

Camp Amy Molson Parent Handbook

2011

Junior Boys taking it easy during Cabin Choice



“There should be a special place for all to shine with hearts as warm and loving as yours. I am truly grateful for your kindness and thoughtfulness. Thank you for being there for my children and I. More than you’ll ever realize” (Parent Testimonial).

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Camp Site Address:

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Please keep this handbook until your child returns from Camp!

Pre-Camp Paperwork:

It is very important that you complete all the necessary forms included in your package and return them promptly to the office with registration fee and photo.

PARENT SURVEY

A survey is easily accessible on line at campmymolson.com. We are interested in hearing about the quality of you child's experience. This may give us valuable information to help us make necessary adjustments. Please take the short time to fill in this survey on line and transmit it back to us. We would greatly appreciate it! Your name will then be entered into a draw for a free session at camp for the following summer.

Fees and Refund Policy

Registration fee is \$30.00 per child and must be accompanied by the forms to reserve your child's spot. The registration fee is non-refundable. All camp fees must be paid by **May 2nd, 2011**. If your fees are not received by this date, your child's spot will be cancelled. Payments can be made by money order or certified cheque. If you register after May 2nd, fees are due immediately. In the event that the camper leaves the camp on account of serious illness, a pro rata refund will be made. In the event the camper is dismissed by the camp directors for misconduct, the camp fees will NOT be refunded. Refunds will be issued in September following camp, when two weeks notice for cancellation is received OR when a medical certificate is received.

Medicare Card

To ensure that your child has the best experience at camp, we require that the child undergo a medical examination prior to their arrival at camp. Although the Medicare Card # is required on the registration form, we will still need to have the actual card at camp during the session. If you are driving your child to camp, you will need to give the Medicare card to the First Aid Technician at camp.

Cancellations

Cancellations must be made two weeks before the session begins. If we do not receive the cancellation by that time, no refund will be issued. If the cancellation is due to illness, a medical certificate must be presented to receive a refund. Refunds will ONLY be made in September.

Medication

Medicare cards, medication and the health forms are kept in the health center at all times while your child is at camp. If your child is on medication, or requires an EpiPen for severe allergies, please give the medication and/or EpiPen to the check-in person at the buses. Make sure that you send enough medication for your child's entire stay at camp. If your child takes medication to help with concentration or attention during the school year, it is necessary that your child continue taking these medications while at camp.

Our program is structured and tends to follow the routine of a school day. It is also important to notify the camp in writing if your child has any changes in his/her medical condition between the time you send the medical information form and the opening day of the camp session. Should your child get sick at camp and require medication, it is the responsibility of the parent/guardian to reimburse the camp.

"Nobody changes at summer camp. They merely find out who they are and become it more."

Happy Campers (2001) – Wichita (Brad Renfro)



Camp Life

Your child will be living in a cabin with 5 - 7 other children. There will be a counsellor in charge of the cabin and a counsellor in training assigned to each cabin. The bell rings promptly at 7:30 am. The children get ready for the day and then meet at the bell for morning singsongs. A hearty breakfast is served to everyone. After breakfast, the campers return to their cabins for "cabin-cleanup." Then the day is underway, filled with activities such as: swimming, boating, arts & crafts, sports, music, reading, nature lore, archery, and pottery. After lunch, there is a rest period where the children are out of the sun, restoring their energy level for the afternoon activities. After dinner, there is an all-camp "Free Play", where the entire camp plays in the playground. During the day, there is a free play for the junior campers and one for the senior campers. The day ends with an "evening program", which is a series of skits performed by each cabin, or the staff. Campers are all tucked into bed between 8:00 - 8:30 pm. (with the exception of our LIT Program who will have a night time activity). All Campers are expected to abide by three camp rules: respect, cooperation and safety. Disregard of these rules could result in your child being sent home

Preparing for Camp/Home Loneliness



In general, if your child is new to Camp Amy Molson, he or she may experience excitement, anticipation, fear, and nervousness prior to leaving for camp. All emotions are a normal aspect of being exposed to something new and different. Please reinforce the positive aspect of going to camp and reassure your child that he or she will have a great time. It is not

unusual for a new camper to experience "home-loneliness." Most children tend to overcome this early in their camp experience. Please avoid telling your child that he or she can easily come home if they are not enjoying camp, as this can prevent your child from adjusting to camp life.

Home-loneliness Prevention Tips

Fortunately, home-loneliness can be prevented. It starts at home, well before your child leaves for camp.

1. Encourage and practice time away from home (sleepovers at friends or family homes).
2. Provide detailed information about camp (pictures, visit our website, come to family day, and talk to previous parents about camp).
3. Shop and pack for camp together.
4. Provide reassurance to your child that you will miss them: however they will have a great two weeks of fun and make lots of new friends.
5. Encourage open discussions with your child about their worries and continue to reassure them.
6. Pack extra stamps and envelopes for your child to write to family and friends or encourage your child to bring a diary/journal to write about their camp experience and then they can share it with you at home.
7. Call the camp office for any other inquiries.

Camp Policy: Parents will be called if a child is experiencing chronic home-loneliness, in order for us to work together to help your child's positive integration into camp life.

Bedding & Laundry:

Your child's laundry will be done twice during the session. For this reason all clothes must be labeled! Don't pack "good" clothes for camp. The laundry is not sorted when washed, all whites and colors are mixed in together. Remember, whatever you pack, your child is responsible for bringing it back! Blankets can be provided, however, we highly recommend that campers bring their own sleeping bags.



Clothing List:

The camp does not assume responsibility for lost, soiled or damaged items. All clothing and sleeping bags should be CLEARLY LABELED with the child's full name. Many children find comfort in bringing along their favorite teddy bear or stuffed animal; again please make sure that the items are labeled. Your child may want to capture his or her camping experience on film, feel free to send him or her with a disposable camera, clearly labeled.

The following is a list of the minimum articles your child will need to bring to camp:

7 pairs underwear	bathing suit
7 pairs sock	2 pair's sturdy shoes*
2 pairs pajamas	2 face cloths
5 T-shirts	2 towels
5 pairs shorts	toothbrush & tooth paste
3 pairs pants/ sweatpants	sunscreen lotion
2 sweatshirts	shampoo
1 warm jacket	brush and/or comb
1 hooded rain coat	insect repellent
Rain boots	soap
Sun hat	stamps/envelopes
sleeping bag	pillow

Note: Only send your child with enough toiletries to last the session. Most of the time, the child will not return with them. You can find travel size toiletries in drug store or dollar store.

Please do not bring valuable items to camp: Camp Amy Molson provides an opportunity for our campers to enjoy the outdoors and benefit from a technology free environment. Therefore, it is not recommended that campers bring electronics such as PSPs, IPODS, portable DVD players, cell phones, etc. Camp Amy Molson is not responsible for lost or stolen goods.

I feel safe. The cost is affordable.
Great counsellors very helpful. I
cannot find a negative thing to say.

D.A. (Parent)



MAIL/PEANUT SAFE CARE PACKAGES

Mail is delivered on week days. Please remember that we are located in a small town, therefore mail service tends to be slow. The mail is distributed to the children at lunchtime. We like to encourage all parents to send their child at least one letter for the session. Peanut safe care packages are always exciting for your child. Clearly label the package with your child's name. Please understand that your child will be asked to share the contents with his or her mates. There are no more than eight children in a cabin. Things to include in a care package: candies, chips, nutritional snacks such as granola bars, trail mix, stickers, markers, coloring books, crayons, comic books, etc. The address is on the front of this handbook. In addition, your child will write a postcard home once throughout the session.

TELEPHONE

In general, campers are not permitted to use the telephone. If your child is having a difficult time adjusting to camp life, you will be notified. Your child may want to talk to you. If you are concerned about your child, call the camp and someone will gladly answer your questions. Please understand that we are all busy caring for all the campers, so we may not be able to return your call immediately. Be patient and leave a message on the answering machine and we will get back to you as soon as possible.

VISITORS/VISITING DAY

Visiting your child at camp is not recommended for a number of reasons. As you can appreciate, we are responsible for ensuring the safety of your child and as a result, camp enforces a strict intruder/visitor policy. As well, your child may have just gotten over being home-lonely and your visit may not be the best thing. Also, think of the campers whose parents cannot come to visit.... for these reasons we do not recommend visiting camp. There will be a "Family Day" at the camp for all parents and campers on Sunday, June 5th of which you will be notified by mail. Your child will become familiar with the site and adapting to camp life will be one step easier.

Transportation to and from Camp



We encourage campers to travel to and from camp on the buses provided. All buses leave and arrive at the Westmount High School parking lot. Buses leave promptly at 2:00 pm and return between 12:00 - 12:30 pm. If you are driving your child to camp, have your child there for 3:30 - 4:00 pm. If you are picking up your child, notify the camp office at least 2 days prior to departure and be at the camp by 9:30 am on leaving day. If you have to change your child's transportation plans either before or during the camp session, please inform the camp immediately so that we can make the appropriate arrangements. A map to the camp is attached to this handbook.



HEAD LICE

Having head lice is a common childhood condition that can affect virtually anyone and is highly contagious. Due to the rise of resistant head lice (lice that cannot be treated with Nix or R&C Shampoo), Camp Amy Molson will not accept children with head lice at camp. This is to reduce the likelihood that resistant head lice will be passed on to other campers and to staff. Your child will be checked for lice at the buses on departure and will not be accepted at camp until they are free of both lice and eggs. If you have difficulty identifying head lice, or would like further information, please call your C.S.S.S.

Camp Amy Molson

2011 Session Dates:

1st Session – Thurs. June 30th – Thurs. July 14th

2nd Session – Mon. July 18th – Mon. August 1st

3rd Session – Thurs. August 4th – Thurs. August 18th

Drop-off and Pick-Up
location is:

Westmount High School
4350 Ste. Catherine St. W
Montreal, QC

Check - in time starts at 1:00 pm
Departure time: 2:00 pm.

BUSES DO NOT WAIT FOR ANYONE!

Returning From Camp:
Buses will arrive in Montreal at 12:00 noon

MAP TO CAMP AMY MOLSON from Montreal

Approximately 100km from the Sherbrooke St. W. Office

- 1- 40 West (Ottawa exit Hwy #417)
- 2- Exit 9 "Hawkesbury-Rockland" (Hwy #17) (in Ontario)
- 3- Take Hawkesbury-Vankleek Hill exit (Hwy #34) turn right
- 4- Follow until the end
- 5- Turn left, cross the bridge (Ottawa River) to Grenville
- 6- Continue straight to Hwy #148
- 7- Take the country road straight in front of you for 7,5 km

(An alternative route would be to take Cameron or Tupper Rd, off of Hwy #17, to Main St, turn left until you see the church on your left, turn right at the light, cross the bridge, continue from #5 directions above.)

The road is very hilly and there are a number of turns and curves.
The camp is on your left.

