



2007 Parent/Guardian package

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Welcome to Camp Marshes and Moccasins!

Dear Parents/Guardians & Campers,

Welcome to Camp Marshes and Moccasins. My name is Adam!!!!

I am looking forward to another fun and exciting summer full adventure, excitement and creativity. This is my fourth summer with Marshes and Moccasins and I am thrilled to introduce new and fun camp ideas! Returning with me are some of the camp counsellors from last summer and one new counsellor. This year's theme is Nurturing Nature's Gifts. Through camp songs, the Marsh Olympics, the overnight Campfire Program we hope to instil and create in our campers, positive and vivid memories for years to come.

All campers are required to wear their Camp Marshes and Moccasins shirt to camp every day. All campers will receive a Camp Marshes and Moccasins T-shirt when register for a week at camp. If attending on a daily basis, a T-shirt must be purchased at an additional one-time cost of \$10.00 so they will be easily recognizable to staff. They will be given out on the first day your child attends camp. This is necessary to insure the well-being and safety of your child.

My energetic and caring staff and I are very eager to meet all campers and create a fun and safe environment for your child. Again, I am looking forward to another successful and exiting year.

Please read over *all* the information in this package. It contains important information and forms that will ensure your child's experience with camp is a fun, rewarding and safe one.

If you have any questions, concerns or comments please do not hesitate to contact me at Wye Marsh:

ADAM ZITA

Phone: (705) 526-7809

Fax: (705) 526-3294

Web: www.wyemarsh.com

Email: camp@wyemarsh.com

Mail: Wye Marsh Wildlife Centre

P.O Box 100

Midland, ON

L4R 4K6



Thank you for choosing Camp Marshes and Moccasins. We hope you have a great camp experience!

See you soon!!!! 😊

Frequently Asked Questions

1. What time does camp start?

Camp starts at 9:00 am and ends at 4:00 pm. You should drop your child off and pick them up at these times. If you have registered for early and/or late care, children can be dropped off no earlier than 8:15 am and picked up no later than 5:15 pm.

2. What is the arrival procedure?

Children and parents should come to the camp office (Cabin 2) upon arrival each day. This is located to the left of the main building behind the picnic shelter. For your child's safety children must be signed in and out each day with a signature from a pre-approved guardian. Be sure to bring your child in with you so that we know he/she has arrived safely. Please allow extra time for sign-in on the first day of camp as there may be some extra forms to fill out.

3. What if someone else needs to pick up my child?

There is space on the camp registration form to fill in multiple people as authorised to pick up your child from camp. Please ensure this area is filled in if needed. There will be a space on the morning sign-in sheet to indicate if someone else is picking up your child in the afternoon. It is vital that you fill this in if needed.

Important facts and what you need to know

- Camp Marshes and Moccasins is a **peanut-free** camp
For the safety of campers who have a peanut allergy, Camp Marshes and Moccasins is striving to be Peanut-free. We ask that you do not send peanut butter sandwiches/snacks or products containing peanuts with the camper.
- Health and Safety policy indicates that counselors **cannot** apply Sunscreen to your child.
Please ensure you apply sunscreen to your child before leaving home. Also make sure you teach your child how to apply sunscreen. Our counselors will make every effort to remind your child to apply sunscreen, but teaching your child about sun safety is the best protection.
- Camp Marshes and Moccasins is mostly an **outdoor** camp.
Please ensure your child comes prepared with appropriate clothing and footwear to hike rustic trails. Sandals and flip-flops are not appropriate, neither is expensive clothing. Please see "What to bring to camp" for more details.
- Camp Marshes and Moccasins recognizes **Sabrina's Law**
Anaphylaxis is a growing concern among schools and camps. If your child carries an EPI pen for their allergy they **MUST** carry it with them everywhere they go. Please be sure your child has a carrying pouch or case for their pen and please make the Director and all counselors aware. Please ensure that your child knows how to administer their EPI pen.

What to bring to camp

Please be sure to write your child's name on all their items.

- ✓ Hat with a wide brim
- ✓ SUNSCREEN - Apply sunscreen before leaving home. Please also bring extra. See Sun safety page for more information
- ✓ Water in a plastic bottle
- ✓ Raingear
- ✓ Change of clothes - just in case

- ✓ Bathing suit and towel - for water programs
- ✓ Wear Sturdy running shoes
- ✓ Any necessary medication - please include details on information form and speak with the Camp Director upon arrival
- ✓ Insect repellent - if desired
- ✓ Garbage-free lunch - Lunches will not be refrigerated. See lunch and food safety page for more information

Please DO NOT bring to camp

- ✓ Money
- ✓ Walkmans, Discmans or portable game players
- ✓ Radios
- ✓ Valuables
- ✓ Knives or other sharp objects

Camp Marshes and Moccasins would like your recycled materials!



Reduce, Reuse, Recycle



Please bring in your clean recyclables and we will use them for exciting **arts and crafts** projects. Some of the things we use are:

- Clean yogurt containers and plastic containers
- Yarn/string
- Paper towel rolls
- Glossy magazines
- Anything else you think we can use

Sun Safety

Be sure to apply sunscreen daily (at least SPF 15) before coming to camp. Please pack sunscreen for your child so they can reapply it during the day.

Sun tips:

- Teach your child to reapply their own sunscreen
- Remember your child can get a sunburn even on cloudy days, apply sunscreen every day
- Be sure to send lots of **drinks** (juice or water) with your child to drink throughout the day. A refillable plastic bottle is best. This is especially important on very hot, humid days
- A wide brim hat and sunglasses can also protect your child from the sun and are a good idea even on cloudier days

Lunch and food Safety

Camp Marshes and Moccasins is a peanut-free camp. Please make sure your child's lunch has no traces of peanuts for the safety of other campers. This includes items with traces of peanuts and items made with peanut oil.

Food tips:

- Be sure to put the camper's name on his/her lunch
- Do not pack food that must be refrigerated. If needed, use a frozen juice box (frozen yogurt does the trick too!), or an icepack and pack the lunch in an insulated bag
- Pack your child's lunch in reusable containers and avoid using plastic cutlery. Our goal is to have as little waste as possible. We also have recycling and composting bins at camp.

Ideas for healthy snacks and lunches:

Snacks

- Fruit: apples, oranges, peaches, bananas ...
- Cheese and crackers
- Fresh veggies and dip
- Yogurt
- Raisins
- Apple sauce
- Muffins and baked goods
- Dry cereal - remember no peanuts
- Popcorn

Lunches

- Cold cut sandwiches: Ham and Cheese, Turkey, Bologna, Tuna, Salmon, Roast beef, Chicken ...
- Wraps
- Bagels and cream cheese
- Subs
- Soup, Chilli, Stew, Spaghetti, Macaroni and Cheese ... in a thermos
- Cold pizza
- Lettuce, cheese and tomato

Optional SUBWAY Lunch

Every Friday Camp Marshes and Moccasins will be having an optional SUBWAY lunch. This will save you from having to send an extra lunch on the day of the overnight. For only \$3.00 each participating camper will be provided with a 6-inch sub sandwich and a chocolate chip cookie from SUBWAY.

Options:

1. 6-inch Cold Cut Trio: Ham, bologna, salami, lettuce, tomato and cheese
2. 6-inch Ham: Ham, lettuce, tomato and cheese
3. 6-inch Veggie: Lettuce, tomato, pickles, green peppers, onion and cheese

Please remember to send drinks and snacks with the camper as usual!

If you are interested in this lunch option for Friday, please arrange your order with Adam, the Camp Director, as early as the first day of camp along with \$3.00 for each order no later than Thursday morning.

Thursday Overnight program

Camp Marshes and Moccasins is offering an optional overnight stay again this summer for your child. The overnight program will start at 7:30pm, after the potluck dinner. If you and/or your child are participating in the overnight and the potluck dinner, please arrive at 6:00 (please see next page for more information). The tents will be set up behind the Wye Marsh cabins with supervised access to indoor washrooms.

The following are important steps to follow. Also included is a list of important equipment that your child should bring if he/she is participating in the Thursday overnight.

Not participating in the overnight:

1. Please drop off and pick up your child as usual if they are not participating in the overnight.

Participating in the overnight:

1. Fill out the permission form and return to the Camp Director by Tuesday morning. **(form is located on page 9)**
2. All campers are to be dropped off by their parents/guardians at the Wye Marsh by 9:00 a.m. on Thursday morning **and either picked up or they may stay until the 6:00pm Pot luck**
3. The overnight program will start at 7:30pm, after the potluck dinner. If you and your child are participating the overnight and the potluck dinner, please arrive at 6:00 (please see next page for more information). **Please send two lunches with your child on Thursday.** The one to be eaten on Thursday **will NOT** be refrigerated. The lunch for Friday **will** be refrigerated; please pack this separately in a lunch bag with your child's name on it. Please do not pack the Friday lunch in a cooler or large lunch pack, as there is limited space in the fridge. Breakfast will be provided on Friday morning. A Friday lunch is not required if you are participating in the Friday **SUBWAY** lunch option. Remember to include 2 sets of drinks and snacks for your child regardless of whether they are participating in the SUBWAY lunch option.
4. All children must observe the Camper Expectations and Behaviour Policy. **Parents will be contacted at any time during the overnight for behaviour problems or for homesickness.**
5. Please pick up your child at the Wye Marsh as usual on Friday afternoon.

Please pack wisely; use this checklist so as not to forget anything:

- | | |
|---|---|
| <input type="checkbox"/> Heavy pants | <input type="checkbox"/> Pyjamas |
| <input type="checkbox"/> Hat with a brim | <input type="checkbox"/> "Bedtime buddy" |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Extra socks | <input type="checkbox"/> Sleeping bag and pillow |
| <input type="checkbox"/> Sweater | <input type="checkbox"/> Foam Pad (We do have some if needed) |
| <input type="checkbox"/> Raingear | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Toothpaste and toothbrush |
| <input type="checkbox"/> T-shirt | <input type="checkbox"/> Hair brush |
| <input type="checkbox"/> Bug Repellent | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Sunscreen (SPF 30) | <input type="checkbox"/> Towel |

Sojourn of Barrie has generously donated tents

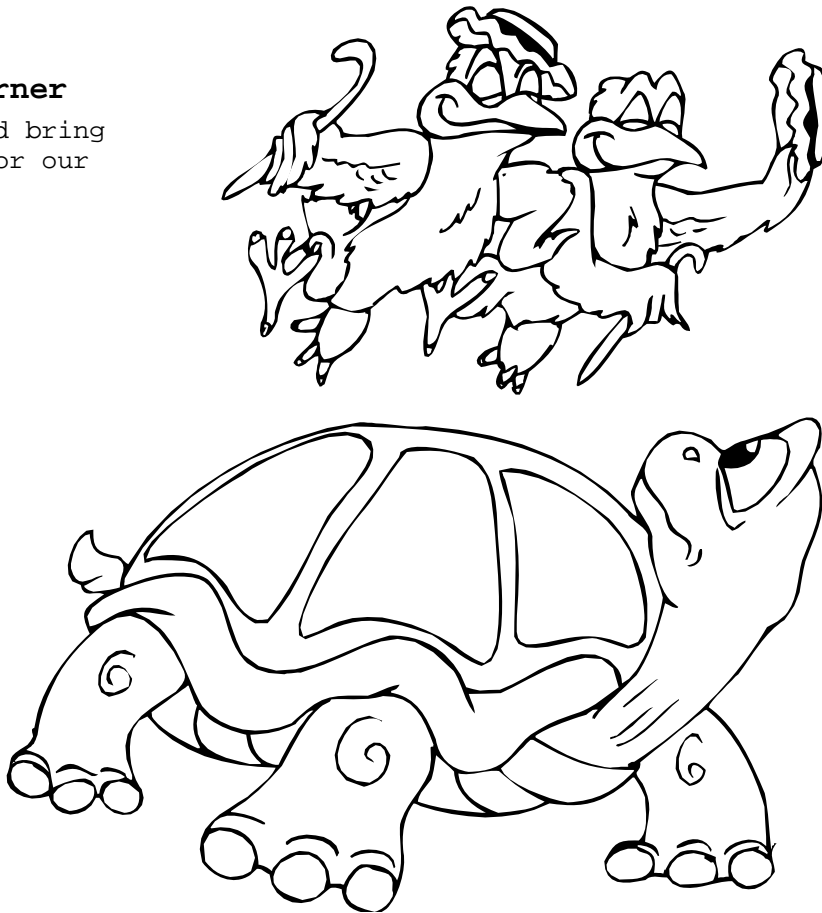
You're invited to the Family Potluck Picnic Dinner!

- **When:** Thursday evening of the week your child is registered at 6:00pm
- **What:** Camp Marshes and Moccasins Family Potluck Picnic Dinner
- **Who:** Campers and Parents/guardians are invited. Day camp staff will be there too!
- **Why:** This is a time to share a meal together, and meet new friends. You will get to meet your child's friends from camp as well as their counsellors
- **What to bring:** Please bring a dish for everyone to enjoy. Remember this is a **peanut-free** camp, so be sure your dish does not contain traces of peanuts including peanut oil. **Please bring your own cutlery, plates, drinks and napkins.** Camp M&M will not be supplying any of the aforementioned items

There will be a form to fill out at morning sign-in to indicate whether you decide to participate in the potluck dinner.

Kids Corner

Colour me and bring me to camp for our art gallery!



Information Form

Please fill out the following information and give it to the Camp Director on the first day of camp.

Canoeing

All Camp staff are certified by the Ontario Recreational Canoeing Association (ORCA). No camper or staff member is allowed on the dock or in a canoe without a certified personal floatation device (PFD).

I give permission for _____ to participate in canoe activities at Camp Marshes and Moccasins this summer with a trained staff member.

Parent/Guardian Signature

Date

Camp Marshes and Moccasins Overnight Permission Form – OPTIONAL

This form must be given to the Camp Director, Adam Zita, by the Tuesday before the overnight.

I, _____, understand the information outlined on page 6 of the
Parent/Guardian Name

Parent/Guardian package and give my child(ren) _____
Child(ren)'s Name

permission to stay overnight at the Wye Marsh Wildlife Centre on the night of Thursday
_____, 2006.
Month Day

Signature of parent or guardian

Date

Health Watch

To the best of my knowledge _____, a camper at Camp Marshes and Moccasins during the week(s) of _____ is neither suffering from nor has been in contact with a communicable disease within the past three weeks.

Parent/Guardian Signature

Date

Any additional information you think we should know:
