

# Golden Slipper Camp

## Family Guide 2019



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Photo from the Last Night of Olympics

**Parents: please take the time to look over the information provided in this manual. Some pertinent information has been updated for this upcoming 2019 camp season. If you have any questions please do not hesitate to clarify by contacting us at the office.**

# Important Dates

Early Registration discount: Completed registration by October 31<sup>st</sup>

Letter for eligible CIT's: November

Winter Reunion: Palace Roller Skating Rink: Thursday December 20<sup>th</sup>

Final Camp tuition Due: May 1<sup>st</sup> for First Session, June 1<sup>st</sup> for Second session

Spring New Camper Event: TBD

Completed Medical Information Deadline: May 1<sup>st</sup>

Camp Open House: Sunday June 17<sup>th</sup>

1<sup>st</sup> Session Dates:

Begins: Sunday June 23<sup>rd</sup>

Ends: Tuesday July 16<sup>th</sup>

2<sup>nd</sup> Session Dates:

Begins: Friday July 19<sup>th</sup>

Ends: Sunday August 11<sup>th</sup>



## Introduction – Welcome

For 70 years, thousands of children and teenagers have come to camp to experience and contribute to the traditions, spirit, love, and overall fun that makes Golden Slipper Camp a truly magical place. We strive to provide children with a traditional overnight camping experience with daily activities including swimming in our pool, boating and fishing in our lake, bunk sleepouts, campfires with s'mores and stories, tug of war, olympics, and much, much more. Golden Slipper Camp is not only a safe, nurturing environment, but it's also a place with 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 and to be themselves outside of a school or home environment.

Our unique campers contribute to the engaging spirit of Golden Slipper just by being themselves. Through their infectious laughs and smiles they help to make camp as great as it can be. The mishpaca, or family we create every summer, lasts throughout our entire lives. 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.

Located in the breath-taking Pocono Mountains, Golden Slipper Camp feels special the moment you arrive. With charming cabins clustered in villages and nestled in the woods, you get the sense that life-changing experiences take place here and every summer they do. However, Golden Slipper is more than just woods and cabins. At the heart of this magical camp is a team of counselors, instructors, and administrative staff (led by Camp Director Justin Guida), dedicated to the enjoyment, fun, safety, welfare and development of the campers in their care.

## Camp Goals

In keeping with our Mission, Golden Slipper Camp has established the following goals to be met during the summer and beyond.

### **GOAL: To promote teamwork.**

By the end of their camp experience each camper will have participated in activities in which they have become a member of a team. This will happen both at the Village level with Leagues, inter-camp games, and at the Camp level with Olympics. This will be their opportunity to work within the group for the betterment of the whole. It will also allow them to take their individual skills that have been expanded upon during activities and use them in helping others. Campers will be able to discuss their interaction within the groups by summers end.

### **GOAL: To develop tolerance.**

Campers will be living, working and playing with children from various religious, ethnic and social backgrounds. These same campers will be expected to treat all as if they are family without regard to their differences. They should be able to describe two positive traits that every individual has in common with one another.

### **GOAL: To increase campers' personal growth.**

During the summer each camper will have the opportunity to develop mind and body. Our camp's physical activities are led in a progressive style that will work on improving the individual skills of each camper. During this time campers will demonstrate the skills learned. Opportunities will abound allowing campers to display their personal growth and self-confidence during the summer and beyond. It is our hope that these traits will be openly transparent when they return to your care and you can readily observe their growth.

# PACKING

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' as camp is an informal place.

**We urge families to consider sun and insect protection 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.

Bedding: Each camper brings two sets of twin sheets, two pillowcases and a pillow.

Rain gear: 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.

- **STORAGE SPACE IS EXTREMELY LIMITED - PLEASE DO NOT OVERPACK! WE ONLY ALLOW ONE LARGE PIECE OF LUGGAGE PER CAMPER OR A MODERATE SIZED DUFFEL AND TRUNK.**
- **PLASTIC DRAWER SETS WILL NOT GO ON LUGGAGE TRUCKS STARTING SUMMER 2019**
- **PLEASE REMEMBER TO CLEARLY LABEL ALL ITEMS WITH YOUR CHILD'S FIRST AND LAST NAME. We recommend a permanent/laundry marker, but other labels are okay too.**

Label everything! Please ensure that each and every item that comes to camp (yes, even the right and left socks) are 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 a permanent 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. All money and valuables are labeled and kept in a secure safe during each session. Each bunk has a party the last night of the session. We recommend \$5 be sent with your child to help pay for snacks, sodas, pizzas or other food that the bunk may purchase for this night. It is in addition to the dinner that evening so it is not necessary, but a tradition we do here at GSC.

## **ELECTRICAL EQUIPMENT**



Phones, cameras, iPODs/iPADs, smartwatches, MP3 players, Game Boys, and all electronic items have no place in camp and run the risk of being damaged or lost.

We are in the business of building community therefore we encourage conversation, group discussions, and team building activities. Electronic equipment is not permitted at camp. ***Please be aware, if your child brings such items they will be confiscated and not returned to your child.*** Some parents

have asked if items like fitbits can be worn at camp to monitor steps and heart rate.

Camp is not responsible for lost or stolen items, but we are allowing the simple versions of these devices to be worn by some. As long as you cannot communicate or access wifi with them they are allowed as of 2019. 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, electronic kettles, 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, shin guards for field hockey 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.

**A good rule to follow would be to not send any additional items that would not be allowed in a school environment due to inappropriateness or danger.**

## 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.). Again: **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 can assume any liability for lost or damaged laundry.**

## BUNK PLACEMENTS

Our philosophy at Slipper is that camp is a place for personal growth and to foster independence within children. That being said, we place campers in bunks based on their birth dates as this is mostly consistent in the school systems they are a part of, but more importantly the development stages of children are also based on age. We know that children are all different and there are plenty of opportunities for mixed-age play daily at the pool, within the village, and during all camp activities. Your child will still be able to enjoy camp with any friends they have made over the years without having to live directly with them. Year to year bunks may look different and we ask families to support their children by reinforcing that camp is a place for new and old friends to have fun.

## BULLYING

**At Golden Slipper Camp, bullying is inexcusable, and we have a no tolerance policy against all types of bullying.** Our Camp philosophy is based on our mission statement, which ensures that every camper has the opportunity to foster friendships in a safe and secure environment with activities that lead to teamwork, tolerance and personal growth. We work together as a camp family to ensure that campers gain self-confidence, make new friends, and go home with great memories.

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of emails, text messaging, instant messaging, social networking sites, and other less direct methods. This type of bullying can also lead to persons being hurt during or between camp sessions and be especially hurtful when persons are targeted with meanness and exclusion.

Unfortunately, persons who are bullied may not have the same potential to get the most out of their camp experience. Our leadership addresses all incidents of bullying seriously. We train staff to promote communication with each other and their respective campers. Both staff and campers should be comfortable alerting us to any problems during their camp experience and between camp seasons. Parents will be notified if their child is a bully as defined in the first paragraph and individual consequences will take effect. Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at Golden Slipper Camp.

# MEDICAL INFORMATION

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

## **MEDICAL FORMS**

**(All information MUST be completed by MAY 1<sup>st</sup> 2019.)**

All campers are required to have a physical examination within ten months of arrival in camp. **We will be using CampSite to gather and store all medical information for your child, if you have any questions please contact the camp office. The following Information should be included:**

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.

## **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 before going to their assigned bunk. 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 FDA approved LouseBuster at the Wellness Center
- ✓ Parents will be billed for any treatment that 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 UPLOAD A COPY OF YOUR INSAURANCE CARD AND PRESCRIPTION CARD, IF APPLICABLE, TO THE FORMS TAB ON THE PARENT DASHBOARD. YOU MUST ALSO FILL OUT COMPLETELY ALL INFORMATION UNDER THE MEDICAL PORTION, WHICH INCLUDES PARTS 1-4 AND A SIGNED MEDICAL FORM FROM THE DOCTOR, FOR EACH CAMPER.

## **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 St. Luke's 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 Wellness 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
- has visited Wellness Center 5 times in a session for any reason

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. Conjunctivitis (Pink eye)
2. Any communicable disease such as chicken pox, impetigo, etc
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 – **PULLUPS ARE NOT AN OPTION**
9. Severe lice contamination

## **HEALTH**

Our medical and nursing staff is trained to focus on the health of all our campers. Our staff responds to any identified medical or emotional issues, provides excellent care and communicates promptly with parents and guardians as necessary.

Upon their return home, we suggest you check in with your child and, if there are any changes in, or concerns about, their health, you contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.



# 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 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 mandatory 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  
164 Reeders Run Rd  
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.

## **Bunk1**

You will receive an informational flyer about our Bunk1 program. This is an excellent way to communicate with your child through email. Unfortunately, your child will not have the same capability to return emails thru Bunk1 but rather you will send them with stationary or choose the option to have a reply. We will print out the reply at camp, your child will write within its borders, and we scan the letter back to bunk1 to be sent to you. That is the general gist; more information will be made available to you in the months leading up to camp.

## **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.

# PHONE CALLS

## **WHEN YOU CALL THE CAMP OFFICE**

We encourage you to call us at camp at (570) 629-1654, during the summer only, 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. Office staff will take detailed messages and they get forwarded to the person who will get back to you. In most instances this will be your child's Village Leader who will then call you back. If there is a problem that you feel is not being properly handled, feel free to ask for 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 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!

*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. 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 your 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!**

## **Emergency Weather**

We have never had a weather emergency at camp, but we must be prepared. At camp during a weather emergency your child will be placed in a safe secure environment out of harm's way. Once the physical damage is assessed and it is determined that Golden Slipper Camp cannot operate with the well-being of our campers in mind the decision will be made to close camp. If that would occur you would be notified by phone with the expectation that your child would be picked up from camp ASAP. This is a very unlikely scenario but one that must be addressed.

# A FEW CAMP RULES

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 along with any electronic equipment with access to Internet or cell phone service.
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 parents will be notified. This includes e-cigarettes, vapes, juules, or any other electronic smoking devices.
5. Campers are not permitted to take drugs (unless administered by our Wellness Center) at camp. All drugs brought into camp must be turned over to the medical staff.

**ANY CAMPER, WHO IS DISCOVERED SMOKING, 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. LOCAL AUTHORITIES MAY ALSO NEED TO BE NOTIFIED.**

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. The expectations continue in that we expect every camper to interact appropriately and respectfully with all members of our camp community.
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.**

# 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."

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 the start of 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 is 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

## **CAMP VISITATION**

Golden Slipper Camp does not offer a Visiting Day for our camp families. This has been a long standing practice at GSC, since our full summer campers come home between sessions.

Unscheduled visits from friends or relatives interfere 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. We do however have days throughout the summer where Golden Slipper Club members are **invited** to visit camp. These dates are set up by the Camp Board and are to be attended by **Golden Slipper Club Members Only**. If a camp family breaks this policy by visiting camp and removing their child from the camp experience, we reserve the right to deny their child's attendance in future summers.

## **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. If there is a specific need or emergency, please contact the Camp Director directly to discuss before camp begins.

## **POST CAMP FEEDBACK**

Parents will be emailed a survey to complete. In that survey will be space for you to write about any specific or personal feedback for your specific camper/family. If for any reason you would like to discuss something about camp please also contact the director, we can certainly arrange a meeting. You can email the director or call the camp office at (610) 660-0520 after the camp season.

## **LOST AND FOUND**

We 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 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 increasing 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.

## **Parent Manual Highlights for 2019**

1. No electronic items, including cell phones, are permitted in camp by campers. Please collect your child's phones prior to them getting on the bus or being dropped off at camp.
2. All clothing and/or belongings must be labeled with the campers first and last name. Each summer many articles of clothing go unclaimed because they are not labeled.
3. All medical information **MUST** be complete and accurate.
4. I understand the Wellness Center policies in reference to contacting home. If you have any concerns during the summer, please contact the Director.
5. I have sent the appropriate amount of self-addressed stamped envelopes for my child to write home at least two times per week. Each summer many letters are returned due to an insufficient mailing address.
6. Golden Slipper Camp has a no bullying policy and if my child breaks that policy, he/she will be sent home.
7. In the event camp cannot continue to operate due to the damage caused by severe weather, I agree to pick my child up at camp in a timely fashion once contacted.
8. There are no plastic drawers allowed at camp this summer. One large duffel bag or a moderate sized duffel and trunk should fit all that is necessary for camp. Remember camp is an informal place and all the creature comforts of home are not needed. (This is especially for our Friends and Council Girls campers) Parents we expect your assistance with this.
9. I have reviewed and understand Camp's policy on both visiting camp during the season and removing my child from the camp program.
10. A reminder that campers are placed in their bunks by their birth date. Each year at camp can look different for your child. Since camp is a place of growth and to foster independence, we do not think any variations in bunkmates from previous years will be a detriment to your child's experience.

# Clothing/Packing List

The following is for your use as a **GUIDE** as you pack for camp. It is not a mandatory list. (See Parent's Manual). Please keep in mind that storage space is limited. **DO NOT OVERPACK!** Also, because laundry is sent out once per week, make sure your child is prepared with enough clothes for 10 days. (i.e. enough underwear, socks, towels, etc.) All items must fit into **ONE LARGE BAG or moderate bag and trunk**. We recommend that you use a large duffel bag or hockey bag. If you are having problems keeping with this, please take note of all that you have packed to make sure it is essential. Remember, camp is an informal setting. Campers may also bring a backpack or knapsack with them to camp.

## **CLEARLY MARK ALL ITEMS WITH YOUR CHILD'S NAME**

We recommend a permanent/laundry marker, but other labels are okay too.

Items with a **◆** next to them are things children **MUST** bring. While quantities may vary, it is important that they have them in camp. Items with a **○** are optional.

### **MUST HAVES FOR 2019**

- ◆ 2 sets of fitted twin sheets and a blanket or sleeping bag
- ◆ 2 pillowcases
- ◆ 1 pillow

### **CLOTHING**

- ◆ 12 pairs of underwear
- ◆ 12 pairs of socks
- ◆ 10-12 short sleeve shirts (Olympic colors; black, blue, white, red & green shirt will cover all the team colors)
- ◆ 3 long sleeve t-shirts
- ◆ 3 sweatshirts or sweaters
- ◆ 1 lightweight jacket/wind breaker
- ◆ 8 pairs of shorts
- ◆ 5 pairs of long pants and/or sweatpants
- ◆ 4 bathing suits
- ◆ 5 pairs of pajamas
- ◆ Dinner Dance attire (camps version of a formal dance)
- ◆ 2 Hats

### **USEFUL ITEMS**

- ◆ 1 large Duffel bag or 1 moderate duffel and 1 trunk (for packing)
- ◆ 6 clothes hangers
- ◆ Backpack
- ◆ Plastic Water Bottle
- ◆ Pens, Pencils and Pads
- ◆ Stationary, stamps or stamped pre-addressed postcards (something to write home with!)
- Books and magazines
- Stuffed animal
- ◆ Extra pair of eyeglasses or contact lenses
- ◆ Flashlight/Batteries
- Costumes
- Games (non electronic)
- ◆ Insect Repellent
- White shirt for TieDye

### **TOILETRIES**

- ◆ 1 comb or brush
- ◆ 1 deodorant
- ◆ 1 nail clipper
- ◆ 1 plastic drinking cup
- ◆ Shower Caddy (to carry toiletries)
- ◆ Sanitary Napkins/Tampons
- ◆ 1 bottle of shampoo
- ◆ Soap/Body Wash
- ◆ Sunscreen (send lots)
- ◆ Tissues
- ◆ 1 toothbrush
- ◆ 1 tube of toothpaste
- ◆ 3 Beach Towels
- ◆ 3 Bath Towels
- ◆ 2 Wash Cloths
- ◆ 1 Laundry bag

### **SHOES**

#### **DO NOT BRING SHOES WITH HIGH HEELS!**

- ◆ 1 pairs of sneakers
- ◆ Shower shoes (flip-flops)

### **RAIN GEAR**

- Rain Shoes OR Boots
- Rain Coat and/or an umbrella

**DO NOT PACK:** cell phones, expensive electronics, knives/weapons, suggestive clothing, expensive clothing, and e-cigarettes/vapes/juules as these items are not permitted at camp.