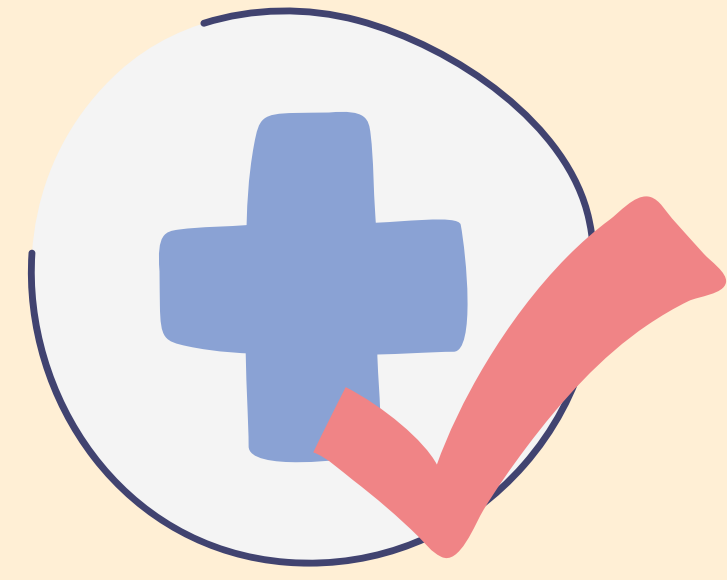
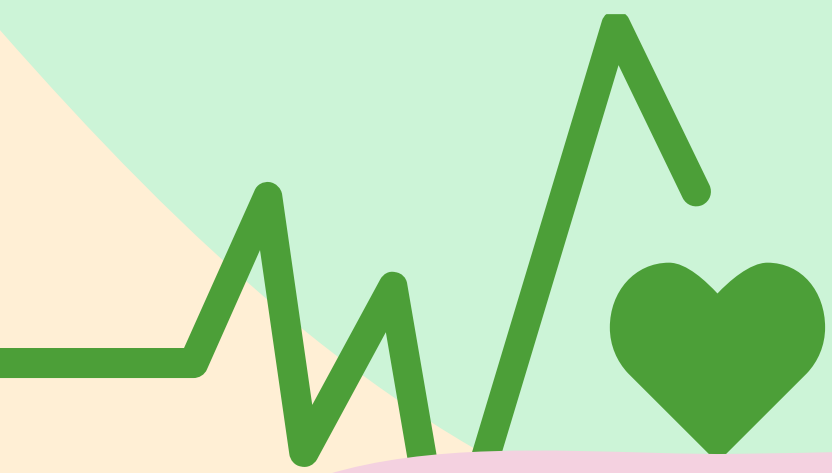


# Health and Wellness



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praises belong to Allah, the Lord of the Universe, and may He send Peace and Blessings on the best of creation, al-Mustafa (Peace and Blessings be upon him.)

Assalamau Alaikum Rhamatullahi wa Barakatuh. This week we learned the importance of wellness and leading a healthy lifestyle. We centred our art projects around exploring different sports and understanding the food groups. We learned about food groups and why exercise is vital to mental wellness. Wednesday was our track and field day, where all campers competed in sports like sprints, obstacle course, high jump, and soccer shoot-out. The Youth Camp discovered healthy food options like sushi through their field trip on Tuesday. The camp also realized that fun and play are essential to our mental health through the 5-6-year-old campers' trip to Funland Indoor Playground and the rest of the camp's trip to Canada's Wonderland. On Friday, we continued to stay active through multiple counsellors vs. camper and counsellor vs. counsellor challenges.

Our key takeaway from this week was that improving our mind and body health helps us practice our deen more energy and dedication.

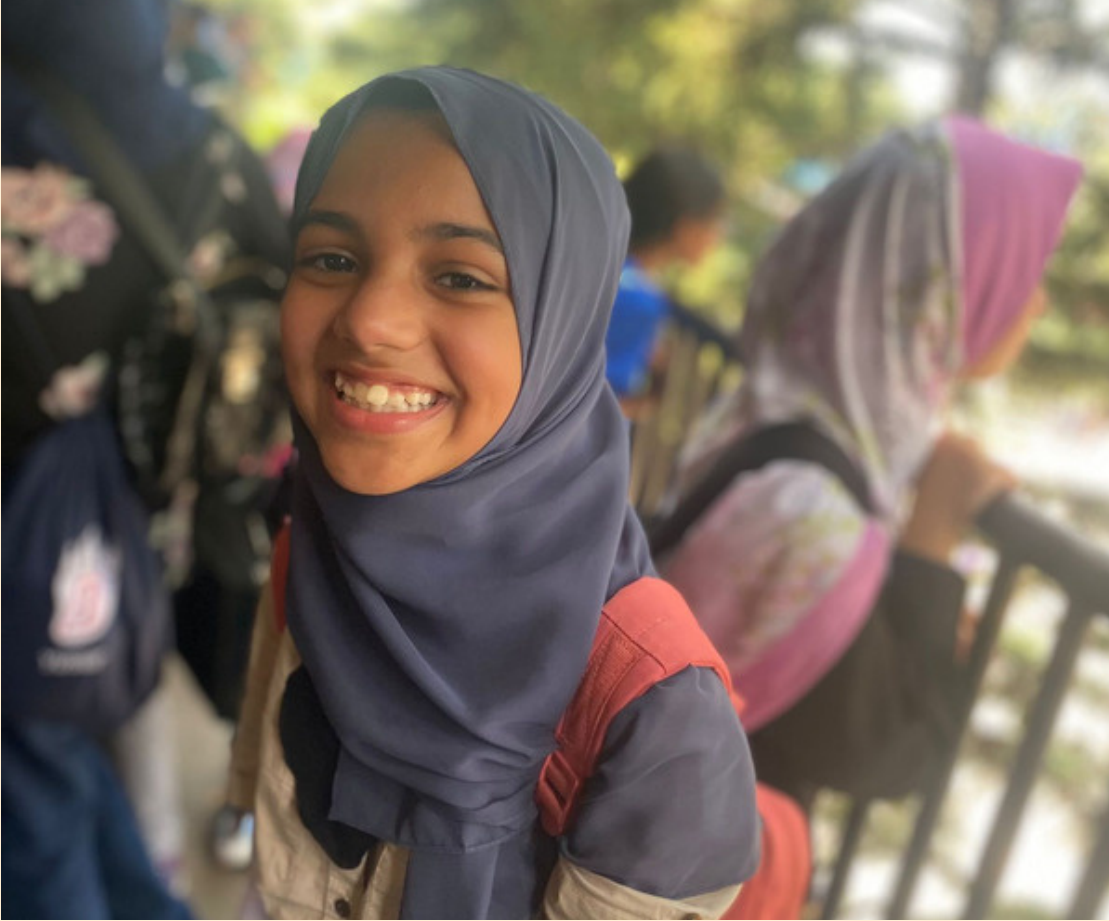
**Our key takeaway from this week was that improving our mind and body health helps us practice our deen more energy and dedication.**

## Snapshots of the week!





# WONDERLAND



## Sport Day

## Funland





## Meet your Counsellors

**Program Coordinator:** Zayeed

**Office Administrator:** Aryan

**Graphic Designer:** Masrura

**Ages:**

**5-6:** Ilwaad, Yassa, Huda, Amani

**7-8:** Maryam, Arsalaan,  
Thasneem, Masrura

**9-10:** Humeyra, Abdelmageed

**11-12:** Abdal-Rahman, Khalisah

**13-15 (Youth Camp):** Hashim, Syed

## Upcoming Fieldtrip

Our field trip this week will be to Neilson Park to participate in outdoor games and a water day. Trip information and forms will go out on Tuesday, inshaAllah. If you do not wish to send your child on a field trip we will have counsellors at IIT to engage them in regular activities.

## REMINDERS

- Camp hours are from 9:00AM to 3:30 PM  
Before Care is available from 8:00 AM to 9:00 AM and After Care is available from 3:30 PM to 4:00 PM free of charge.
- PLEASE PICK UP YOUR CHILD BETWEEN 3:30-4:00PM, After care is only available until 5:00 PM for those who NEED IT such as those who work far away or are stuck in traffic.
- Camp location is at IIT - 1630 Neilson Road, Toronto Ontario M1X 1S3
- A typical day at camp includes arts and crafts, songs and stories, circle time, qur'an, islamic studies, recreation, and special workshops, be sure to dress accordingly.
- Provide kids with their own lunches and snacks.
- We are not liable for any loss of property, ex. phones, cash etc

Ensuring everyone has a safe & fun time at camp is very important to us. IIT Summer Camp is a nut-free zone. We are asking all parents to avoid items such as peanuts, cashews, hazelnuts, almonds, pistachios or anything containing nuts and seeds. Please also avoid sending items containing coconut and shrimp. If your child is in need of an EpiPen, please ensure they bring it every day and keep it with them at all times.

## Contact Us:

Camp Coordinator -  
Br. Farhad Khadim  
(416) 770-7589  
(text preferable;  
emergencies only)  
1630 Neilson Road  
Scarborough,  
ON M1X 1S3

IIT OFFICE (416) 335-9173  
[www.islam.ca](http://www.islam.ca)  
[iit@islam.ca](mailto:iit@islam.ca)

SUMMER CAMP  
[summercamp@islam.ca](mailto:summercamp@islam.ca)

