

Camp Kawartha Environment Centre



2505 Pioneer Road, Peterborough, Ontario (beside Trent University)

Parent and Camper Guide to a successful week.

Schedule

Day Camp begins at **9:00 am** and ends at **4:00 pm** each day.

(Please arrive between **8:45 and 9:00 am**, and pick up between **4:00-4:15 pm**)

Pickup / Drop off: If someone other than the parent/guardian is picking up a child, written authorization must be provided in advance. Please see us to sign in and out each day.

Swimming – Tuesday and Thursday afternoon are swim times. Water play is optional each day. Water shoes and PFDs (lifejackets) are mandatory for swimming. Water shoes can be any kind of shoe or sturdy sandal that will stay on camper's feet and can get wet. We have a limited number of life jackets to loan out; please have your child bring their own if possible.

Gift Shop – Items from our Gift Shop are available through **online pre-order** <http://campkawartha.ca/giftstore> (must be sent in before Wednesday at noon) and will be delivered Thursday afternoon. Or they can be purchased in person at 4:00pm on Thursday.

End of Session Celebration – At the end of the day on Friday – we welcome parents, grandparents, siblings and so on to join us for snacks, a slide show and celebration. Please arrive between 3:15 and 3:30pm – the show begins shortly after 3:30pm!

Packing for your day

- | | |
|--|--|
| <input type="checkbox"/> Lunch and 2 Snacks (all nut-free) | <input type="checkbox"/> A change of clothes |
| <input type="checkbox"/> Refillable Water Bottle (minimum ½ litre) | <input type="checkbox"/> Water Shoes |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Bathing Suit and Towel (Everyday) |
| <input type="checkbox"/> Sun Hat | <input type="checkbox"/> Water Shoes (Mandatory for swimming) |
| <input type="checkbox"/> Bug Repellant (optional) | <input type="checkbox"/> A PFD (lifejacket) for swimming (if possible) |
| <input type="checkbox"/> Backpack | <input type="checkbox"/> A sense of curiosity and adventure |
| <input type="checkbox"/> Rain gear (as needed) | |

Restricted Items

Expensive jewellery
(Please leave ALL valuables at home)

Electronics

Dress for Success

We highly recommend packing a second pair of items that are likely to get wet such as socks. This program focuses on plenty of time outdoors - check the weather and be prepared.

Labeling clothing with your child's name helps us to get items back to the right family if they intermingle. Some kids enjoy getting dirty at camp; our preference is to encourage this when possible. Please consider sending **old clothes** for getting into some good old fashioned outdoor experiences.

Lunch

The Centre does not receive garbage or recycling pick-up. We require all participants to pack out their garbage and encourage the children to bring a litterless lunch. Please pack ample food (ie. 2 snacks and a lunch). We are very active and kids often require larger lunches than in other settings.

Please note we are a nut free facility, no nuts or products that may contain nuts should be brought to the Centre.

Camper Behaviour — The Three R's

It is our commitment to provide a rich and enjoyable experience for all participants. To assist us, please review our camper code of conduct with your child. We aim to create a safe and nurturing environment for everyone!

Respect yourself. All participants are expected, in accordance with their age, to take appropriate care of themselves (personal hygiene, dressing appropriately, water, food, sunscreen)

Respect others. We expect all participants to treat one another, and our staff, with courtesy and respect.

Respect the environment. We also expect all participants to treat the surrounding environment and facility equipment with respect.

Please review the full Camper Code of Conduct online at

<http://www.campkawartha.ca/pdf/summer-camp/CamperCodeofConduct.pdf>

(For the benefit of all campers, we reserve the right to dismiss a participant who does not comply with the Code of Conduct).

Take Note:

BEEware: Camp Kawartha is proud to house an observational bee hive. With plexi-glass walls, this observational hive is designed to encourage campers to view bees at work from inside the Environment Centre. The bees enter the hive from a PVC tube located high up on the exterior of the building. Honey bees play a critical role in helping to pollinate plants. With a variety of apple trees near the Centre and pollinator gardens, the bees will help to ensure that there will be a healthy harvest of apples this fall.



We'd like to remind all visitors to the Camp Kawartha Environment Centre that there are always bees, wasps and stinging insects in any natural area. Please ensure that any students with allergies to bees come with the appropriate safeguards in place (an epipen – if required, antihistamine tablets etc.). We'd also like to remind visitors that there are some patches of poison ivy in the vicinity of the Centre. Closed toed shoes, long pants and hat (sun protection) are also highly recommended as well.

Tick Me Off: Though ticks (and Lyme Disease) are not very common in this area, there have been a few ticks reported in Peterborough County. Lyme disease can become a serious infection caused by a bacteria spread by the bite of blacklegged ticks (formerly called deer ticks). We highly encourage all families to do **TICK CHECKS** at the end of the day and to get in the habit of doing so after **every outing in the woods**. This is part of helping children to build solid routines around tick awareness and Lyme disease prevention.



The Peterborough City County Health Unit recommends a TICK CHECK when coming in from the outdoors:

- *Have a shower to rinse ticks off*
- *Woods clothing should be placed in the wash or hung outside*
- *Either with a loved one or alone with a mirror check your body thoroughly for ticks.*
- *Make sure to look in hidden areas like the scalp, between toes, armpits, back of knees, groin, behind ears*
- *Please remember that ticks can be tiny freckle sized or as large as a small grape when engorged.*
- *If a tick is found, put it in a screw top bottle or zipper closed bag and bring it to your local Health Unit*

For more info: <http://www.pcchu.ca/2014/07/25/ticktalkhealthunitwantsyoutobelymediseaseaware>

Contact

In case of an emergency, you may contact the main Camp Kawartha office at 705-652-3860. Please be aware that we do not have a receptionist at the Camp Kawartha Environment Centre. If you need to talk to a staff member, please leave a message at 705-750-8699 and we will return your call by the end of the day.

Main Office: 1010 Birchview Rd, Douro-Dummer, ON K0L 2H0 (705) 652-3860

Material Donations

Environment Centre Day Camp is very proud to offer a wide variety of crafts to your children. We work hard to set the example of using natural materials or re-using and upcycling items that would otherwise be thrown away. To continue to provide your children with these materials at no additional cost, we depend on donations.

The following items and materials are always welcome:

Bedsheets

Fabric scraps

Yarn

Old T-Shirts

Nylons

Crayon Stubs

Cardboard (Corrugated)

Box Board (Cereal Boxes)

Cardboard Tubes from Toilet Paper/Paper Towel Rolls

Any other bits and bobs that you think the campers would like to use

It is not necessary to buy anything new, we are only interested in materials that will be unused otherwise.

Thank you!

We are looking forward to seeing your family for a fantastic week of camp!