

2023-24 EXCEL Registration Dates:

Early Registration (for Parents/Guardians with children currently enrolled in EXCEL and siblings who will be starting school in September 2023): April 24-28 and May 1-5, 2023

General Registration: May 8-12, 2023 and onward.

Registration will be completed online by accessing the EZChildTrack Parent Portal. If you have an existing account with EXCEL, access the Parent Portal by entering your email and password in the Returning Parents Sign In section. If you are new to the EXCEL Program, enter the Parent Portal using the "New Parents Open Account" section.

Specific details on the registration process and fees for 2023-24 will be posted on the HRCE website at https://www.hrce.ca/excel_registration after March Break.

EXCEL is Hiring!

Employment Opportunity – The EXCEL program is always searching for fun, energetic, and reliable individuals to commit to a regular weekly schedule or work as substitutes in EXCEL programs across HRCE. This is a great way to get involved in your child's school!

Regularly scheduled staff receive competitive wages along with benefits including:

- paid sick/personal leave;
- paid bereavement leave;
- Employee & Family Assistance Program;
- paid Snow Days;
- free EXCEL for their children while at work;
- paid training; and
- discounted GoodLife memberships.

Should you or anyone you know be interested in working with EXCEL, please contact one of the administrators below for more information.

Lori Fougere, EXCEL Administrator, Unit 1: 902-464-2000 ext. 2492 – lfougere@hrce.ca

Quentina Parsons, EXCEL Administrator, Unit 2: 902-464-2000 ext. 2494 – quentina.parsons@hrce.ca

Amy Moore, EXCEL Administrator, Unit 3: 902-464-2000 ext. 2013 – amoore@hrce.ca

Tracey Penney, EXCEL Administrator, Unit 4: 902-464-2000 ext. 5596 – tracey.penney@hrce.ca

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