

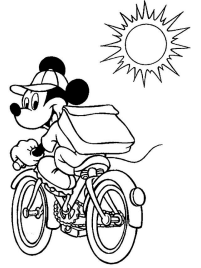
# Parents Newsletter

OXFORD KIDS CAMP, INC.

WWW.OXFORDKIDSCAMP.ORG

SINCE 1982

TWO THOUSAND TWENTY FOUR



## Oxford Kids Camp Summer 2024



An OK camper must be a capable bicycle rider able to understand and obey safe bicycling rules. We get around by bicycle. The whole town of Oxford is our campus.



### Camp Dates

Monday thru Friday

**Week 1 June 24-26 Oxford Quest**

(field trip - Friday, June 30)

**Week 2 July 8-12 Powwow**

(field trip, Friday, July 14)

**Week 3 July 15-19 Tournament**

(field trip, Wednesday, July 17)

**Week 4 July 22-26 Tons of Fun**

### Camp Hours — 8:30 to 3:30

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

### The Staff

- Director: Elizabeth Wainwright
- Assistant Dir: Najee Griffin
- Instructors: morning skill leaders
- Sr. Counselors - administrators of daily camp program
- Jr. Counselors (counselors-in-training)

### Morning Snack & Lunch

#### “Pack It In, Pack It Out”

OKC provides a morning snack. Campers bring a lunch every day. Lunch and beverage must be in an insulated soft bag (no paper bags). We champion “reusable” food & beverage containers!!! ‘Pack it in, Pack it out’ means campers bring home uneaten food, recyclables, and trash.

Lunches should be made up of nutritious tasty foods. It is summer — fresh fruits and vegetables are available, and, oh so good for campers! Sweets, junk foods, soda, and gatorade are not the foundation of a healthy lunch. (See OKC “What We Eat” flyer).



\*Pack lunches the night before to avoid rushing in the morning.

\*Have your camper participate in making and packing their lunch.

\* Popular leftovers from last night’s dinner make a good lunch

\* For drinks, water and milk are always best.

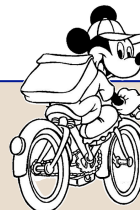
\* At night fill drink container 1/3 full, freeze and top off in the morning.

\* 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 !!!!**  
Adequate sleep (10 - 11 hours) and a good breakfast, a mere bowl of cold cereal won’t ensure a happy, energetic camper. Breakfast is fuel for top performance!



Is your camper’s bike in excellent repair and sized correctly? NO training wheels!

Read & Refer to OKC Bicycle Bulletin

## OKC Swimming

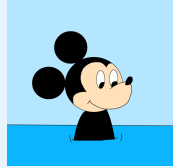
Campers are advised to wear shorts, tops, and socks that are light-colored, loose, and breathable. Socks keep your feet cool and prevent blisters (even with water shoes). Shoes are essential for safe running and biking. We spend a lot of time out in the sun so hats and sunscreen are a must.

An afternoon swim in the Bay is fun and cooling. Campers are expected to participate in the Bay swim. Swim suit, swimming shoes and optional "hand towel" need to be in the backpack.

Campers will be excused from cooling off in the Bay for health reasons only! A parent's note is required to inform us if your camper has a health issue.

### 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 and waters the camp uses.



# SPECIAL EVENTS



**Being out under the stars, enjoying the fun and fellowship of friends, and cooking on a campfire are favorite activities of many campers.**

1st Week Bicycle Campfire—Friday, June 26  
For campers 10 years and older.

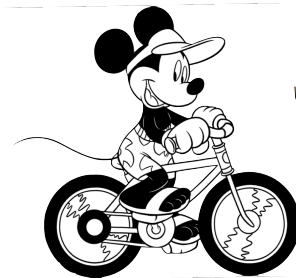
3rd Week Picnic & Campfire—Friday, July 19  
For campers eight and older

## **Please** Do not make appointments that take campers away from camp:

Please schedule physician, dentist, tutoring, lessons (golf, music, horseback, etc.), and family trips for non-camp hours/days. The successful outcomes of morning skill activities, afternoon team games, weekly projects, and field trips rely on campers being present.

## **Important** if your camper needs to bring a prescription:

All prescription and over the counter drugs, taken at camp must be self-administered by the camper. Any medication taken at OKCamp, including nonprescription medications, require a prescriptive order signed by a MD licensed physician. Maryland law obliges us to 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. See director for further instructions and information.



**Got questions? Need more Information?**  
**OXFORDKIDSCAMP.ORG**  
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