



WELCOME TO CAMP!

This packet contains all you need to know to prepare for your child's experience at Sterling House Summer Camp!

Inside, you will find:

CAMP CHECK-LIST: What do I need to pack every day? Do I have all my forms in?

PARENT BROCHURE: Where do I drop-off and pick-up? what is snack shack? How does lunch work? what about field trips?

MEDICAL FORMS: Which forms do I need to fill out for my child?

SUMMER CAMP THEME WEEKS: What exciting things are planned for my child each session?

SAMPLE FREE LUNCH MENU: See what is offered daily for free lunch (available to all campers.)

SAMPLE SNACK SHACK MENU: See what is available to purchase as an afternoon snack at our Snack Shack

SAMPLE WEEKLY SCHEDULE: see an example of what your child's day may include.

CODE OF CONDUCT: for all camp families to sign and return.

As always, if you have any additional questions, please e-mail daycamp@sterlinghousecc.org or call the main office at (203) 378-2606. After camp starts, you can dial x112 to be connected directly to the camp office.

2018 Summer Camp Checklist -

PACK EVERY DAY:

- AM Snack for 10am. Put in a labelled brown paper bag - non perishable items.
- Lunch packed in a brown paper bag if your child will not like the FREE lunch or you want to send extra items.
- PM Snack if your child stays after 3:30 each day. Non-perishable items only in a labelled brown paper bag.
- backpack with bathing suit, towel, (flip flops if they want). You will receive a free camp backpack in the first couple of days of your attendance. Please use this for the rest of the summer. It helps save space. You can also send a zip bag with clean dry clothes if your child might need it.

GIVE TO THE COUNSELOR:

- A sealed envelope with money for the Snack Shack. Usually \$20 covers one session each child. Write the amount and Child & Counselor names on it.
- Signed permission slips if you received one already.
- Signed Code of Conduct, if you have not already done so.
- Signed Sunscreen form, if you have not turned it in yet.

GIVE TO FIRST AID STATION:

- If there are any forms that you have not gotten in for the First Aid Station you must give them to the counselor or your child cannot stay. We must have current medical forms
- Any medication that your child needs through the session must be taken to the First Aid Station.

Thank you -

Summer Camp 2018

Morning Extended Arrival @ 8am

The children are kept on the playground in good weather or they go to the auditorium if there is rain. Please park in the SH lot or on the street and walk your child in to a Counselor so they can check your child's name off on a list.

Morning 9AM Drop Off Process:

From 8:50-9:10am there will be staff on the front lawn at the street who will welcome your child from your car, and a JC volunteer will escort your child into the building. Feel free to use this service. Please do not park on the street there, we need to keep the line moving.

Of course you may also park in the SH lot and come in to speak to your counselor too.

Late Arrivals:

If you come late to camp, after 9:15 am, please bring your child to the Camp Office to check them in.

Early Pickups:

If you need to pick up your child before the end of the camp day of 3:30pm just

come to the Camp Office and we will get your child brought to the office for you.

Late Pickups

Whether you are picking up at 3:30 or 6pm, please do not be late. The late fee is \$50/half hour.

Possible Field Trips for this summer

Uncle Buck's Bowling
Boothe Park
Roosevelt Forest
Hiking at Audubon Fairfield
Maritime Aquarium
DEEP Fishing Trip - for 5th grade +
Beardsley Zoo
Peabody Museum
Star Factory
Clay Date
Jump Off - for all
Sports Center
Sundae Spa
And, more...

Summer 2018 Themes

See the sheet in our packet for the themes and their explanations for this summer!

Snack Shack: Camp Store

All the children have an account in the Snack Shack to purchase an afternoon snack. Send in the money to your child's counselor and your child can purchase one drink and one snack each afternoon. There is a flyer enclosed with a sample list of what is in the Snack Shack. You may limit what your child has and we will mark their account.

FREE Lunch

The public school lunch program provides us with a free lunch for all children under 18 years old. That includes the CIT's and JC's. Monday through Thursday is a cold sandwich, vegetable, fruit, chips and milk. Friday is pizza day, everyone gets one big slice. You may send more food with your child any day that you wish. Please place in a brown paper bag with Counselor and child's names on it. A menu is in this packet for you to review.

Pool time

Every day each child has at least one opportunity to go into the pool with their group. We have changing rooms and a lifeguard. The young children

must prove that they can swim or they must wear a floatie which we provide. Be sure they have a towel and bathing suit, flip flops if you wish, everyday. We will be handing out bags for the campers to use instead of backpacks.

Sunscreen!

We will be purchasing sunscreen through the summer to apply on your child with your permission. Please fill out the permission form.

Apply sunscreen on your child before they come to camp. We will apply sunscreen after the pool time and/or right after lunch.

7/8th grade possible Extra Curricular Activities

In addition to the Field Trips:

Community Service Projects:

Helping in Food Pantries

Baldwin Center/Nursing Homes

Audubon Society

in Milford & Fairfield

Animal Shelter

Jones Tree Farm

Berry Picking - jam making

Farmers Market trip - cooking

Crunch Fitness

Also, they will plan with Leadership some all-camp activities: ie: Color Walk, Penny Carnival, etc.

Sterling House

SUMMER DAY CAMP

Dear Sterling House Summer Camp Registrants:

Thank you for registering for a session of summer camp with Sterling House Day Camp. We want your child to have a great experience with us this year. To ensure their safety and well-being, Sterling House needs to have your child's health forms filled out and submitted before the beginning of camp.

To complete all of the health paperwork required, please visit our Web site <http://www.sterlinghouse.org/summer-youth-programs/> and follow the instructions below.

1. If your child has **asthma and/or an inhaler**, please complete the paperwork in PACKET A: Asthma Care Plan, Authorization for Medication (use one for each medication).
2. If your child has a **food allergy**, please complete the paperwork in PACKET B: Food Allergy Plan, Authorization for Medication (use one for each medication).
3. If your child needs an **EpiPen and/or Benadryl**, please complete PACKET C: Emergency Care Plan, Food Allergy Care Plan, Authorization for Medication (use one for each medication).
4. If your child has a past or current history of **seizures**, please complete PACKET D: Seizure Plan, Authorization of Medication (use one for each medication).
5. Does your child need to take any **medications** during the camp day? If so, please complete PACKET D: Authorization for Medication.

Thank you for your cooperation in this matter. Please remember all forms need to be submitted before your child will be able to attend camp. This will ensure your child is safe and well during their time with us.

Sincerely,

Priscilla Choquette
Camp Director

SAMPLE FORM

**YOUTH CAMP HEALTH EXAM/RECORD
FOR CAMPER AND STAFF**

Physical Exams Are Valid For 3 Years
From Date of Last Examination

- Camper
- Staff

Please Return Completed Form to the Camp

Name _____ Date of Birth _____ Phone _____
Guardian _____ Address _____
Emergency Contact _____ Telephone _____
Date of Arrival at Camp: _____ Departure Date: _____

TO BE COMPLETED BY THE SPECIFIED MEDICAL PRACTITIONER:

Date of Exam ____ / ____ / ____

_____ May participate in all camp activities
_____ May participate except for: _____

Medical information pertinent to routine care and emergencies: _____

Is this individual taking prescription or over the counter medication(s)? YES NO If yes, indicate names of medication(s): _____

Does the individual have allergies? YES NO Explain: _____

Is the individual on a special diet? YES NO Explain: _____

Does the individual have special needs? YES NO Explain: _____

This camper/staff is up-to-date on all the following routine childhood immunizations currently recommended by the American Academy of Pediatrics and National Advisory Committee on Immunization Practices:

	Yes	No		Yes	No
Measles			Hepatitis B		
Mumps			Diphtheria		
Rubella			Pertussis		
Chickenpox			Pneumococcal conjugate		
Tetanus			Polio		

Comments: _____

Print name of medical care provider: _____

Medical care provider's address: _____

Medical care provider's: City/Town _____ ST _____ Zip Code _____

Signature of Physician, PA, APRN or RN

Date Form Signed

Telephone Number

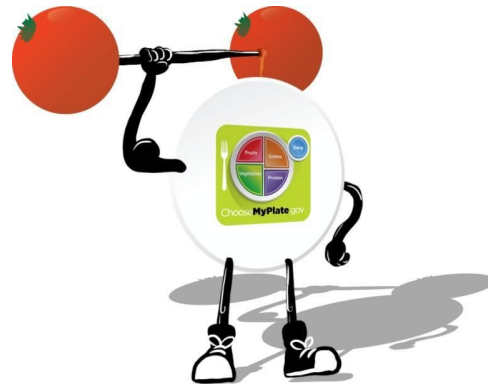
Sterling House Day Camp 2018
Session Themes

Week	Theme
Session 1, Week 1 June 25-29	The Great Camp Kick-Off - Explore everything our day camp has to offer, as we kick off our best summer ever! Be prepared to get to know your counselors and make friends that will last a lifetime. We will unite the whole camp together for some camp-wide games that will bring out the competitive side in you.
Session 1, Week 2 July 2-6	Party in the USA - Let's honor our country, and show how proud we are to live in the USA! We will have a good old fashioned fourth of July cookout, and we will show our USA Spirit with a water balloon toss. We will show our USA pride by decking out in our best red, white, and blue attire! <i>-NO CAMP: July 4</i>
Session 2, Week 1 July 9-13	Day Camp Goes Disney! -Let's celebrate Mickey Mouse and all things Disney this week. We will watch Disney movies, play camp-wide games with a Disney twist, and even dress like your favorite Disney character!
Session 2, Week 2 July 16-20	Ready for Relay/Super Sports! -Get your sports on this week with various camp-wide sports games, including the camp favorite, dodgeball! Campers will challenge each other in assorted relay races. Show your support for your favorite sports team by wearing their jersey!
Session 3, Week 1 July 23-27	Superheroes vs. Villains - What side are you on? Superheros? Or villains? Be prepared to show your superhero side by dressing up as your favorite superhero! Or show us your love for your favorite villain by dressing up as your favorite villain! We will watch movies that show our favorite heroes defending the nation! The superheroes

	<p>and villains will compete in camp-wide activities, and cool down with popsicles. Even superhero gets hungry, right?!</p>
<p>Session 3, Week 2 July 30-August 3</p>	<p>Wacky & Wonderful Spirit Week -We are making Wacky Wednesday happen every day of the week! Each day, dress in theme (themes will be sent home), showing your day camp pride! Who will show the most spirit each day? Winners will receive prizes! So get out there, and get wacky!</p>
<p>Session 4, Week 1 August 6-10</p>	<p>Under the Sea/Ahoy Matey! -ARGH! Let's go under the sea, and dig for some treasure! This week, we will get wet and wild, with assorted water games, to make it feel like we are really under the sea! But beware of the pirates!</p>
<p>Session 4, Week 2 August 13-17</p>	<p>Farewell, Camp! -How can it be the end of our best summer ever?! We will celebrate camp by reminiscing with our favorite camp memories, games, and activities this week!</p>

Summer Lunch Menu

2017



We serve a variety of whole wheat breads, rolls, and an assortment of low fat and fat free flavored and unflavored milk. We also serve a colorful variety of vegetables and fruits.

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Chs on Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Ham & Chs on Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Bologna & Chs Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Turkey & Chs on Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Pizza
Ham & Chs on Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Bologna & Chs Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Combo Sub Fresh Veggies Fresh Fruit Basket	Salami & Chs on Whole Wheat Roll Fresh Veggies Fresh Fruit Basket	Pizza
ATTN: Please note, we can provide Lactaid milk for children with Milk Allergies.	Milk Variety available Daily White; 1% and Skim Chocolate; Non-Fat	This is a two-week cyclic menu. It repeats itself every two weeks.	St. James/Sterling House/ and South end Community Will serve hot pizza on Fridays beginning July 8th	If there are any food allergies please contact Site Director for meal alternatives.

	<p><u>Available Fruit Basket:</u></p> <ul style="list-style-type: none"> ○ Apples ○ Oranges ○ Nectarines ○ Raisins 			<p><u>Snacks will Include:</u></p> <ul style="list-style-type: none"> ○ Baked Potato Chips ○ Whole Wheat Pretzels ○ Whole Wheat Goldfish 	
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SNACK SHACK 2017

Outshine Fruit Bars	.75
Ice Cream Sandwiches	.75
Fudgesicles	.50
Icee	.75
Popsicles	.50
Cheese & Crackers	.50
Goldfish	.75
Veggie Straws	.75
Bunny Snacks	.75
Assorted Chips	.75
Oreos	.50
Cheez-Its & Pretzels	.75
Pirate Booty	.75
Slim Jims	.25
Capri Sun	.50
Small Water Bottle	.25
Large Water Bottle	.50
Arizona Iced Tea	1.00
Powerade	1.00

Rita's Water Ice will be here every Friday for \$2.00

SAMPLE

Sterling Park Day Camp - Daily Schedule 2018 Session 2 Counselor George Group 3/4 girls

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:20	Arrival & Camp Welcome-Outside on Playground				
9:20-10:00	Plaza w/ 4 Square				
10:00-10:40	Art	Music	Art	Music	Art
10:40-11:20	Field				
11:20-12:00	Pool				
12:05-12:35	Lunch				
12:35-1:15	Playground				
1:15-1:55	Auditorium				
1:55-2:35	Erin's Gym				
2:35-3:15	Gazebo				
3:15-3:25	Camp Goodbye & Announcements in Auditorium				
3:25-3:30	Dismissal in front of the playground				



Sterling House
COMMUNITY CENTER

Sterling House
STERLING HOUSE
CHILD DEVELOPMENT CENTER
2283 Main Street
Stratford, CT 06615
203.378.2606 x112
pchoquette@sterlinghousecc.org

Code of Conduct for all Youth Programs

Sterling House provides a safe environment that encourages enriching play and group activities. Below is a list of rules and regulations:

1. Show respect to fellow students and staff; as well as materials, equipment, and property.
 - a. Cell phones, iPods, and other electronic devices are not allowed on the premises. Toys, fidget spinners and collector cards should not be brought in. Sterling House is not responsible for lost or damaged personal items. Any unapproved items brought in will be held in the office and returned to the student at the end of the day.
2. Stay with your group or Leader at all times. Follow your Leader's instructions.
3. Profanity, racial, and other slurs, are prohibited. NO Bullying.
4. Inappropriate use of hands, feet, or teeth is never allowed. Weapons of any sort, spitting, or fighting are strictly prohibited.

Disciplinary Actions:

1. We will first attempt to resolve the situation through discussion with the child in the campers group. A parent will be notified at pick-up.
2. If repeated again counselor will contact the camp leadership to discuss the issue with the camper. The discipline log will begin. Parent will be notified at pick-up.
3. If it happens again and we are not able to resolve the problem, we will then call the parent in to discuss the problem and we will create a preventive plan of action to use. The child will sit out of the activities for the remainder of the day.
4. If repeated again the parent will be called and the child must go home for the rest of the day and the following day.
5. If none of these attempts result in a satisfactory resolution the child will be removed from the program.

Please review these rules and regulations with your child. The Sterling House staff and directors will do their best to help students adjust to their program. However, Sterling House reserves the right to require any child to leave when unsuitable behavior persists, disrupting or negatively affecting the program, or endangering the wellbeing of others. The designated parent or guardian shall be responsible for picking up the child immediately upon request.

Thank you for your cooperation in making our programs safe and successful. If you have any questions, please call 203-378-2606 ext. 112 during the program hours.

We have read the Code of Conduct and understand the importance of good behavior for the safety and fun of all students. I (student) will do my best to observe these rules and regulations while at Sterling House Youth Programs.

Print Name of Parent

Print Name of Child (may be assisted by parent)

Signature of Parent