

A BRIEF OUTLINE OF THE DAILY SCHEDULE

WAKE UP AT 7:30 AM - A horn will sound and each counselor must see that their campers are at breakfast at 8:30 AM.

BREAKFAST - Counselors and other helpers must sit among the campers and see that the food is eaten and not thrown, etc. Also, at this time announcements will be made for that day. After breakfast, Counselors will help with cabin clean-up. Teachers may use this time to set up for their Bible classes.

CABIN CLEAN-UP - Assigned Counselors should oversee (not do) cabin clean-up. Campers return to cabins for clean-up; making beds, picking up clothes, etc. The clean-up will be judged daily by the camp directors.

BIBLE CLASS - This is an hour long class, with a Bible lesson and a daily verse to memorize. We trust this time will lead boys and girls to come to know Jesus Christ as their Saviour. Those who are saved will be encouraged to walk with Christ daily.

RECREATION - This hour will consist of a team sport. Teaching the campers to have fun and be good sports is important. The teams will be made up of both boys and girls of all ages.

BIBLE LESSON TIME - All campers are together at this time. The memory verse of that day will be practiced together, and songs and choruses will be sung.

LUNCH - Counselors will sit among the campers. After lunch see that your table is cleared. Mail will be given out at this time as well as the points for cabin clean-up for that day. Any additional announcements for the day will be given also.

QUIET TIME - ALL campers will be required to report to their cabin and lie down on their bunks during early afternoon. There will be a counselor assigned to each cabin to enforce the quiet time. No talking will be permitted, but you may read a book, work on verse memorization, or take a nap.

ACTIVITY PERIOD - This period will run from 1:30 PM to 3:20 PM and will consist of three groups, rotating every hour to crafts, swimming, and nature class (or other).

SUPERVISED FREE TIME - This will be a period of time when the campers will be free to play, or work on their crafts, but activities will be under supervision. If there is no counselor available for a particular activity, that area will be off limits to the campers.

SUPPER - The rules are the same as the other meals regarding behavior and cleaning up your table.

CAMPFIRE - This is a time when the whole group gathers around a campfire to sing choruses, hear stories, and campers or Counselors can do skits if they wish. It is a time of fun and fellowship.

LIGHTS OUT - Each cabin will have a bunk counselor and he/she will have a short time of devotions with their campers just before bedtime. After the first night or two, the campers are ready for the lights to be out!

MISCELLANEOUS INFORMATION

There will be prizes at the end of the week based on memory verses and cabin clean up, etc. Your child will need NO MONEY during the week.

CAMP PICTURE – A CAMP PICTURE will be taken with their camp shirts as they say their camp verse.

There will be a get-together for all campers, their parents, grandparents, friends, and counselors Sunday, August 7th at 6:45 PM to see the camp video or slide show and a “Mini-Musical”.

CAMP DATES: AUGUST 1 thru 6

ARRIVE AT CAMP: August 1 at 10:30 AM
Bus will leave church at 9:15 AM

DEPART CAMP: Must be picked up August 6 at 10:00 AM
Bus will return to church about 10:45 AM

CAMP GRADES: All girls and boys who have completed grades 3 thru 12

ADDRESS FOR MAIL TO YOUR CHILD:

Child's Name
C/O Harris
121 Wood Duck Lane
Duncansville, PA 16635

** The campers love receiving mail. It might be wise to send some before camp starts so they will receive it the first part of the week. Please don't send any after Wednesday, August 3, because they may not get it before they leave for home on Saturday, August 6.

RULES AND REGULATIONS

The following are a list of rules and regulations which will be enforced at all times during the week at camp. Any violations of these rules will be followed with the necessary discipline by the directors.

- *No candy, soda, or food may be brought to camp by the campers because of ants, bears, mice, etc., which would be attracted to the cabins. **(Bags will be checked)**
- * No Cell Phones – there is no reception. They will be collected and given back at the end of camp so that they don't get stolen.
- *No Radios, boom boxes, tapes, Ipod's, electronic games, laser pointers, CD players, knives, computers, tablets, or headphones of any type are allowed.
- *No Money will be needed.
- ***No fireworks, scribs, potatoe guns, flammables or explosives, weapons of any kind, or firearms of any kind.**
- *No Swearing or bad language will be allowed.
- *No Arguing or disobeying of Counselors, park officials, or any helpers will be tolerated.
- *No Boys or Girls are allowed in opposite cabins or cabin areas at any time for any reason.
- *No Fighting with anyone will be tolerated.
- *No Jumping line at mealtime or during activities.
- ***Dress Code:** Girls and Ladies may wear slacks, shorts or jeans. **NOT Approved:** Low Neckline (front or back), Halter Tops, Bare Midriff Shirts, Tight Fitting Pants, Yoga or Spandex Pants, Short Shorts, Cut-Offs or Spandex/Lycra Shorts. Swim suits are to be worn only for swimming. Girls must wear a **modest one** piece. A shirt must be worn over bathing suits to and from pool area. No Speedo style suits may be worn by either girls or boys. Boys must wear a shirt at all times.
- *Footwear must be worn at all times.
- *Each Camper will be required to shower daily.
- *Quiet time must be followed. (see schedule description page)
- *Trips to the bathroom at night should be by twos **ONLY**. Do not go alone! Wake up a friend or counselor.
- *All Instructions given by a counselor, the lifeguard, the nurse, or a park official **MUST** be followed at all times.
- ***IN AN EXTREME CASE OF RULE VIOLATIONS AND/OR DISCIPLINE PROBLEMS, A CHILD COULD BE SENT HOME.**

MEDICAL INFORMATION

Camp telephone number (814) 239-2825 - **“EMERGENCY ONLY”**

Blue Knob State Park Office (814) 276-3576 - **“EMERGENCY ONLY”**

In the event that medical attention is needed, arrangements have been made with the nearest doctors to the camp: Nason Physician Group. Their number is:
(814) 239-2211

In case the doctor is not in, call Nason Hospital: (814) 224-2141

OTHER EMERGENCY NUMBERS

(814) 942-2131 Church Office

Be sure to bring any special medical information about your child to the registration table so we can have it in our files.

THINGS NEEDED FOR CAMP

1. Each camper will be responsible for his/her own bedding. The bunks have **NO** mattresses or foam. If you want your child to have a mattress or foam, feel free to bring one. A sleeping bag and a pillow are ideal. You may also bring coathangers to hang clothing.
2. Each camper is responsible for his/her own personal items: towels, washcloths, soap, toothbrush, toothpaste, shampoo, flip-flops, etc.
3. Clothing: (Please refer to Rules & Regulations)
 - A. Each camper should have a change of clothes for each day.
 - B. Shorts, jeans, T-shirts, and sweatshirts are appropriate for most activities. Please see Rules and Regulations page with Dress Code.
 - C. Swimsuit (modest 1 piece for girls & NO speedo style for boys OR girls) and beach towel. Please see Rules and Regulations page with Dress Code.
 - D. Shoes - a pair of comfortable broken-in tennis shoes should do for most activities (It wouldn't hurt to bring an extra pair if possible). Dress shoes are not needed.
 - E. A warm jacket for cool evenings and a raincoat or windbreaker would be advisable.
4. Miscellaneous:
 - A. A flashlight is necessary to go to the bathroom, and to see in and around the cabins at night. (An extra set of batteries might be wise)
 - B. All medications must be given to the nurse for safe keeping and proper administration.
 - C. We would appreciate it if each camper could bring a dozen of Mother's best cookies for treats during the week.
 - D. Bibles are necessary for the Bible classes. If you do not have one, please tell the directors and one will be provided for you.
 - E. Bug spray and suntan lotion should be brought by each camper.
 - F. If your child enjoys reading, he/she may want to bring a book to read during quiet time.

**** PLEASE LABEL EVERYTHING WITH THE CHILD'S NAME ****

Daily Schedule

7:30 am	Wake-Up and showers
8:25 am	Flag Rising
8:30 am	Breakfast
9:15 am	Cabin Clean-up
9:30 am	Bible Study Hour
10:30 am	Morning Activity Period
11:30 am	Get Ready for Lunch
11:45 pm	Lunch
12:30 pm	Lesson Time (Grade 3, 4, 5, 6) AND (Grades 6 & Up)
1:30 pm	1 st Afternoon Activity Period
2:25 pm	2 nd Afternoon Activity Period
3:20 pm	Quiet/Memory Verse Time (all)
4:20 pm	Supervised Free Time (all) & Counselor Meeting
5:20 pm	Flag Lowering
5:30 pm	Supper
6:15 pm	(or earlier depending on Supper) Recreation Time (all)
6:50 pm	Clean up for Chapel (all)
7:00 pm	Chapel
8:15 pm	Snack
8:30 pm	Campfire and Devotions
9:45 pm	Get Ready for Bed
10:00 pm	Cabin Devotions
10:30 pm	Lights Out - Quiet and Sleep

HOMESICKNESS

Even though visiting your son/daughter might seem like a good thing many times it triggers Homesickness. It also affects other children whose parents did not visit. We strongly encourage you not to visit because of this, but please write letters to your son/daughter encouraging them to have fun and learn lots of things at Grace Kid's Camp.

Many campers away from home for the first time are homesick for a short period of time. It is not uncommon for children to experience homesickness while attending camp. For those who do, the sickness is real.

There are steps you, as a parent, can take to help your child be ready for a camp experience.

Parent support and preparation can minimize the chance of homesickness.

- Discuss the selection of a camp with your child
- Point out some of the exciting activities that lie ahead
- Emphasize that your child is "going" to camp rather than "being sent" to camp
- Avoid statements like, "I'm going to miss you," which may make a child feel guilty about going to camp. Use comments like, "I know you're going to have a great time," "I'm so proud of you."

If this is your child's first time away from home, homesickness may occur. Speak of it as a natural experience and help your child understand that it usually passes quickly. Don't dwell on it. Don't speak of it as though you expect them to become homesick. A parent confident in their child will inspire their child to be confident in themselves. You can prepare your child for being away at camp by letting the child spend a weekend away with relatives or friends. Children who are accustomed to spending time away from home are less likely to experience homesickness. If your child has difficulty spending a night away from home, they may not be emotionally ready for overnight camp.

You can be an encouragement to your child during the week

- Write letters to your child at camp. Kids love mail.

What will the camp do if my child gets homesick?

There are different approaches that will work with different campers. Because most homesickness occurs on one of the first 2 days, we will encourage the campers to focus on activities that may be coming up later in the week. The anticipation of the waterslide, paintball, swimming, archery is sometimes enough to help a camper through the first day of camp.

Other campers respond well to a visit from one of the program staff or the camp nurse. When the campers engage in conversation, telling about their pets from home or sharing about all the reasons they love their family, they often jump right back into the camp activities. It is such a joy for the staff to see campers who have experienced some homesickness on Monday, not wanting to leave at the end of the week.

If we don't see any improvement in the situation either the Camp Director or Nurse will call the parents and inform them of the situation. The camp staff are aware that if the problem is mishandled and the child goes home it can be very difficult for the child to ever try camp again. We will work with the parents and do our best to make sure the child has a great camp experience.