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Dear Parents,

Welcome to the West Central 4-H Camp held at Camp Windermere! We know there are many choices when it comes to summer camp and we thank you for choosing to send your child(ren) to 4-H Camp!

Please read this booklet and keep it for future reference!

This booklet will help you understand the procedures and policies regarding your child's stay at 4-H Camp. Together, we can work to give your camper a positive growing experience that will last a lifetime.

To save you time and frustration, please remember:

1. All registrations require full payment at time of registration.
2. Refunds will not be issued.
3. **Make sure to go to mo.4honline.com and update all health information, you or whoever brings your child(ren) to camp will be asked to verify the information for the camp nurse during camp check in process.**
4. All medications, prescription and non-prescription, must be in original container with dosage information, and in a Ziploc bag with campers name. The camp nurse will collect it upon arrival and will dispense all medications.
5. We are an unplugged camp. Please **do not send a cell phone** with your camper. See cell phone policy.

Please review the above items. If you have any additional concerns, please feel free to contact your County 4-H Youth Specialist/YPA. We look forward to providing your child with a safe and happy outdoor experience.

Session	Date (Arrival and Departure)	Cost
4-H Counselor Camp	July 16, 2018 (arrive 1:00 p.m.) to July 20, 2018 depart 11:15	\$120.00
4-H Residential Camp	July 17-19, 2018	\$140.00
Non-4-H member	(arrive 9:00 a.m. Tuesday, depart 11:15 a.m. Thursday)	\$150.00

CAMP LIFE

When do I bring my children to camp?



Please see the information above for the arrival time for each of the camps. Please keep in mind that several of the camp sessions run back to back and staff need time to close out one camp and prepare for the next. Please **DO NOT** arrive earlier than **9:00 a.m.** 4-H Camp cannot be responsible for children left unattended. You are welcome to tour the camp grounds with your child while waiting for registration to open. Please check-in and register for camp at the **Spring Valley Auditorium** when first arriving.

Medications will be collected at check in— please have them with you, not packed into luggage. We provide over the counter medications. Please do not send them with your child unless they are also labeled and turned in.

When do I pick up my camper (s)?

The campers final assembly is in the auditorium at 11:00 a.m. on Thursday morning. It includes a slide show of camp activities (for residential camp); parents are invited to attend this final assembly. At the conclusion, campers will be dismissed to check out.

Whoever is picking up the camper must sign the camper out and show a photo id. Please confirm that your camper has picked up any and all medications from the health center.

Parking during dismissal: The parking area will be congested. Please park in other lots so you are not blocking the main road. Youth are excited and are running in all directions. Please be cautious as there is much activity during this time.

Mail

Campers enjoy receiving mail, even during a three day camp!

If you desire your camper to write home while at camp, please prepare them with a self-addressed, stamped postcard or envelope. There will be a mailbox at the registration table where they can mail their letter.

If you would like to leave mail for your child during camp, please, leave it in the mailbox at the registration table at camp when checking in. Camp staff will "deliver" mail daily to campers.

Telephones

Phone calls to or from campers are not allowed. The calls tend to defeat a sense of independence and interrupt the camp environment. They can also cause homesickness as well as unspoken hard feelings.

Please do not send cell phones with your campers. Not only are the phones distracting, the camp will not be responsible for loss or damage. Cell phones will be taken from campers and will be secured in the administration office. It is the camper's responsibility to pick up the phone before leaving camp. If they fail to do so, it is up to the owner to retrieve it. Counselors have cell phones for safety reasons but should only be utilizing them for camp activity.

Please help us keep camp a special place by keeping "Camp Unplugged." Remember, you will always be contacted if there is a need. We ask for your cooperation, not to keep you secluded from your child, but to encourage their personal growth and developing a sense of independence.

If you do receive a call from your child, please call the camp to let staff know so that the child's issue can be addressed. We are committed to helping improve the situation.

Emergency messages will be taken at Camp, at (417-844-4596).

Health and Safety

The health and safety of campers is one of our number one priorities. A camp nurse is on duty 24 hours a day during residential camp and is responsible for daily health needs of campers, including dispensing of medication. At registration on opening day of any camp, all medications including over the counter and "as needed" medications are to be given to the Camp Nurse, along with instructions in a Ziploc bag with the campers name. All medications must be in original containers and labeled with the child's name. Please mark on the registration form those medications that may be given to your child as symptoms warrant.

Emergencies

Parents will be notified in the event of serious illness, injury or emergency. If you need to contact your child in an emergency, call 417-844-4596. If you are unable to reach someone, please contact Windermere at 573-346-5200.

Homesickness

Homesickness is usually a result of the discomfort of being in strange surroundings. The Camp Staff and Counselors are trained to deal with homesickness by providing extra patience and attention and by keeping the camper active. Most campers quickly recover because they are having so much fun and meeting new people. If there is a serious problem, you will be called. Otherwise, "No news is good news" is what you should expect.

What are the top 5 things I can do to help prepare for camp? (Excerpt from "Summer Camp Handbook" by Dr. Chris Thurber.)

1. Do not make a "pick-up deal."
Promising "if you get homesick, I'll come and get you" undermines children's confidence and dramatically intensifies homesickness. Talk positively about camp and what they can expect to experience.
2. Double-check the camps packing list.
Many seasons of experience have helped your child's camp directors refine the packing list to include all essentials. Do not pack anything that is not listed even if tempted.
3. Spend practice time away from home.
Nothing builds confidence and teaches a child how to cope with time away from home better than time away from home. Send them to grandma's . . .without their pet, video games, pack like they were going to camp.
4. Label everything.
It's easy to lose things at camp where there is communal living quarters. Label everything if you want to be able to claim it. In the cabins, there will be lots of stuff, it is much easier to identify if labeled.
5. Double check the opening and closing dates and times.
Get a good start by arriving on the correct date at the correct time. Use a wall calendar in the months preceding camp to make an exciting count down to the big day.

Behavioral Expectations and Guidelines

The Missouri 4-H Youth Development Program recognizes that positive discipline teaches and encourages the healthy development of a child's self-esteem. 4-H Camp does not allow the use of corporal or physical punishment. Instead, staff employ positive discipline techniques, which include praising, calling attention to appropriate behavior and acting as positive role models to influence and reinforce positive behavior. The staff sets limits that are developmentally appropriate and consistently enforced.

Staff will encourage and assist all children in following camp rules. All campers will be given an orientation on the first day of camp. All questions will be answered and the rules will be explained during this orientation.

At camp, staff are trained on preventing, recognizing and dealing with bullying. However, we need your help as a parent to help us ward off and correct bullying behavior and to get bullied children to speak up when they are bullied.

Bullying another child is a no tolerance policy at camp and while we do our best to detect and prevent bullying, children can be sneaky. Therefore, we ask you to coach your child in speaking out. Tell your child to find their counselor, or any of the 4-H staff and tell them what is happening.

Insurance and Medical Expenses

As parent/guardian you are responsible for any and all medical costs incurred by your child while they are at camp. 4-H Camp does have limited specialty insurance that covers illness/accidents originating at camp.

Special Accommodations

4-H Camp strives to meet every individuals' needs to the best of our ability. Please indicate any special needs accommodation on the registration form. Food allergies or special food preparation, especially, should be noted so that other food sources can be prepared.

Cabin Assignments

Living assignments are by age group and gender. There are 6 campers and 2 counselors in each cabin. Counselors are trained to work with a specific age group. However, if your camper desires to room with someone of a different age we will make every effort to meet the request. We can not guarantee the request will be made. The best part of camp is making new friends!

Dress During Camp

4-H Camp encourages parents to help us in having all youth adhere to the dress code and policies.

Items not allowed: tops with spaghetti straps, halter type tops, strapless or backless shirts, shirts that reveal the midriff, excessively loose fitting pants or jeans, short shorts or skirts, clothing advertising or referencing alcohol, drugs, violence or having sexual content.

Swimsuit policy: Girls– swim suits must be one piece or tankini style or otherwise a t-shirt cover up must be worn. Boys– loose swim trunks. Bring a life jacket if needed.

Shoes: Campers are to wear athletic, tennis type shoes to activities. Campers may not wear flip-flops unless at the pool. Shoes may become wet/muddy during the cave tour. Campers will be walking a lot and need a good pair of shoes to prevent cuts and blisters.

Staff may instruct a youth to return to their cabin and change their clothing if any items are not within the guidelines.

Practical Jokes and Pranks

4-H Camp has a no tolerance policy of practical jokes and pranks during camp. While these are fun, often times one or just a few youth are singled out and emotional or physical damage can occur. So please, leave the shaving cream, water balloons, and other items for pranking at home.

Help us keep Camp Unplugged!

Camp is designed to allow your child to enjoy the true feeling of childhood. It's time for them to build strong friendships, create lifelong memories, learn from their peers and counselors, experience nature, and all the joys of camp!

Please help us by not allowing your camper to bring the following items (or similar) to camp:

- Cell phones
- Pagers/ Walkie Talkies
- Video Games
- Any other electronic or media devices

These items are distracting and pose the potential for being lost, broken or damaged for which 4-H Camp will not be responsible. We look forward to providing you camper with an experience of a lifetime
UNPLUGGED!

Camper-Staff Ratio Policy

Camper /staff ratio is 1 to 10. Counselor/Camper ratio is 1 to 3.

Packing Information

What do I bring to camp?

Please mark every item with the campers full name. Do not bring expensive items (jewelry) to camp. Pack efficiently.

Checklist of essential Items– you may think of others, but these are the basics!

Sheets (twin) and light blanket			
OR sleeping bag		Sunscreen/Bug Spray	
Pillow		Rain Poncho	
Bath towel and washcloth		Cap/Hat for outdoors	
Beach towel for swimming		Socks, underwear	
Sturdy athletic type shoes		Shirts/Shorts/Jeans/Jacket	
Toiletries including deodorant		Sleepwear	
Swim Shoes		Swimsuit/Cover up	
Prescription/other medications		Alarm Clock	
Water Bottle Labeled with name			
Flashlight			

Items to leave at home!

- Fireworks, guns, ammunition, knives
- Lots of make-up, perfumes
- Candy, snacks, food– draws ants and other rodents. (Meals and snacks are provided).
- Electronic devices: cell phones, mp3 players, video games, etc.
- Practical joke devices– pranking is not allowed, on any level
- Illegal drugs, alcohol, tobacco
- Money– All camp costs are covered in registration fee.

Directions to Camp Windermere

From the East: Travel West through Camdenton on Highway 54 approximately 6 miles to State Road AA. Turn right on AA and follow signs north to Windermere to Koehler Road. Turn right. Continue 1.3 miles. Camp registration is at Spring Valley Auditorium on the campgrounds.

From the West: Travel east through Macks Creek on Highway 54 approximately 10 miles to Sate Road AA. Turn left on AA and follow the signs north to Windermere to Koehler Road. Turn right. Continue 1.3 miles. Camp registration is at Spring Valley Auditorium on the campgrounds.

573-346-5200

www.windermereusa.org (go to website to download a facility map or get GPS directions).

Activity and Class Descriptions

Camp Theme— This year's theme is "Explore the Unknown".

Make and Take— Campers will receive their own memory book to decorate and keep camp memories in.

Canteen— Drinks and snacks are provided two times during the day— afternoon and campfire. Campers will enjoy s'mores and more at campfire.

Cabin Themes— Each cabin will have a theme. Campers will design a cabin themed banner the first day of camp.

Evening Recreation- Each night is a theme night. Campers will sing songs, play games, learn line dances and compete against cabins. Capture the flag, glowing games, and a swim party are a few of the fun things that await.

Games— Sand Volleyball is available to campers as well as a variety of box games for cabins to check out.

Swimming- Splish, Splash and fun in the sun. Camp wouldn't be the same without swim time! Wet and wild!

The Inflatables- The inflatables are a series of giant blow-up climbing mounds in the lake. Campers will get to climb and jump off these fun "mountains." A lifeguard is on duty and everyone wears a life jacket.

Camp Shirts- Campers will receive a t-shirt as a take home souvenir.

Camp Crafts— Campers will get to make a variety of camp crafts to bring home.

Campfires- Each evening we end the day with a campfire ceremony to reflect on our days experiences. Campfires are led by camp counselors.

Outdoor Workshops— Campers will get to experience fishing, canoeing, and caving at camp

Electric Cooperative Workshop-The Electric Cooperative will be here to teach youth about circuitry and conserving electricity. Each camper will make a special electric project to take home!

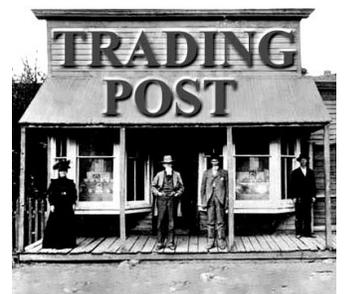
4-H Assemblies— What's 4-H all about? Flag Ceremonies, announcements, recognition of clean cabin awards and character counts events highlight assembly times.

Closing Ceremony- 4-H camp provides a closing ceremony to sum up the camp experience. At residential camp campers relive the week by watching a PowerPoint slide show. Counselor awards are given. Parents are invited to attend. See camp schedule for times.

Welcome to
4-H Camp!



Website information
extension.missouri.edu/laclede/



Spring Valley
Area

