



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Sherman Lake YMCA



Integrated Education School Day Program Information Packet

Welcome to the Sherman Lake YMCA Integrated Education School Programs

Greetings,

Welcome to the Sherman Lake YMCA Camp! We invite you to review this Information Packet to help with any questions you may have about your child's experience with the Integrated Education School Programs at Sherman Lake YMCA. Inside you will find a packing list, our behavior policy and most importantly the health form you and your student need to fill out and return to your teacher.

We look forward to meeting your student(s) and support them in creating lasting memories they will remember for years to come. If you have any questions or concerns, please contact Karen at 269-731-3022. Together, we build strong kids, strong families, and strong communities.

Sincerely,



Karen Christopherson, Director of Character Advancement

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SHERMAN LAKE YMCA MISSION & PROGRAM PHILOSOPHY

Sherman Lake YMCA puts Honesty, Caring, Respect and Responsibility into programs that build a healthy spirit, mind and body for all.

Program Philosophy

Sherman Lake YMCA's Integrated Education Program is grounded in character development and social emotional learning through experiential programming. Each experience is uniquely designed to enhance understanding of the four principles of Honesty, Caring, Respect, and Responsibility. By focusing on these character concepts, a student learns greater self-esteem and self-reliance while increasing one's emotional intelligence.

Safety

Safety is our #1 priority. Our camp staff are carefully screened during a character-based hiring process and are selected for their skills and concern for the well-being of children.

Professional program staff work directly with counselors to provide guidance and support. All staff are certified in first aid and CPR and have been screened through the highest standards of child safety practices, including background checks. The Sherman Lake YMCA is accredited by the American Camp Association.



We hire Counselors who:

- demonstrate honesty, caring, respect and responsibility in their words and actions.
- are trained in the social emotional learning core competencies of emotion management, responsibility, empathy, relationship building and personal development
- help your child develop new friendships.
- help your child learn a new skill.
- help your child interact with kids who are different than themselves.
- help your child build their self-esteem and confidence.
- help your child build independence.
- give your child an opportunity to practice their decision making skills

The Sherman Lake YMCA Outdoor Center is an inclusive organization that welcomes all persons regardless of race, color, national origin, sex, religion or disability.

BEFORE CAMP STARTS

FORMS

The following forms need to be completed and signed for every student who attends the school programs at Sherman Lake YMCA, no exceptions. Please contact your student's school for due dates and where to return the completed forms.

CAMPER FORMS & DOCUMENTS:

- ☐ **Registration & Health History.** This form needs to be completed and signed prior to your child's camp experience.
- ☐ **Covid-19 Waiver.** Must be filled out and signed for this year's summer program.

PACKING FOR CAMP

DAY CAMP PACKING LIST

****PLEASE LABEL EVERYTHING****

What to wear (*reminder that we will be playing outside - don't wear anything that can't get dirty!*)

- ☐ Comfortable clothes
- ☐ Face mask (following [CDC guidelines](#))
- ☐ Close-Toed Shoes/Athletic Shoes (for all land based activities)
- ☐ Sunscreen (apply at home in the morning, and campers will reapply during the day)
- ☐ Insect repellent
- ☐ Hat and/or Sunglasses

What to bring (*pack in backpack, labeled with their name!*)

- ☐ Water bottle
- ☐ Extra face mask
- ☐ Rain jacket or poncho

Depending on scheduled activities (*please confirm with school representative*)

- ☐ Swimsuit and beach towel
- ☐ A healthy, well balanced lunch & an afternoon snack

What NOT to Bring:

Do not bring any weapons (knives, guns), lighters, matches, fireworks, alcohol, tobacco products or illegal drugs. Being in possession of any of these items can result in the immediate removal of your child from camp. If it comes to the attention of the staff that a camper is in possession of any of these items, the camper may be asked to unpack their bag in front of a director.

MEDICATIONS

- All medications, including vitamins, inhalers and non-prescription medications will be collected and distributed by a designated school representative. Do not pack in your camper's backpack for camp.
- All medications must be in their original pharmacy containers.

COMMUNICATION AT CAMP

CONTACTING CAMP

Our Camp Office hours are Monday-Friday, 8:30am-5:00pm and the phone number is: (269) 731-3000. In case of an emergency, please call Karen at (252) 617-7854.

CAMP LEADERSHIP



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Karen Christopherson,
Director of Character Advancement
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BEHAVIOR RESPONSE POLICY

Upon arrival, each Camper is placed in a group and given the task of helping to develop their living community. Sherman Lake YMCA Camp works hard to create an environment for everyone to succeed within the boundaries of safety and our four principles of Honesty, Caring, Respect and Responsibility. When that boundary is broken, it is essential to provide some form of understanding and consequence.

Our counselors follow these procedures:

1. **Planning and Preventative**

- Counselor establishes clear boundaries and works with campers to establish behavior expectations through the community commitment.
- Campers agree to boundaries and are aware of positive behavior expectations.
- Counselors and staff continually communicate and encourage camper behavior within boundaries. The focus will be on positive behavior of the group.

2. **When issues arrive: *questioning and refocus*** (What is the campers reality?).

- Counselor looks at the camper's behavior first, or behavior of those involved.
 - o Were the boundaries clear? How did the actions relate to HCRR? Did my actions escalate or encourage negative response?
- Camper looks at his/her behavior.
 - o Can the campers identify boundaries in their own words? Can they understand how others were affected by their actions?

3. **Action: *undesired behaviors*.**

- If there is an issue that cannot be resolved by the camper or the counselor, appropriate action is taken. The safety of all campers and staff is central to the HCRR philosophy. Sherman Lake YMCA will work within a restorative practices framework when resolving conflicts. Actions involved will include:
 - o Verbal warning and positive redirection
 - o Parents will be notified by the camp director and the camper will be given a final warning,
 - o If the issue is so serious that it cannot be resolved to ensure the safety of the campers and staff, the camper will be removed from camp. *A parent/guardian is responsible for picking the camper up. There will be no refund for a camper who leaves camp due to a behavior issue.*

Bullying Policy:

When a camper chooses to threaten, intimidate, ostracize, or ridicule another camper, they will be warned one time and a camp director will talk with the camper's parents. The camper will also talk to their parents. If the bullying behavior continues the camper may be removed from camp.

Any act of violence or aggression that jeopardizes the safety of the camp or any campers or staff may result in immediate dismissal. *Any questions or concerns about your child's behavior at camp should be directed to the Camp Director.

HEALTH CARE AT CAMP

Prior to Your Arrival:

If your child is not feeling well on the first day of camp, please keep them home. Campers should be fever and vomit free without the aid of medication for at least 24 hours prior to arriving at camp. If you have any questions, please reach out to your school's representative.



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Sherman Lake YMCA Outdoor Center COVID-19 SCREENING QUESTIONNAIRE

Screening Date: _____ Temperature: _____

Student Name: _____

Please complete the following questions, selecting an answer for each line.

1. Have you been in close contact with a confirmed case of COVID-19 (close contact is defined by 'being within 6 feet of an individual for 15 minutes')?
_____ No _____ Yes
2. Have you had a sore throat or a new uncontrolled cough that causes difficulty breathing within the last 24 hours?
_____ No _____ Yes
3. Have you had a fever in the last 48 hours?
_____ No _____ Yes
4. Have you had a new loss of taste or smell?
_____ No _____ Yes
5. Have you had abdominal pain, vomiting or diarrhea within the last 24 hours?
_____ No _____ Yes
6. Have you had a new onset of severe headaches within the last 24 hours?
_____ No _____ Yes

If any of the above questions are answered 'yes' or if the student has a temperature above 100.4 degrees Fahrenheit, the student must be asked to leave the premises and seek medical attention from their primary care physician. Please see the "Responding to a COVID-19 Infection Policy" for procedures to follow if a student has COVID-19 symptoms.

SHERMAN LAKE YMCA OUTDOOR CENTER
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Parents/guardians will be asked to complete a daily health screening questionnaire and log the student's temperature prior to heading to Camp. If student's answer 'yes' to any of the questions or has a temperature of 100.4 degrees Fahrenheit they will not be permitted to attend Camp.

During Camp:

Throughout the campers' stay, counselors and staff watch for signs of fatigue, dehydration, improper eating, etc. that may indicate illness. If a student expresses a health concern, they are seen by the health representative assigned by the school.