

# Highlands Day Camp

## Information Kit – Summer 2010

### First Time at Camp?

Please feel free to call and arrange an appointment to come and visit us here at the Highlands before your child's first day of camp. We will be happy to show you around, as well as answer any of your questions, and show you our staff manual.

### During Camp

#### Check That You Have...

1. Directions to Highlands Nordic.
2. Labelled your child's clothing.
3. Encouraged your child to eat a healthy breakfast and drink lots before each day of camp.

### What Your Child Should Bring to Camp

- |                  |  |
|------------------|--|
| 1. Knapsack      | 10. Plastic bag for wet clothing                   |
| 2. Sweater       | 11. Extra snacks for big eaters                    |
| 3. Hat           | 12. Sunglasses                                     |
| 4. Rain Jacket   | 13. Water Bottle                                   |
| 5. Sunscreen     | 14. Running shoes or hikers (please avoid sandals) |
| 6. Bug Repellent | 15. Old footwear for land based water activities   |
| 7. Bathing Suit  | 16. Bike Helmet for scramble wall                  |
| 8. Towel         |  |
| 9. Extra socks   |  |

### A Typical Day at the Highlands Day Camp

#### Wilderness Adventure, Fun on the Farm, and Planet Spectacular Programs

Each morning, campers will participate in activities specific to the program they have been enrolled in – Wilderness Adventure, Fun on the Farm, or Planet Spectacular. During the afternoon, campers in these programs will come together to participate in common arts and crafts, on land water games, and whole camp activities. Please see below for a typical day:

8:30 to 9:00 Drop Off

9:00 – Warm-up Games

9:20 – Program Activities

10:30 – Snack

10:50 – Program Activities

12:00 – Lunch

12:30 – Quiet Group Games (let food digest)

1:00 – Arts and Crafts

1:50 – Land Based Water Activities

2:40 – Snack

3:00 – Outdoor Whole Camp Activities

4:00 to 4:30 Indoor Games and Home Time

\*The above schedule may vary slightly depending on the theme of the day, or specific activities within each program.

## **Rainy Days and Alternative Programs**

On very rainy or hot days, outside programs will proceed to indoor facilities where the children will participate in related program activities. Indoor programming will only take place when the children's safety is a concern.

## **Snacks and Lunches**

We provide two snacks and one hot lunch daily for your child. All meals are kid friendly and follow the Canadian Food Guide. A typical morning snack consists of fruit, crackers, water and juice. Lunches may be grilled cheese sandwiches, macaroni and cheese, spaghetti, sandwiches and soup etc. All lunches are served with milk, fruit or veggies, and a cookie or rice crispy square for dessert. Afternoon snack is a fun snack consisting of freezies, fruit, and juice.

If you have any questions about meals, or have a child with food allergies, please call our cafeteria manager Debbie here at the Highlands (705) 444 5017. All allergy information put into your child's registration form will be passed onto Debbie, however, to best meet your child's needs please speak with Debbie over the phone or in person.

## **Nut Sensitivity**

With the increasing number of children with nut allergies, we do our best to create a nut free environment. When sending extra snacks please check the ingredients. Please also note that we cannot guarantee a 100% nut free zone.

## **Please Note**

If a medical condition exists, we encourage you to outfit your child with a medic alert bracelet or necklace.

## **Life Threatening Allergies**

If your child has an anaphylaxis allergy, please send them to camp with two epipens.



**If you need any further information please phone or e-mail us!**  
**(705) 444 5017 or 1 800 263 5017 email: [skiinfo@highlandsnordic.ca](mailto:skiinfo@highlandsnordic.ca)**

## Who Are We?

Here at the Highlands Day Camp, our staff are experienced, enthusiastic, responsible, and love working with children.

### **Camp Director: Jenny Marlatt      Nickname “Rock”**

Jenny is a graduate of the University of Waterloo Recreation and Leisure Studies program, as well as a graduate of the outdoor recreation program at Seneca College. Jenny has enjoyed teaching children in the outdoors, and working in the camp environment for over 15 years. Jenny oversees the Highlands Camp and her favourite campfire song is “Eggs and Ham”.

### **Camp Cook: Debbie Skippen**

Owner of Rockside Bakery, Debbie has been manager of the Highlands Café and Highlands Camp Cook for over seven years. She provides healthy, kid friendly meals based on Canada’s Food Guide. Debbie is known for making the best cookies and rice crispy squares in all of Southern Ontario!

### **Camp Programmer: Anna V.      Nickname “Duckie”**

This is Anna’s third summer working with the Highlands Day Camps and we are excited to have her head up our new Fun on the Farm and Planet Spectacular programs! Anna is an outdoor and animal enthusiast. She grew up on a local farm taking care of livestock and is currently completing her degree in Biomedical Science at the University of Guelph.

### **Camp Programmer: Rob Bark      Nickname “Scorpion”**

Rob is a graduate of the University of Waterloo Science program. He is excited to continue his education at the University of Ottawa’s teachers college this coming Autumn. Rob has worked with children in an outdoor setting for over five years, included a winter co-op term here at Highlands Nordic. It is a pleasure to have Rob programming our Wilderness Adventure Camp this summer! His favourite camp activities are capture the flag, and the animal survival game.

### **Junior Leadership Programmer: Chanse Dionne      Nickname “Caribou”**

Chance has worked with the Highlands Outdoor Education centre for the last four winters teaching a variety of outdoor living, skills to youth of all ages, and travelling to Nunuvut in the summer to guide fishing trips. Chanse is a graduate of the the Georgian Bay Secondary School Outdoor Program, and is certified in Wilderness First Aid. Chanse’s favourite campfire dish is spaghetti with garlic bread.

### **Camp Counsellors**

Our Camp Counsellors are all older high school students or university students. All are fantastic at working with children, and have qualifications that enhance the camp environment.

### **Junior Helpers**

Our Junior Helpers are grade eight and nine students who enjoy the camp environment, helping campers, and learning from our Camp Counsellors. They provide enthusiasm and an extra set of hands to help with shoe laces, arts and crafts, and more.

