

Parent Information / Camper Guidelines WINTER BREAK 2009

CONTACT CAMP:	Office Phones – (770) 992-2055 x222 & x232 EMERGENCY PAGER (770) 201-0269
DROP OFF:	Please escort your child into the gym through the hallway at the beginning of each day of camp. Campers should arrive no earlier than 8:30 and no later than 8:55 am. Camp begins promptly at 9:00 am. Signs will be posted to direct you.
PICK –UP:	Full Day - Campers should be picked up from the gym entrance through the hall between 4:00 & 6:15pm. Half Day – Campers should be picked up from the gym entrance through the hall at 12:50pm. Campers will only be released to individuals listed on the Camper Health Form. Campers staying for after care must be picked up by 6:15. Parents will be charged a rate of \$1 per minute after 6:15.
HOW TO DRESS:	- Warm comfortable clothing that can get dirty - Sneakers, tennis shoes, gym shoes, trainers, hiking shoes/boots – NO SHOES WITH HOLES IN THEM!! NO CROCS, NO KEENS, NO HEELIES! WE MUST PROTECT OUR FEET AT CAMP!!
BRING EVERY DAY: LABEL IT ALL!	-water bottle, full and leak-proof -rain jacket or poncho (winter is full of rainy days!) -backpack NO WHEELS (to carry it all) -lunch (see next page for details) -snacks (half-day = 1, full-day = 2, after care = 3) PACK SNACKS SEPARATELY FROM LUNCH AND SEPARATELY FROM EACH OTHER – LABEL EACH ONE
WEATHER:	Our reality: In the event of cold and/or rain, camp is still conducted On rainy days, it is often necessary for children to travel from building to building for programs. Please pack an extra sweatshirt and a rain poncho we don't want your children getting wet!
NOT ALLOWED AT CAMP:	-electronics, trading cards, novels, gum, music devices, weapons, money, toys -NO rolling backpacks, NO cell phones, NO I-pods / MP3, NO exceptions!
MEDICATION:	-We are NOT permitted to dispense regular medication to any child.
GETTING SICK AT CAMP:	-Sick campers will be separated from their group and parents will be called -Being sick is the only time when campers may call home during camp -If your child's illness causes him/her to miss 2 or more days of camp in one week , you may make up the lost days in a later available holiday session in 2008 or 2009. You may purchase remaining days needed to complete a session at a prorated cost. This does not apply to summer camp.
BIRTHDAYS:	- If your child's birthday falls during camp, we will help them celebrate - If you bring a snack for your child's group, you must get prior approval as many children at camp have food allergies that we must consider

LUNCH AT CAMP - *Be a Friend to the Earth*

- Lunches will be stored indoors but not refrigerated.
- Camp will provide a flavored juice-drink during lunch.
- In the event that your child forgets his/her lunch, the camp staff will prepare a substitution of a peanut butter and/or jelly sandwich, applesauce, pretzels, & cookies.



The 3 R's: Reduce, Reuse, & Recycle

To encourage campers to be a friend to the earth, we recognize and appreciate all campers who have at least one “trash-free” lunch each week.

To qualify as a “trash-free”:

- your lunch bag must be re-usable (no paper bags)
- your food must be packed in re-usable containers – no zip-lock bags
- if you have silverware, it must be metal or hard plastic – no disposables
- if you have a napkin, it must be cloth
- your pre-packaged food must be in recyclable containers
 - plastic labeled with a #1 or a #2, aluminum or steel
- notes from home on paper that can be recycle are AOK ☺

Common lunch items that DO NOT qualify as “trash-free”

- pre-packaged chips, granola bars, string cheese, fruit snacks etc...
- individual Pringles™ containers (non-recyclable plastic)
- fruit cups & pudding cups (non-recyclable plastic)
- go-gurt & some yogurt containers (look for #1 or #2 plastic)
- Lunchables™

Leftover food, apple cores, banana peels and the like do not “count” as trash.

A Note on Lunchables™

Lunchables™ are **strongly discouraged** at camp. Nothing is recyclable and much of the food is thrown away. We will be discussing this at camp as we educate campers about waste-free lunches.

HELP FOR PARENTS

The Laptop Lunch User's Guide: Fresh Ideas for Making Wholesome, Earth-Friendly Lunches Your Kids Will Love, Amy Hemmert & Tammy Pelstring

www.wastefreelunches.org

Camper Guidelines at Camp Kingfisher

In order to succeed at camp, every camper needs to follow our camper guidelines.

To facilitate this success, we provide you with those expectations in advance.

Camper Expectations

- respect for others, respect for materials & respect for self
- observe living things; do not touch, chase or pick them
- carry your water bottle
- drink water
- stay on the trails
- enjoy trees, do not climb them
- inside voices around animals
- no violence
- keep your hands to yourself
- no bug juice in water bottles
- no running in the gym

When camper expectations are not met:

We all have tough days. On those days it can be hard to follow expectations and be a positive part of a group. When campers have difficulty sticking with our expectations we take the following steps:

1. **Reminders and positive feedback** – every counselor helps campers to remember what is expected of them and gives positive feedback for good choices.
2. **Discussion of consequences** – when expectations are regularly not met we explain the consequences of each camper's choices and give them another opportunity to succeed.
3. **Removal from the group** – a camper who can not meet expectations and participate in the group is removed from the group for a short period of time (5 – 20 minutes depending on age). This "time-out" is supervised by a staff member and happens in a designated spot.
4. **Attention from the Camp Director** – Serious problems (those not solved by steps 1 – 3) involve intervention from the Camp Director. When the Camp Director intervenes, you will be notified at pick-up, or receive a phone call at the end of the day.
5. **Parent conference** – if behavior does not change, the camper, counselor, Camp Director & parents will meet to discuss solutions.
6. **Contract** – in the rare case that behavior still does not change, the camper, counselor, Camp Director & parents will develop a behavioral contract. After 4 years and over 3,500 campers, we have written only 8 contracts.
7. **Dismissal from camp** – if a behavioral contract is broken the camper will be asked to leave camp and (hopefully) return the following season making new and better choices.

If you have any questions about our strategies and systems, please contact Amy Bram, camp director at (770) 992-2055 x232 or camp@chattnaturecenter.com.