

Parent's Newsletter

OXFORD KIDS CAMP, INC.

WWW.OXFORDKIDSCAMP.ORG

TWO THOUSAND FIFTEEN



OKC Summer Camp 2015

Camp Dates

Monday thru Friday

Week 1 June 22 - 26 Quest
(field trip- Friday 26)

Week 2 July 6 - 10 Powwow
(field trip, Friday, July 10)

Week 3 July 13 - 17 Carnival
(field trip, Wednesday, July 15)

Week 4 July 20 - 24 Dance Party

Camp Hours — 8:30 to 3:30

Morning circle begins promptly at 8:30. Arrive at Camp on time, earlier if possible.

Registration tips

If weeks fill up we establish a waiting list. Parents and grandparents need to have backup dates/weeks that their campers can attend if their first choice is not available.

Lunch- A Favorite Time Of The Camp Day

"Pack it in, pack it out"

Campers will bring home uneaten food, recyclables, and trash. We are ever mindful of reducing the volume of our waste — OKC loves "Reusable" food & beverage containers!!!



A camper's lunch and beverage must be in an insulated soft bag (no substitutes). Lunches should be wholesome and tasty real foods. Sweets, junk foods, and soda are not the foundation of a healthy lunch. It's summer— fresh fruits and vegetables are available and oh so good for us all!!!



Lunch Tips

- ★ Pack lunches the night before to avoid rushing in the morning.
- ★ Have your camper participate in making and packing their lunch.
- ★ Consider popular leftovers from last night's dinner
- ★ For drinks, water and milk are always best.
- ★ At night fill drink container 1/3 full, freeze and top off in the morning.
- ★ Let your camper(s) know eating their lunch is essential for happy and energetic bodies.

Bikes left overnight must be locked & put in "designated" area at the Center.

Getting enough sleep & eating a good breakfast !!!!

Please don't neglect these two. Adequate sleep (10 - 11 hours) and a good breakfast (not a mere bowl of cold cereal) are your assurance of happy, energetic campers.

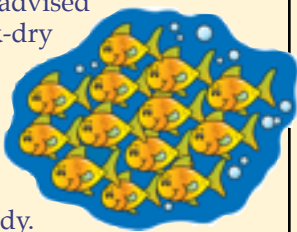


Is your camper's bike in excellent repair and sized correctly?

Refer to OKC Bicycle Help Sheet

OKC Swimming

Campers are advised to wear quick-dry clothing, i.e., shorts and tops made of synthetics that will air dry on the body.



An afternoon swim in the Bay is especially fun and cooling when summer temperatures soar. Campers need to be prepared to participate in the Bay swim.

Campers will only be excused from cooling off in the Bay for health reasons. If your camper has a health reason for not swimming, a parent's note is required to inform us.

Where we swim

The Talbot County Health Department tests the water before and during camp to determine if conditions are safe for the swimming beach the camp uses.

Appointments and other situations that take campers away from camp:

Morning skill, afternoon team sports, and weekly projects are dependent on the campers being present. Please make physician, dentist, tutoring, any type of lessons (golf, music, horseback, etc.), and family day trips for non-camp hours, weekends, and after your child's camp session.

New Prescriptions:



Any medication taken at OKCamp, including nonprescription medications, require a prescriptive order signed by the MD licensed physician. The State of Maryland requires that we have the prescription as well as a list of side effects from the pharmacy on file as well as the instructions for taking the medicine. All prescription drugs and/or over the counter drugs, must be self-administered by campers.

See Ms. Jenny for instructions & info.

CAMP OUTS

We love sleeping under the stars and enjoying the fun and camaraderie of camper friends. Encourage your camper to experience these over night adventures.

All-Camp Out - Friday, July 17

Campers eight and older are invited to participate in this annual event. However, we do advise young campers who are unsure of their desire to sleep out-of-doors and be away from the comforts of home, and Mom and Dad, to wait. Going home is not an option.



OKC Shoe Policy

OK campers and counselors wear closed-toe shoes.

Open toe, backless sandals, Crocs, and flip flops are **ABSOLUTELY FORBIDDEN !!!**

Water shoes are required for sailing, canoeing, nature, and the afternoon 'free swim' in the Bay. Water shoes are only worn for these activities; they are not sturdy enough for running and sports, and their open toes make them extremely dangerous and unsuitable for



Need more Information, questions, pictures...

OXFORDKIDS
CAMP.ORG

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August Trip Destination To be announced

10 years and older

Friday, August 7 -

Thursday, August 13

Cost: \$125

sign up w/ Ms. Jenny

Carnival Friday, July 17 12:30 to 2:30

A favorite event returns

Be sure to put this date in your calendar. Bring the whole family and friends. Join in the fun! Activities for all ages and abilities.

Please Note: Campers help clean up after the event and will not leave camp until 3:30.

Dance Party Friday, July 24

5:30 - 8:30 PM

Camp Review &
Slide Show
for Parents & friends

OKC Dance for campers
and counselors
immediately following

Directors and counselors will
chaperone the dance