

GOLDEN SLIPPER CAMP

2009 Parent's Guide



City Office:

**Golden Slipper Camp
215 Presidential Blvd., 1st Floor
Bala Cynwyd, PA 19004
Tel. (610) 660-0520
Fax (610) 660-0515**

Summer Office:

**Golden Slipper Camp
R.D. #3, Box 3625
Stroudsburg, PA 18360
Tel. (570) 629-1654**

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INTRODUCTION – Welcome!

For a countless number of kids who've spent their summers with us, Golden Slipper Camp evokes happy memories. For over 60 years, thousands of children and teenagers have experienced first hand the warmth, traditions, spirit, and fun that make Golden Slipper Camp...well, Golden Slipper Camp. And no wonder. Golden Slipper is a safe, nurturing environment where the milestones called "growing up" take place.

Nestled in the breath-taking Pocono Mountains, Golden Slipper Camp feels special the moment you walk in. With charming cabins clustered in villages and nestled in the woods, you get a sense that life-changing experiences take place here. And they do. But Golden Slipper is more than just woods and cabins. At the heart of this magical camp is a team of counselors, instructors, and staff (led by Camp Director Tom O'Neill), dedicated to the enjoyment, fun, health and safety, and development of campers in their care.

But make no mistake; our campers contribute to the engaging spirit of Golden Slipper just by being themselves. Though the Camp is rooted in Jewish tradition, Golden Slipper Campers are a diverse bunch, in culture and faith, living primarily in Eastern Pennsylvania and New Jersey - particularly Philadelphia and its suburbs.

We pride ourselves on the undivided attention we give every camper. It's an atmosphere of fun, adventure, friendship, and inspiration that lets kids be kids. For some, it's their first experience being away from home. For others, it's a rare opportunity to experience nature. Whatever their background or experience, each day at Golden Slipper is a new opportunity to learn, explore, and share. Fostering these experiences is how Golden Slipper Camp becomes a lasting part of kids' lives.

PACKING FOR CAMP

Packing should be a partnership between you and your child so you are both aware of items being sent to camp. Assisting campers to fold and pack their own clothes not only develops their understanding of what they have brought to camp, but also assists in developing the skill of packing! We have found that this helps campers' sense of independence and feelings of 'readiness' for the camp experience. Often a camper will decide to bring items that parents do not wish them to bring. Monitoring all aspects of packing will ensure that parents have complete knowledge of what is going to camp. We encourage you to only send items that are 'camp appropriate'. For example, high heel shoes do not belong at camp!

We urge families to consider sun and insect protection when packing with their campers and to pack ample amounts of sun-screen, repellent, and protective layers of clothing.

CLOTHING

We've enclosed a suggested clothing list on page 19. (Use the list as a guide, rather than a rigid requirement of what to bring.) Beyond rain gear and towels, feel free to substitute and adapt the list according to what your child already has or likes to wear. If your child is unusually prone to feeling cold, you may want to pack more cold weather clothing. Campers go through a lot of clothes so please be sure to pack at least the amount(s) listed on the packing list. Pack both warm and light clothing. Temperatures can range from the mid fifties to the upper nineties.

This year we are requesting that each camper bring two sets of twin sheets, two pillowcases and a pillow. Golden Slipper Camp will provide blankets.

STORAGE SPACE IS EXTREMELY LIMITED - PLEASE DO NOT OVERPACK!

When it is safe and appropriate, campers do move around camp even in imperfect weather conditions. Each person in camp must have rain gear that is both functional and lightweight enough to be carried when it stops raining.

PLEASE REMEMBER TO CLEARLY LABEL ALL ITEMS WITH YOUR CHILD'S FIRST AND LAST NAME

Label everything! Please ensure that each and every item that comes to camp (yes, even the right and left socks) is marked with your child's name in full so that we are able to return labeled items quickly. Labeled items include: towels, clothing and personal accessories. If you use nametapes, please sew them securely. If you use a name stamp or an indelible marker, make sure that it's legible. Labeling will help ensure that your child will return home with his/ her belongings.

When shopping for camp, durable, inexpensive, informal, wash & wear items are the most practical in keeping with the lifestyle of camp. Golden Slipper Camp requires each camper and staff member to dress in a way that reflects respect of the camp environment and that meets appropriate standards of good taste, cleanliness, modesty and neatness. Camp is not the place for testing the limits of societal norms by wearing clothing that does not fit into the environment of camp, such as clothing that is very tight, revealing, or in other ways suggestive.

We also believe in the value of appropriate and modest dress. We therefore ask that people refrain from bringing to camp t-shirts / clothing with inappropriate words, phrases or symbols. We also ask that you pay particular attention to the clothing that is packed for special events.

MONEY AND VALUABLES

Please do not send any items of high monetary or sentimental value to camp, including expensive jewelry, clothing, athletic equipment or favorite belongings.

ELECTRICAL EQUIPMENT

Large radios, tape decks ("boom boxes") or stereos have no place in camp and run the risk of being damaged or lost. While IPODs, Walkmen, Discmen, MP3's, Game Boys, electronic games and other personal entertainment games may be valuable for the trip to camp, we limit their use while in camp. Because we are in the business of building community, we encourage conversation, group discussions, and team building activities. We limit the use of personal music devices and electronic games to quiet times in the cabin, particularly in the evenings. **Please be aware, equipment is brought at your own risk. Golden Slipper Camp assumes no responsibility for lost or damaged items.**

The electrical power supply in each bunk is limited and we must avoid overloading the circuits. Therefore, the staff will regulate use of hair dryers, curling irons and other electric appliances. Cooking devices (hot plates, cup warmers, hot pots, sandwich makers, coffee makers, etc.), fans and electric heaters are not allowed at camp.

ATHLETIC EQUIPMENT

Golden Slipper Camp has excellent athletic facilities and provides equipment and supplies for all sports offered. However, campers may want to bring their own equipment with him/her such as a softball glove, a hockey stick, soccer cleats, in-line skates, tennis racquet, etc.

WHAT NOT TO BRING

There is very little need for anything beyond those items listed in the clothing list. In fact, it can be damaging to the camp experience when other items are sent. The magic of camp is greatest when campers are free from the pressures of inequity. Camp is unique because it is the only time in a child's life when they can begin an experience with other children on a truly level playing field. Many items, particularly electrical appliances, while seemingly harmless, can pose a risk to the safety of campers. We hope you understand that this policy is formulated with the assistance of our volunteer Board of Directors, our local Fire Department and Health Department, and the American Camp Association. Camp staff can control what is kept at camp. Parents can prevent what is SENT to camp. Please share in this responsibility of making camp a safe and productive environment by ensuring that only items that appear on the clothing list are sent.

Do not send any of the following:

- Alcohol, illegal drugs, cigarettes, or tobacco products
- Butane or gas appliances
- Electric appliances (hot plates, hot pots, portable stoves, etc.)
- Televisions, VCR's, DVD players, laptop computers
- Animals of any kind
- Pornography of any kind
- Incense, candles, matches, lighters or fireworks
- Weapons of any kind
- Super Soakers, Water Cannons, scooters

CELL PHONES, PAGER & BLACKBERRIES

Cell Phone, Pagers, Blackberries and other wireless communication devices are not allowed in camp. Any camper found with any of the above will have the item confiscated.

LUGGAGE

All campers bring their luggage with them on departure day. Campers are allowed to bring 1 (one) large trunk, duffel bag or suitcase to camp. This rule will be strictly enforced on departure day. Campers can bring a backpack, sleeping bag or other small, carry on items with them on departure day. However, they can only bring 1 piece of luggage.

CAMERAS

If your child wants to bring a camera to camp to take his/her own pictures, we recommend a small, inexpensive disposable camera. The camp does supply digital cameras for those campers wanting to participate in the digital photography program.

CAMP LAUNDRY

Camp laundry is sent out once per week. Therefore, it is necessary for your child to be prepared with clothes for ten days (i.e. enough socks, underwear, towels, etc.). **CLEARLY MARK ALL ITEMS WITH YOUR CHILD'S NAME.** We suggest that any clothing that cannot be sent to the camp laundry (such as wool sweaters, new 100% cotton shirts or pants) should not be brought to camp. Reasonable care is taken to ensure that every item is returned to camp. Neither the camp nor the laundry service operator, however, can assume any liability for lost or damaged laundry.

SLEEPING BAGS

Every village will camp-out at least once each encampment, so it is necessary that each child come to camp with a sleeping bag. Since the summer evenings in the Poconos are fairly mild, the sleeping bag need only be lightweight and as small as possible so that it can be carried easily.

BUNK PLACEMENTS

With more than three hundred bunk placements to make each encampment, we try our best to accommodate as many bunk requests as possible. It is important to understand that **WE DO NOT GUARANTEE BUNK REQUESTS.** We have to take a number of factors into consideration. Understand it is possible that your child will not get his/her request. This is especially true in the case where several children have asked to be bunked together. In all cases, your child will be placed in the appropriate age group.



MEDICAL INFORMATION

The newly renovated Wellness Center is staffed 24-hours a day, seven days a week.

MEDICAL FORM

All campers are required to have a physical examination within ten months of arrival in camp. Please use the Health Form we have provided and follow these basic rules:

1. Current (or effective) tetanus inoculation is required and validation must be shown on the medical form. This does not mean that a child must have an annual tetanus inoculation. Consult your physician to determine whether your child's last inoculation is still effective and indicate so on the medical form.
2. Please be certain to list any allergic reactions, diet and activity restrictions or other special concerns your child may have.
3. Please ensure that any required booster shots occur prior to the summer.
4. If your child is receiving medical or therapeutic treatment for any emotional problems, or if there are any personal or family concerns which your child is experiencing, please make a note of these on the medical form. We, at camp, must be well prepared in every way in order to best meet the needs of your child. Remember: all information you share will be kept confidential.
5. We must receive your child's Medical Form no later than May 31st, 2009.

MEDICATIONS

All medications (prescriptions and over-the-counter) must be given to one of our nurses on departure day. For the safety of everyone, all medications will be stored in the Wellness Center and administered only within the presence of a member of our medical team. Campers are NOT permitted to store or carry any medications (both prescription and non-prescription). A limited number of over-the-counter medications can be provided to campers under the standing orders provided by our local physician.

On departure day, camp nurses will be available to review any special concerns relating to individual medications and medical forms. All medications of any type must be clearly labeled with your child's name, the Physician's name, the name of the medication, and the required dosage. All medications must be in their original container / package, and must be listed on the Medical Form, which must be signed by your Physician. Our policy is not to give any child drugs or medication unless prescribed by a licensed Physician. This includes over-the-counter medications, vitamins, supplements and herbal remedies.

Lice Policy

Every camper will have a mandatory head check for lice prior to boarding the buses in Philadelphia. Campers being driven to camp must report to the Wellness Center for a head check. Parents must remain with the camper until the head check is done.

48 hours after the start of camp, there will be a second mandatory head check of all campers and staff. Village leaders will organize a system to have lice checks done in the village during rest period. Any questionable campers will be sent to the Wellness Center for confirmation.

If a camper is found to have nits/lice at this check, s/he will be:

- ✓ Treated with a prescription shampoo at the Wellness Center
- ✓ Parents will be billed for this treatment if it is not covered by insurance.

Thank you for your cooperation and your understanding in this matter.

MEDICAL INSURANCE – FAMILY HEALTH CARE COVERAGE

MAKE SURE THAT YOU PUT YOUR FAMILY HEALTH CARE PLAN COMPANY NAME AND POLICY NUMBER ON THE MEDICAL FORM. WE MUST HAVE THIS INFORMATION. PLEASE PHOTOCOPY BOTH SIDES OF YOUR CHILD'S HEALTH CARD, BENEFIT CARD AND/OR PRESCRIPTION CARD, AND ATTACH COPIES TO YOUR CHILD'S MEDICAL FORM.

ALLERGY SHOTS

If your child requires allergy shots while in camp, please leave an ample supply of medication and syringes with the nurses on departure day. Our medical staff will be available to administer shots as needed.

MEDIC-ALERT BRACELET

Children who react to specific antibiotics or medications, or who have specific medical ailments, should wear a Medic-Alert bracelet, which can be obtained through the Medic-Alert foundation in your city. If your child falls into this category and does not already have one, please arrange for one prior to camp.

GLASSES / CONTACT LENSES

Children who wear glasses and/or contact lenses should bring an extra pair to camp, in case of breakage or loss. Please be sure to clearly label all frames and contact lens cases.

DENTAL AND ORTHODONTIA

A pre-summer visit to the dentist and/or orthodontist is a wise move to avoid potential problems during the summer! In the event that your child unexpectedly needs dental/orthodontia work, you will be contacted immediately. You may pick up your child from camp and take him/her to the orthodontist at home, or we will make an appointment for your child with a local practitioner, if available.

IN CASE OF SICKNESS / EMERGENCY

Permission to Treat

By sending your child to Golden Slipper Camp you are giving permission for our medical personnel to make decisions regarding your child's health.

In the event your child becomes seriously ill or injured, the camp will make every effort to notify you immediately. We have available: camp vehicles, a local Rescue Squad and the Pocono Hospital which are all on 24-hour call to attend to our campers. Our policy is to contact you if your child:

- becomes ill and has to stay overnight in the health center
- is put on a prescription medication
- has to go to the hospital for tests and/or x-rays
- has to visit a dentist / orthodontist or other medical specialist
- is seriously ill or injured and requires hospitalization

Rest assured that we will do our best to reach you. It is vitally important that we have accurate and up to date contact information, and that you notify us of any changes. If you are planning to travel during the summer, please send us a copy of your complete itinerary, including telephone numbers where you can be reached in the event of an emergency. It may become necessary to send your child home for a short period of time if, in the opinion of our medical staff, additional or long term care is required.

Please do not send any child to camp with a fever, severe cough or cold, a communicable disease or head lice. We reserve the right to temporarily send home any child who comes to camp with any

contagious condition or illness. Campers will be sent home from camp for any of the following conditions:

1. Pink eye
2. Any communicable disease such as chicken pox, Lyme disease, persistent bed wetting
3. Medication non-compliant for more than 3 days
4. Severe Injuries
5. Persistent high fevers (not responding to medication)
6. Any other illness, or injury as deemed by the RN or Director
7. Medical personnel will be responsible to notify the Dept. of Health re: communicable diseases
8. Persistent bed wetting

COMMUNICATING WITH YOUR CHILD

MAIL

Mail from home is extremely important for all campers. Cheerful letters, colorful postcards from friends, relatives and others will make your child feel secure and happy. As a rule, please write frequently and when you are in a positive state of mind. Hearing about the death of a pet, or that the rest of the family is doing something special while the child is away at camp may precipitate sadness or homesickness. Keep your letters upbeat! Mail is distributed daily (except Sunday).

When writing, mark the camper's village and bunk on the envelope. Letter writing is compulsory for all campers. All campers are on a twice-weekly letter writing schedule. It is expected that you send pre-stamped, pre-addressed envelopes. If there is a problem with your son/daughter, be assured that the Camp Director or your child's Village Leader will contact you. If you do not receive a letter for several days, write to your son/daughter and ask for return correspondence. The camp mailing address is as follows:

Camper's Name
Village / Bunk
Golden Slipper Camp
R.D. # 3, Box 3625
Stroudsburg, PA 18360

You will be provided with your child's Village and Bunk Number on departure day. We strongly suggest that you write your children about 3 days before they leave for camp (so they will receive mail on the first day of camp). Your first few letters will not have their Village name or Bunk on them. Don't panic! We will make sure that they receive their mail.

MAIL FROM YOUR CHILD TO YOU

The mail you receive from your children is an indication of their adjustment to camp life and tells about what they are doing. We all have our ups and downs. When unhappiness is expressed in a letter, don't worry; the problem is usually long passed and solved by the time you receive the letter. Every camper is under the guidance and supervision of interested, sensitive counselors, who themselves are supervised and assisted by experienced village leaders. You might respond by acknowledging the 'problem' and encouraging your child to solve it with the help of the counselor, or say nothing and see if it is mentioned again.

Please realize that we are very much aware of any serious problems. We want to help our campers learn to enjoy living with their peers, which is not always an easy task. If you are not sure or are uneasy, please do not hesitate to call the camp office.

OUR FAX MACHINE IS FOR EMERGENCY USE ONLY.

PACKAGES

FOOD PACKAGES ARE ALLOWED IN CAMP

GUM IS NOT

Packages are a big part of the mail process at camp. Campers look forward to walking into the dining hall at dinner and seeing a mound of packages. As campers do live in a community environment, it is expected that they share all items of their package with all members of their bunk. It is suggested that two smaller packages are sent over the course of the summer rather than one large one. This helps with storage within the bunk. Other kinds of packages, such as clothing, small games, puzzles, books, magazines, etc., are welcomed and encouraged.

PHONE CALLS

WHEN YOU CALL THE CAMP OFFICE

We encourage you to call us at camp at (570) 629-1654 if you have a concern about your child or the camp program. Open communication between camper families and staff is important for a successful summer experience for all.

When you call camp, you will be asked to leave a detailed message. You should give the person who answers the phone the name of your child and their village and bunk number. Please leave a good time for us to call you, and your up to date telephone number(s). In most cases, your message will then be forwarded to your child's Village Leader. The Village Leader will call you back within 12 hours of your call. Please do not ask to speak to someone immediately. Golden Slipper Camp is a very large place, and it is unlikely that the Camp Director or your child's Village Leader will be near a telephone.

Remember that the office staff are just the messengers and message takers. Please be kind to them when you leave your messages. If there is a problem that you feel is not being properly handled, feel free to ask for the Camp Director.

If for some reason you do not hear back from us within 12 hours, please call back again and leave another message, stressing that it is your second call. Remember that you are always welcome to talk to the Camp Director. The camp staff is here to make sure that you are satisfied that your child is safe, healthy and happy.

CAMPERS CALLING HOME

In order to allow for the best possible adjustment for your son/daughter, we ask that you do not call camp with the expectation of speaking with your child. If there is a problem, please be assured that we will call you! It is our experience that phone calls home do not help children who are having difficulty adjusting to camp life. Please do not tell your children that they may call you if they want to go home or if they are homesick. Instead, encourage them to discuss their problems with their counselors or their village leader. Again, rest assured that we will call you if there is a problem!

Of course, in the event of a family emergency, we will do all we can to facilitate communication between you and your child. If you are writing to your child about anything that will disturb him/her, please notify us, so we can help your child through what may be a difficult time. Remember - written

communication between you and your child is very important; positive comments in your letters will only enhance your child's camp experience.

BIRTHDAYS AT CAMP

Birthdays at camp are spectacular. The entire camp joins in a rousing rendition of Happy Birthday. The birthday boy/girl is paraded around the Dining Hall on our special 'Birthday Chair'. A special cake is baked for your child's entire bunk group. It's a great day to be at camp! Campers may call home on their own birthday. Birthday calls will be made between 7:15 pm and 8:00 pm.

EMERGENCY NUMBERS

If you will be away from your home at any time during you child's stay at camp, it is vital that you let us know where you can be reached while you are away. Please send this information in writing to the camp office.

**THE CAMP MUST BE AWARE OF HOW TO REACH PARENTS AND GUARDIANS AT ALL TIMES
DURING YOUR CHILD'S STAY!**



A FEW CAMP RULES

We have only a few camp rules, but those we do have are strictly enforced.

1. No fireworks (this includes sparklers, smoke bombs, etc.); weapons or firearms are permitted in camp. The laws of Pennsylvania, as well as camp rules, forbid these items.
2. Campers are not permitted to leave camp property except with a staff member on an organized trip, as part of the camp program.
3. Cell phones are not allowed in camp.
4. Campers are not permitted to smoke or drink alcohol during their stay at camp. Any tobacco products or alcohol found in a camper's possession will be confiscated, and the parents will be notified.
5. Campers are not permitted to take drugs (unless administered by our Health Center) at camp. All drugs brought into camp must be turned over to the medical staff.

ANY CAMPER, WHO IS DISCOVERED TAKING DRUGS OR CONSUMING ALCOHOL IN VIOLATION OF THE ABOVE RULE, WILL BE IMMEDIATELY EXPELLED FROM CAMP. THERE ARE NO EXCEPTIONS, AND THERE WILL BE NO REFUND OF FEES.

6. If you, the parents, should discover that any of the above rules are being or have been violated, the Camp Director would appreciate a phone call from you immediately. The conversation will be kept in the utmost confidence.
7. Campers are expected to create an environment that is free from violence and physical aggression or threats of any kind, and to interact appropriately and respectfully with members of the opposite sex.'
8. Campers are expected to use appropriate language at all times, and to keep camp clean and free of any vandalism or graffiti.
9. We expect everyone to be in the right place at the right time (which includes informing a staff member if you must leave the group for any reason AND staying in your own cabin at night). In addition, all campers must participate fully in the camp program.

THE CAMP DIRECTOR RESERVES THE RIGHT TO DISMISS ANY CAMPER, WITHOUT REFUND, WHO WILLFULLY DISREGARDS THESE RULES, OR WHO ENDANGERS THE SAFETY OF HIMSELF/HERSELF OR OTHERS, DESTROYS CAMP PROPERTY OR THE PROPERTY OF ANOTHER MEMBER OF THE CAMP COMMUNITY, OR WHO OTHERWISE FAILS TO MEET THE CHARACTER AND INTEGRITY REQUIREMENTS OF GOLDEN SLIPPER CAMP.

DEPARTURE / ARRIVAL HOME DAYS

Detailed information, including directions to the departure/pickup site will be sent to you in June.

FIRST ENCAMPMENT DEPARTURE DAY Tuesday, June 23rd at 11:00 a.m.

FIRST ENCAMPMENT ARRIVAL HOME DAY Friday, July 17th at 10:00 a.m.

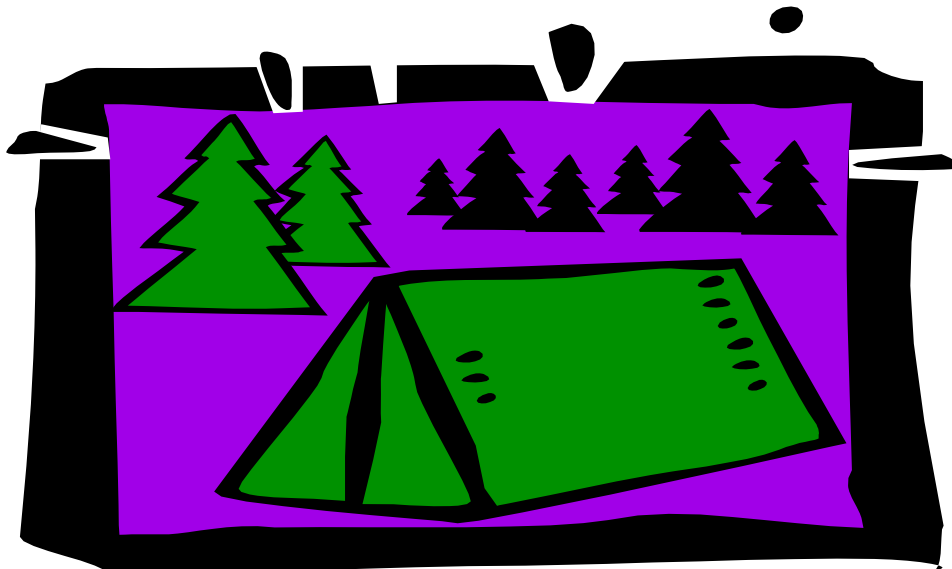
SECOND ENCAMPMENT DEPARTURE DAY Monday, July 20th at 11:00 a.m.

SECOND SESSION ARRIVAL HOME DAY Thursday August 13th at 10:00 a.m.

PARENTAL FEEDBACK

We almost never hear enough from parents after the camp session ends. It is important to hear constructive criticism as well as compliments. Camp is a dynamic institution, constantly looking to change and improve what is already an excellent program. Let the director know what you like and dislike about camp. Let us know the effect Golden Slipper Camp has had upon your child. Your opinion is valued, important and very much appreciated. Through your constructive comments we are able to adjust the program to better serve you and your child.

We will be mailing out a questionnaire before September 2009. Please complete and return the form so we can better serve our campers in 2010.



HELPFUL HINTS FOR FIRST-TIME CAMPERS

1. Teach your child how to make a bed. This is an important part of the daily routine, and will be helpful when campers first arrive at camp.
2. Have your child practice folding and organizing clothing and other personal belongings. Neatness and organizational skills count when children live in group situations.
3. Your child will be showering at camp. Often young children are not accustomed to showering and are more comfortable with baths. Practice in showering will help the transition from bath to shower.
4. Talk to your child about camp and discuss any concerns that he/she may have about their new camping experience. Feel free to contact the camp office prior to camp to discuss any concerns you may have about your child's adjustment to camp.
5. Pre-addressed, stamped envelopes and postcards will help ensure that you and others receive mail from your camper. We will stress the importance of your child communicating with you on a regular basis.

The vast majority of our campers do not experience homesickness, anxiety or adjustment difficulties. They tend to settle into the camp's daily routines in the first few days of their arrival. However, there are a handful of campers who do have a difficult time adjusting to camp life.

Some of the more common questions that children can/will ask before camp are: "Will I miss my family, my pet, my bed, my things?" "Will other kids like me?" "Will I make friends?" "Will I have fun?" "Will my counselors be nice to me?" These concerns should not be ignored or dismissed. On the other hand, we strongly advise against making a 'mountain out of a molehill'. We suggest that you be as positive as possible. Recognize your child's concern and calm his/her fears with encouraging words. For example, a parent might respond to a child's fear of missing home by saying, "It's only natural to miss home a little (and we'll miss you), but you'll have such a GREAT time at camp, that soon you'll feel fine. When you get home we can't wait to hear about everything you did, and about your new friends, etc." **The bottom line is to be positive.**

A few things to avoid: telling campers not to cry on opening day, or that the nights will be difficult because that's when they will miss you the most; telling children about the dangers of camp (wild animals, getting lost in the woods, etc.). Both scenarios will only compound a child's fear and anxiety. Reinforce that camp is a wonderful, safe, caring place to be, and that if it were anything else, you would not be sending them there for the summer. Please do not tell your child that he/she can come home at any time during the session if they are unhappy or homesick. We will be happy to work with you to devise other strategies for reluctant or nervous campers.

Please be sure to communicate any concerns that you or your child may have to the Camp Director. It may be helpful to send your concerns in written form so that your words can be readily available to the staff who will be working with your child on a day to day basis. Please feel free to call the office and speak with a member of our staff prior to your arrival in camp.

DEALING WITH HOMESICKNESS IN THE CAMP SETTING

It is important to realize that the best people to deal with your child's adjustment to camp are the camp staff. Our staff are available 24 hours a day to comfort and encourage our campers. Most of our staff have been campers themselves, and remember very clearly what it was like to be at camp for the first time. During staff orientation and throughout the summer, a significant amount of time is spent discussing and studying counselor techniques, problem solving, group dynamics, etc. Our counselors know how to react and more importantly, where and when to seek help in dealing with campers' adjustment problems and homesickness. Resource people such as the Camp Director, Head Counselors, Village Leaders and other professionals in camp are always available.

ODDS AND ENDS

VISITING CAMP

Unscheduled visits from friends or relatives interferes with a child's participation in the camp program, and are unfair to other campers and their parents. Visitors are not allowed in camp at any time. Please DO NOT show up at camp expecting to see your son/daughter. You will be politely (but firmly!) asked to leave.

LEAVING CAMP

We hope that you understand that it is too disruptive for a child or his/her peer group (or both!) when a child leaves camp in the middle of a session for even a short period of time. Therefore, we CANNOT grant any leave requests. If you think that there will be a problem, please discuss it with the Camp Director before camp begins.

POST CAMP MEETING

Parents may request a post season meeting with the Camp Director to discuss your child's experiences at camp. To arrange for an appointment, please call the camp office at (610) 660-0520 after Labor Day.

LOST AND FOUND

We will distribute lost and found clothing in the dining hall several times per week. It is again essential that all belongings are labeled.

NON-DISCRIMINATION STATEMENT – U.S. DEPT. OF AGRICULTURE

The U.S. Department of Agriculture prohibits discrimination in all programs and activities on the basis of race, color, national origin, religion, age, or disability. To file a complaint of discrimination, write to the USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

HOW TO SURVIVE SEPARATION WHEN YOUR CHILD GOES TO CAMP

You must believe that your child is ready for a new and challenging experience. Are you ready? You must be willing to work through the feelings of sadness, difficulty of being away from your child, and uncertainty when you are not in control of your child's life. Are you ready to help prepare your child for an exciting period of adventure, new friends, and a chance to experience life away from you? Are you ready to release your hold, to demonstrate a show of confidence both in your child and yourself to allow this separation to happen? Are you ready to deal with expressions of homesickness, anger, and tearful begging for rescue?

Some Helpful Hints

1. Communicate with your child in a positive, light style.
2. Have a card or letter waiting at camp before your child arrives.
3. Don't let your child know how lonely you are.
4. Brief notes during the summer saying hello are fine. Long letters are even better!
5. Packages of stationery, stickers, comic books, games - things that can be shared in the bunk – are much appreciated.

HOW TO HELP YOUR CHILD HAVE A GREAT TIME AT CAMP

Summer camp is more than a vacation for children. At camp, kids learn to appreciate the outdoors, experience the companionship of other children and young adults working as counselors, learn new skills that enhance self-reliance, learn cooperation with others and a sense of life larger than one's self. Hopefully, the acquisition and refinement of these skills will contribute in positive and significant ways to your child's adjustment and will carry over into his/her adult years.

Camp makes it easy for kids to have fun, relax and experience the spontaneous joys of childhood. A summer at camp is often perceived by children, parents, community leaders, clergy and social service agencies as a respite from the strains of everyday family life and the pressures and tensions of school. As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child. Some helpful suggestions include the following:

1. Consider camp as a learning experience. This is an opportunity for your child to explore a world bigger than his/her home community and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.
2. Prepare for camp together. Decisions about camp - like what to pack - should be a joint venture, keeping in mind your child's maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve. Don't buy a whole new wardrobe. Camp is more rugged than life at home. A child doesn't need new clothes, and having well-worn clothes and familiar possessions will help ease the transition. This is especially important for first-time campers.
3. Listen to and talk about concerns. As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child's ability to handle being away from home.

4. Have realistic expectations. Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage within your child - and maintain within yourself – a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Opportunities for problem solving, negotiating, developing greater self-awareness and increased sensitivity to the needs of others can help your child cope with successes and failures in everyday life. Resist sending your child off to camp feeling pressured to succeed. The main purpose of camp is to have fun.

WHEN YOUR CHILD IS AT CAMP

Communicate in writing. Summer camp offers kids and parents the chance to develop a rarely practiced skill -- letter writing. Write as often as you want. Keep in mind that this is your child's connection to home and family.

Packages are appreciated every now and then. Send postcards, small games, cartoons, newspaper and magazine articles, comics, game books, puzzles and other items that can be shared with friends.

Don't make major changes at home. This is not the time to reconfigure your marital relationship, move to a new neighborhood, sanitize or gut and redecorate your child's room or get rid of his fossilized frog collection. When most kids return from camp, they like to find things exactly as they had left them.

Help your child cope at camp. Most kids need a few days to adjust to life at camp and being away from home. During this time, kids miss their parents, pets, friends and familiar surroundings. Most kids cope with these concerns and -- with the help of camp staff - build support systems. If your child's letters contain urgent pleas for you to bring him home, resist the temptation to rush to camp. Avoid making deals, such as "Give camp one more week. If you're still unhappy, we'll bring you home."

Support your child's efforts to work out problems with the help of the Camp Director and the camp's staff. They are available by phone all summer long.

Communicate your love and confidence in your child's ability to work through problems. Remind him/her, if necessary, that he/she has made a commitment for the summer. Overcoming a longing for home, dealing with upsets in the cabin and learning to care for oneself are important challenges to be faced at camp. If you sense legitimacy in your child's complaints, talk candidly with the Camp Director. Allow the director and staff an opportunity to apply their expertise in helping kids adapt to the routines of camp life.

WHEN YOUR CHILD COMES HOME

After a summer of fun, adventure and freedom, fitting back into the family and assuming responsibilities may be a challenge for some kids. Give your child time and space for this reentry process. Support the positive changes you observe. Reintroduce "house rules" with patience and awareness that your child has done some maturing over the summer.

Summer Telephone Number: (570) 629-1654