



## Plymouth Church Programs *for* Children

Plymouth Church School  
DiscoveryLand  
Children's Choirs  
Children's Summer Camps

Summer 2010

Dear Plymouth Day Camp Families,

We are so excited to welcome you to camp. Whether you are a first-timer or a returning camper, this summer promises to be an exciting one. We have created a wonderful program that will help our campers grow and learn. This summer we will have activities like swimming, arts and crafts, music, movement, playground time, and much more! We'll have spectacular specials, too!

Our staff is very excited to meet their campers and will soon be working hard to get camp ready for them. Please carefully read the information in this packet, as it will help us all have a fun and safe summer. If you have any questions or concerns please call us at 718-624-4743 x30.

Be well,

*Dana & Uma*

Plymouth Church  
*of the Pilgrims*

MEMBER OF THE  
NATIONAL ASSOCIATION  
OF CONGREGATIONAL  
CHRISTIAN CHURCHES

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# Plymouth Day Camp Summer 2010

## Separation

First separation can be difficult for some young children (and their parents). Anxiety can be caused by any number of things: new environments, new children, or new teachers. We have enlisted a staff of experienced adults to help ease your child through this process. For some children it is helpful to walk around the playground and become familiar with their new space prior to camp. Additionally, talking about the fun and exciting activities that children will participate in can be helpful. If you notice these conversations causing anxiety in your child, it would be best to have them infrequently. Please be patient with the children and counselors as we work through the beginning of camp. **You should remind your children that mommies, daddies, and caregivers always come back!** If you have any questions or concerns please call or email Dana.

## Strollers

Stroller parking is available in the gym next to the radiator with the “stroller parking” sign.

## Health Policy

Please keep your child home if he or she has any of the following symptoms:

- Fever over 100 (they should be kept home for **48 hours** after the fever)
- Sever coughing or trouble breathing
- Conjunctivitis (pink eye)
- Unusual spots or rashes
- Diarrhea or vomiting
- Headache
- Stiff neck
- Sore throat or trouble swallowing
- Loss of appetite
- Thick, colored mucus
- Constantly running nose

Please be aware that if your child develops any of these symptoms during the day, we will call you and ask you to take them home.

**\*\*Please notify the counselors and camp director if your child has any allergies\*\***

### Clothing

Please be sure to **label** all clothing and towels that are sent to camp. Sending your child with a bag makes it easier for both children and counselors to keep track of their belongings. Your child should have a complete change of clothes (including socks and underwear) for their cubbies. If your child is still in diapers, the cubby should be stocked with diapers, wipes, and a supply of swim diapers to last at least the week. Towels will be sent home at the end of each week to be washed and returned on Monday.

Children should dress comfortably in clothing that allows them to dress and undress themselves. **Sneakers** allow them to run safely and prevent sand and woodchips from bothering them. Additionally, children will get dirty at camp. **Remember, messy children are having fun!** If your child is swimming first thing in the morning, it is a good idea to send him/her in his/her bathing suit. For water play (sprinklers and such) children should bring water shoes. Counselors will notify you if anything in your child's cubby needs to be replaced, but checking yourself is always recommended.

### Schedules and Drop Off

Schedules will be available for parents to pick up from their counselors on the morning of the first day of camp. All Preschooler Program campers will meet at 9 am in their classrooms. From there they will go to activities.

### Early Drop-Off

Early drop-off will be available again this summer for those campers that have successfully separated. Please remember that this is a service for those families where parents **must** drop off children early. Check with the Camp Director for start date and time.

### Sunscreen

While a sunscreen-release form has been included in this packet, putting lotion on your child before camp is highly recommended.

### Tuesday Specials

At the beginning of your child's first session of camp he/she will receive a red camp t-shirt. Please be sure to send your child in this **camp shirt on Tuesdays** so that campers are easily identified during special activities. Children in the Toddler Program will receive separate information about Tuesday Specials once the summer program has begun.

### Toys

Please do not bring toys to camp. Toys that come to camp are to be left in a designated spot in the classroom for the duration of the camp day.

### Rest Time

All children that stay at camp for lunch will have a rest time after lunch. The camp will provide rest mats. If your child does not stay for lunch, do not be surprised if they need a nap after camp...playing is hard work!

# Snack, Lunch and Allergies

## Snacks

The children are provided with water and snack each day. Some days they will cook a special snack. **Please notify the counselors and camp director if your child has any allergies.**

## Lunch

All children in the Preschooler Program at Plymouth Day Camp eat lunch while at camp. Lunches are provided by parents. We are required to refrigerate all lunches, so please send a lunch in a **well-labeled (Name and Group)** paper bag. This will help us easily recognize your child's lunch, and make sure there is enough room in the refrigerator for all campers. Please do not send any foods that present young children with choking hazards. Some of the **prohibited** foods include baby carrots, string cheese, whole grapes (you may send them cut up), and popcorn.

## Nut Allergy Awareness

We are a **Nut Aware** camp. This means that your children may not bring any food items containing peanuts, tree nuts, or other nuts to camp. Additionally, if you are bringing a snack for a child's birthday, they must be without nuts.

# **Toddler and Separation** **Program Information**

## **Toddler Program**

All children attending the Toddler Program are to be accompanied by a parent or caregiver at all times. These campers will receive their camp shirts and information regarding Tuesday Special activities once the camp program has begun. You will also receive schedule information so that you know when to bring a towel and bathing suit so that your child can enjoy the sprinklers. Please note that one parent or caregiver will be designated as the “classroom helper” during each class. On the first day of camp, signs will be posted in the church lobby indicating the location of the Toddler Program this summer.

## **Separation Program**

Children in the Separation Program must sign up to attend all 6 weeks of camp. The program is specifically designed to help the children gradually separate from their parent or caregiver over the course of the 6 weeks. Children in the Separation Program should meet in the Orange Room on the lower level of the church building. Camp begins with a parent or caregiver in the room with the child. As he or she gains familiarity and a sense of trust with the staff, the routine and other children, the child is helped to separate. While you are in the room you are encouraged to sit in a chair on the side, and read a book or magazine, do some work, answer emails (please turn the ringers on your phone OFF), etc. If/when your child comes to you for help, please encourage them to ask one of the counselors for assistance. This will help your child learn that they can rely on the counselors to meet their needs. If your child needs a squeeze and a kiss, or some verbal encouragement, please do so! That is why you are there! The head counselor will let you know when he/she feels that your child is ready to say goodbye. You will initially sit outside of the classroom. The head counselor will let you know when you may leave the building. Please remember that each child reaches the goal of separation at his or her own pace. We're here to help you both get there!

### **Communication**

It is **incredibly important** to share your thoughts and concerns with the Camp Director or Administrative Director, Dana or Uma, respectively, as the counselors will be busy with the children. Drop-off and pick-up are hectic times. They will share your thoughts with the group counselors. We are here to help you and your child have a safe, fun, and exciting summer!

### **Please Note:**

All required forms **MUST** be submitted, including the signed medical form, by June 1, 2010. Children must have these forms, as well as a \$0 balance, before they will be permitted to stay at camp. If you have any questions about this please contact us.

**We Are Looking Forward To A Fantastic Summer**  
**And We Can't Wait To Meet You!**