



Natural Kids Summer Camps 2018 – parents information

Times:

8.30am – 5.15pm. Please try and have your child with us by 9.30am latest as we will be setting the scene for the day at that stage. You may of course pick them up early but aim for after 3.15pm if you would like them to participate in the nutrition parts, cooking/crafts, exercise and allow them to try what they made too.

If you are running late in the afternoon, please call Catherine on **505-4725**. PICK UP 5.15PM LATEST PLEASE! ☺

Venue:

Christ Church Warwick, 96 Middle Road (across from Belmont Golf Club) - www.christchurch.bm. Please use the Ord Road entrance – heading west, turn left off middle road after passing the church on the left, heading east, turn right onto Ord Road just before the church on the right. Take the left turn off Ord Rd into the church car park. We will be in the main hall – through the double doors.

Communication:

PLEASE SIGN YOUR CHILD IN AND OUT EACH DAY. There will be a clipchart on the desk as you enter the hall, next to the files and the stereo. There will be name stickers for them on day 1.

Please feel free to email or text during the day if you need to contact me – that’s generally easier than calling (which you can still do if need be.) After day one your child will likely come home asking for “traffic light” (green, yellow or red) food packages – you don’t need to buy anything new, just see what you have in the cupboards at home. Sometimes there will be baking or cooking to bring home (if they haven’t eaten it all!)

Staff:

Staff this year are Catherine Burns (Nutritional Therapist) and Sam Willis (Foundation Year teacher) with one senior counsellor and two junior counsellors. We have 28 kids in camp each week.



Rewards:

The morning and afternoon “try it!” snacks will be provided by us. Each time your child tries something they will get a sticker on their chart. If they have eight stickers on their chart by the end of the week, they can choose a prize on Friday. Extra stickers will also be awarded for kindness, sharing etc.

Lunch:

Please provide a packed lunch each day with things that you are confident your child likes. Don't worry if the lunch isn't “nutritionally perfect” – we won't be judging anyone! 😊 However, please try and make it reasonably healthy (within the scope of your child's taste buds) and note that we have a NO JUNK policy – no candy, Cheetos, sugary cereals, potato chips etc. Please only send water to drink (no soda, cordial, crystal light or juice.) Note that lunch boxes will not be refrigerated so provide cool packs if necessary. Please also do not send anything that requires heating as we don't have access to a microwave. Thank you!

Belongings:

Please provide the following labeled items for the week of camp (everything except water bottles/lunch boxes can remain at camp all week):

- Lunch + large, full water bottle
- Substantial plastic plate for snacks
- Spare change of underwear/clothes “just in case”
- Asthma inhalers (if necessary) – please hand to staff

Belongings can be left on the stage in the hall and only lunch boxes/water bottles need to be taken home each day. You do not need to send sunscreen and sunhats as the outdoor play is shady.

Clothing:

No strict rules but we suggest shorts and t-shirts due to the physical activity component. Dresses are not so easy. They will likely get a little messy so old clothes are best! The hall is air conditioned but we try and have fresh air through the hall through the day, so dress them for hot weather.



Sickness policy:

Please do not bring your child to camp if they are unwell, have a fever, vomiting, diarrhea or show signs of pink eye. School rules apply and they must be symptom free for 24hrs. Please also do not bring your child if they have ringworm, pinworms or headlice! If your child becomes unwell at camp, we will of course call you.

Schedule:

On the first day of each week we will be revisiting the Traffic Light system for identifying red, yellow and green light foods. After that we'll be exploring the themes below. The idea is that they are complementary but not exactly the same – so that kids doing both weeks will have something fresh that endorses what they've already learned. But equally, kids who are new in Week 2 will be able to follow along easily.

Week 1: Superheroes & Superfoods

Week 2: Cops & Robbers (Sugar Detectives!)

8.30 - 9.30am	Drop-off and free play
9.30 - 9.45am	Register, outline the day, meditation
9.45 – 10.00am	Nutrition Bite – traffic light
10.00 - 10.30am	Try it! Snack time
10.30 – 12.00pm	Cooking and crafts (45mins cooking, 45mins craft)
12.00 – 12.30pm	Lunchtime
12.30 – 1.30pm	Free Play
1.30 – 2.15pm	Fitness
2.15 – 2.45pm	Nutrition Bite – topic
2.45 – 3.15pm	Try it! Snack time
3.15 – 3.45pm	Story time
3.45 - 4.15pm	Outside games
4.15 - 5.15pm	Free play (inside/outside)

Please let your child know that we are really excited about seeing them at Natural Kids summer camp and we can't wait to get started!

