

## EXCEL 2024-2025



EXCEL is a High Five® registered before and after school recreational program offered by the Halifax Regional Centre for Education at 72 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 provides engaging and inclusive recreational opportunities for over 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 programmers;**
- **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 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.

### **2024-25 EXCEL Registration:**

Registration for the EXCEL Program occurs in the Spring of the current school year for the next school year and is completed online through the EZChildTrack Parent Portal at: <https://ca.ezchildtrack.com/excel/parent>.

Families with a child enrolled in the current year's EXCEL program are provided with an advance opportunity to register current participants and siblings.

If your family is new to EXCEL, you will have the opportunity to registrar during General Registration.

Please note: *Accounts in the EZChildTrack Parent Portal cannot be created in advance. An account is created once a child is registered and enrolled in the program.*

For more information on registration and fees for 2024-25, please visit: <https://www.hrce.ca/families/families/excel> in early April 2024.

# EXCEL is Hiring!

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.

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](mailto:lfougere@hrce.ca)**

**Quentina Parsons, EXCEL Administrator, Unit 2: 902-464-2000 ext. 2494 – [quentina.parsons@hrce.ca](mailto:quentina.parsons@hrce.ca)**

**Amy Lilly, EXCEL Administrator, Unit 3: 902-464-2000 ext. 2013 – [amy.lilly@hrce.ca](mailto:amy.lilly@hrce.ca)**

**Tracey Penney, EXCEL Administrator, Unit 4: 902-464-2000 ext. 5596 – [tracey.penney@hrce.ca](mailto:tracey.penney@hrce.ca)**