

SUMMER at Joseph P. Keefe
Technical School
DISCOVER
Parent Handbook

2023

W elcome to Summer Discover 2023! This is the original, much loved program experience for area youth in its 33rd summer season.

At Summer Discover we attempt to be everything for all kids: building, cooking, creating, designing, traditional sports; new and exciting recreation activities. Whatever it takes to send a child home happily exhausted each and every day, that's the goal of Summer Discover at Keefe Tech.

This parent handbook is designed to prepare and assist you with sending your child to Summer Discover. It contains helpful and pertinent information that will make camp a meaningful experience for your child as well as a valuable service to you. Please review this handbook with your child. If we can provide you with any additional information or be of any service to you throughout the summer, please do not hesitate to contact the camp office at 508-416-2387 or via email at summerdiscover@jpkefehs.org

HEALTH AND SAFETY

Safety: Two health care professionals are at camp during camp hours including a registered nurse. Our camp is equipped with four AEDs. Sneakers are mandatory for participation in all activities.

Ill Campers: All ill campers are brought to the health office where they are assessed by the nurse. To provide for the safety and health of all campers, we request that parents provide for pick-up as soon as possible if a camper has an elevated temperature, diarrhea or has vomited. An ill camper must be dismissed from the nurses office. If your child calls home first, please have them go to the nurses office.

Administering Medications: For the nurse to administer any over the counter medications, parents must sign our medication permission form. Prescription drugs must be accompanied by a doctor's order in a pharmacy labeled container. All prescribed medicines need to be delivered to the camp office prior to the start of camp by a parent/legal guardian. All medication is stored in the nurse's office in a locked cabinet. Refrigerated medication is kept in the health office refrigerator. All medication must be picked up by a parent/legal guardian at the end of each session.

What is Meningococcal Disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body.

Symptoms:

- Fever
- Rash
- Stiff neck or neck pain
- Severe and constant headaches
- Nausea
- Vomiting

Prevention:

- Wash hands
- Cover nose and mouth when coughing or sneezing
- Avoid sharing food, drinks, eating utensils
- Contact healthcare provider immediately if they have symptoms of meningitis

HEALTH AND SAFETY

Allergies: If your child has an allergy, food or environmental, it is essential that the camp nurse have all the medical details in writing. As required by the Framingham Board of Health, children with food allergies may participate in cooking careers with parental and doctors written permission.

Casts, Splints, Boot: Children with post-injuries or casts, splints, boot or any other medically approved device must provide a doctor's note clearing them for camp activities. The note must include the level of physical activity allowed including water play.

Physicals: If you have not uploaded your child's physical, you must do so prior to the first day of camp. According to Board of Health regulations, campers will not be able to attend if they do not have a current (within 18 months) physical on record.

Important notice from the nurse...

Protection from the Sun!

We encourage sun-safe behavior to reduce exposure to ultraviolet exposure from the sun. Best sun-safe practice; wide brim hats, long sleeve shirts, long pants, sunscreens with a solar protection factor of 25 or greater and lip balm.

We require your written permission to apply sunscreen of 25 SPF or greater to your child.

ATTENDANCE

Extended Day

We offer extended day in the morning and in the afternoon. Extended day in the morning starts at 7:30am and includes a continental breakfast in the café. The cost is \$10; \$5 for additional siblings. Extended day in the afternoon runs until 4:45pm and includes additional sports and recreation activities. The cost is \$20; \$10 for additional siblings. Drop off for the morning is at the Loring Arena side of the building. Pickup is at the Winter Street side of the building.

Drop off and Pick up

INTRO campers are dropped off at the Winter Street end (gym end) of the building no earlier than 8:15am. INTRO campers are picked up at the East Side Room end (Loring Arena end).

CORE campers are dropped off at the East Side Room end (Loring Arena end) of the building no earlier than 8:15am. CORE campers are picked up at the Winter Street end (gym end).

For families with both an INTRO and CORE camper, drop off both campers at the Winter Street end (gym end) and pick up both at the East Side Room end (Loring Arena end) of the building.

Dismissals

All early dismissals take place at the nurses office which is located at the main office entrance of the school. If you need to dismiss your child early, please fill out a dismissal form or email the camp office. Campers will not be allowed to leave camp early without written authorization by a parent or guardian. Camp ends at 3:30pm session 1 and at 3:00pm session 2. Parents/Guardians and those picking up should be aware that it is the expectation that all campers are picked up on time. We start dismissal about 12 minutes prior to these times in order to clear the parking lot which becomes very congested. Please do not feel that you have to pick up early but many get to camp prior to dismissal to get a good spot in line so they are not waiting in traffic. Please follow the traffic pattern when you arrive. Everyone is looking to exit quickly and we do our best to clear the lot in a safe way. Anyone who cannot get their child at the time of dismissal is welcome to take advantage of our extended day program but should make every effort to be on time.

Absences/Late Arrivals

Please notify the camp office at 508-416-2387, or email summerdiscover@jpkeefhs.org, if your child is going to be absent or late to camp. Children arriving after 9:00 am should be brought to the nurse's office for check-in.

EXPECTATIONS

Attire:

Please have your child dressed appropriately for camp. Please have children wear sneakers or closed toe shoes, as kids will be in shops and running on fields. Sandals or other open toe shoes are not recommended. Safety is a priority and proper footwear is a must!

Cell Phones:

It is our expectation that campers take advantage of the full camp experience and do their best to do it without their cell phone. In an ideal situation, phones are left at home, but we are realistic! Counselors will encourage campers to leave phones in backpacks or at home but we will not spend our summer dealing with phones. Feel free to use them during campers choice and lunch (if they have to) but please have your children keep them away during all other instruction time and during more structured activities. If your children need to contact you, we do have landlines in the building.

Group requests and changes:

Core campers will be given the opportunity to request a sports and rec group change in order to be with friends. Please allow us a day to make that change happen and we will accommodate all requests. This is not possible in our career choices as we can not overfill programs.



LUNCH MENU

Monday: Hamburger, Cheeseburger or Veggie Burger with Oven Fries

Tuesday: Taco Tuesday Beef or Chicken Choose Your Toppings

Wednesday: Baked Macaroni & Cheese with Side Caesar Salad

Thursday: Hamburger, Cheeseburger or Veggie Burger with Oven Fries

Friday: Pizza Day



ALL SERVED WITH FRUIT & VEGGIE BAR & CHOICE OF MILK

Daily Alternate Lunch Selections

- Chicken Caesar Salad
- Garden Salad
- Bagel, Yogurt & Fruit Plate
- PB & Jelly Uncrustable
- Grilled Cheese Sandwich





This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health

Camp Attendance Line:

508-416-2387

Website:

www.keefetech.org

Email:

Summerdiscover@jpkefeh.org

Mailing Address:

Summer Discover

750 Winter St.

Framingham, MA 01702

Session 1

July 5th, 2023 - July 14th, 2023

8:30am-3:30 pm

Session 2

July 17th, 2023- July 28th, 2023

8:30am—3:00pm

Camp Director:

Ken Collins

508-416-2260

Camp Registration:

Francine Cassullo

508-416-2387

508-620-8968 Fax

Camp Nurse:

Mindy Wade

508-416-2263

Lost & Found

We cannot be responsible for articles lost by campers. We have a lost and found table at the pool end of the building. Articles that are not claimed at the end of the each session are donated to the Salvation Army.