

Camp Cowabunga 2023 Handbook



Your most fun summer ever awaits!

Welcome to Camp Cowabunga!

Families & campers,

We are so excited to meet you! In the cold winter days, many of us count down the moments until we can begin planning a festive and warm summer program for you. In a world that has been so topsy turvy, we are thrilled to provide a sense of comfort, normalcy, and summer fun.

At Camp Cowabunga, we strive to celebrate everyone as the courageous, inventive, kind, and talented person that they are. We will work with the beautiful outdoor resources that we have at Moharimet elementary school to play group games, foster creativity with various types of enrichment, work on being a crusader of kindness, explore and learn in settings outside of Moharimet, and find many fun ways to stay cool in the summer heat! Growing Places values the importance and benefit of outdoor play and we will be spending our days in the warm sunshine as much as possible.

With the joys of summer of course comes the hope that we can find creative ways to form connections and togetherness in the wake of a global pandemic. Included in this packet you will find registration information, Covid-19 policies and procedures that reflect the guidelines of ORCSD, as well as calendars for fun themes and events that we will celebrate together.

Whether this is your first summer with us or you come every year, please be sure to read through this packet for events, themes, and rules and regulations. If you have any questions, comments, or concerns for us please feel free to reach out.

Kindly,

Erin Evans

Camp Cowabunga Program Director

[Email]: moharimet@growingplacesnh.org

[Site Phone]: (603) 969-8677

FAQS

Where is Camp Cowabunga located?: This summer we will be housed at Moharimet Elementary School. Moharimet (often affectionately referred to as MOH) is located at 11 Lee Road in Madbury, NH.

What are your hours of operation?: Camp Cowabunga will operate from 8:00am-5:00pm Monday-Friday. Please note that our start date is subject to change depending upon ORCSD's last day of school and our closing day will depend on if they are performing any summer maintenance.

Will you be offering field trips, be going to the pool, or will enrichment specialists come in?: YES! We are exploring options for field trips that coincide with our nature based philosophy and Camp Cowabunga curriculum themes such as exploring state parks, finding various ways to care for animals and focus on conservation, and various science centers! We are also in collaboration with the Durham pool who were kind enough to host us weekly last summer. Our goal is to provide at least one field trip or enrichment visitor opportunity per week. Stay tuned for more field trip information as camp gets closer!

Does my child have to wear a mask? Do I have to wear a mask?: Nope! The only time our campers will be required to wear masks is in accordance with our Covid-19 policies or if it is in compliance with a field trip venue's wish. We encourage whatever health and safety precautions feel best for your family while still following sick policies and CDC guidelines and recommendations. If you or your child is sick, please stay home!

What should my child wear?: Closed toed shoes or shoes that will not go flying during active play (No flip flops other than for water play), clothing that will keep them cool and that is designed for playing, sunscreen, bug spray, art activities, and more!

Do I need to bring sunscreen and bug spray for my camper?: Nope! Camp Cowabunga is happy to provide both sunscreen and bug spray for each camper. Please do not provide any topical substances unless your child(ren) has sensitivities or allergies.

Should I really label everything that my child brings to camp?: Yes! A resounding yes! If you can label it, please do so. Our lovely staff are also happy to help and are equipped with sharpies and label makers.

Can my child come a few days a week?: While we understand that each family has unique summer plans and scheduling needs, we ask that campers commit to full weeks of attendance at a time.

How much does camp cost?: The weekly cost to attend Camp Cowabunga is \$260 per camper as well as initial registration fee of \$75. \$20 per week deposit secures your child's enrollment.

What does a day look like at Camp Cowabunga?:

8:00- 8:45: Arrival/outside	12:30-1:00: Free choice table activities
8:45-9:00: Morning meeting	1:00-1:30: Drop Everything and Read/Calm down time
9:00-9:15: Snack	1:30-2:30: Rotating stations in small groups
9:15-10:00: Inside for art activity	2:30-2:45: Wash hands/Snack
10:00-10:30: Group movement activity & sunscreen	2:45-3:15: S.T.E.M. & sunscreen
10:30-11:30: Outside/ water play	3:15-4:00: Clean up & afternoon meeting
11:30-12:30: Wash hands/change/lunch	4:00-5:00: Outside/pick up

Camp Cowabunga Checklist of Awesomeness!

Please bring the following to camp! Check it off once it's packed!

- A change of clothes
- A change of shoes
- Sun protection: sunhat/baseball cap/sunglasses
- A healthy and delicious lunch (nut free please)
- Two healthy and delicious snacks (nut free please)
- LOTS of cold water in a water bottle (we have a bottle filling fountain!)
- A swimsuit, sandals/water shoes, and a towel
- Clothing/props for themed days
- A great book
- A backpack or tote **THAT YOUR CAMPER CAN CARRY INDEPENDENTLY** to keep their belongings together

Things that are better left at home

- Nuts & gum
- Electronics that include but are not limited to iPods/mp3 players, iPads, laptops, portable video game devices, and cellphones.
- Trading cards (**NO POKEMON CARDS PLEASE**)
- Toys from home
- Illegal or dangerous substances
- Weapons or items resembling weapons

- Valuables
- Umbrellas

Rules and Regulations

PARENT PICK UP/DROP OFF POLICIES

Parents must escort campers to the entrance of the Cowabunga space. At the door, call our site phone (603) 969-8677 and a staff member will sign the child into the program. **Camp Cowabunga staff will ONLY release campers to authorized individuals listed on the registration form and guardians will ONLY release their child(ren) to Camp Cowabunga staff. Any change in authorized individuals must be made in writing.** Parents or authorized individuals must personally escort campers from the pick-up area and make verbal contact with a staff member who will sign him/her out before dismissal. Cowabunga staff will ask for a valid photo ID to confirm the person picking up the child is an authorized individual. Cowabunga staff will call all authorized individuals if the child is not picked up by his/her scheduled dismissal time. All authorized individuals must be 16 or older.

PARENT PICK-UP

Parent pick-up at Camp Cowabunga takes place between *4:00-5:00 PM*. PHOTO ID is required for pickup EVERYDAY due to there being a multitude of varied staff. If you plan on picking your camper up prior to 4:00 PM, please send an email to moharimet@growingplacesnh.org or call camp as early in the day as possible. No camper will be released to anyone whose name does not appear on their Camper Release Registration Form.

LOCKED DOOR POLICY

Our program is licensed through the Department of Health and Human Services and the Bureau of Child Care Licensing. One licensing regulation states that parents/guardians should be granted direct, unannounced access to their child(ren). Because Moharimet Elementary School is a public school and, thus, a locked facility, we have a waiver from the Child Care Licensing Bureau. We are however, required to notify families and keep your signature on file acknowledging that you have been notified.

PAYMENT AND CHANGES IN SERVICE

Tuition Payment Schedule: Tuition payments are due on the first day your child attends each week. Tuition fees are not based on attendance, but registered days. There will be no reductions in fees or refunds given if your child is absent (i.e. sickness, vacation, emergency, unforeseen circumstances). **If tuition is not paid on time and according to this contract, we reserve the right to terminate care unless Assistant Executive Director (Sarah Nason) has**

been contacted via phone at (603) 868-1335 or email at sarahnason@growingplacesnh.org . A late payment of \$10/week will be applied to your account for balances (2) or more weeks behind.

Registration Fee & Deposit: A non-refundable registration fee of \$75.00 per child and a \$20 per week deposit for each child registered is required to secure your child's spot. These fees are due at time of registration. Your child is not officially enrolled in our program until both registration fee and deposit has been made. This tuition deposit is credited to your account on your family's first day of Camp Cowabunga. Families receiving childcare reimbursement from the state of New Hampshire are exempt from the tuition deposit.

Late Pick-Up Fee: If you are unable to arrive on time, you MUST call so that both your child(ren) and the staff can be prepared for the delay. If you are late picking up your child(ren), you will be charged \$1.00 per minute that has accrued after your scheduled dismissal time of 5pm. **If you are late to pick up your child(ren) more than 3 times this summer, you will be charged an additional \$10 per occurrence plus \$1 per minute that has accrued for every offense thereafter. If late pick-ups continue to occur your Program Director may have a conversation with you about the fit of our program for your family and can lead to termination.**

Changes/Cancellation: You will have until May 19th to make any changes to your registered weeks or to withdraw from summer camp. **Any withdrawals made after May 19th, you will be responsible for payment for all registered weeks.**

HEALTH AND MEDICATION POLICIES

Your child's health and safety are our top priority. The following completed forms must be on file for each individual camper before they begin:

Camper Emergency Consent Form: A document which contains medical history and emergency contacts with a parent/guardian signature.

Reunification Form: In the case of an emergency where we must evacuate Camp Cowabunga to an alternative location, the reunification form ensures that your child is reunified with a trusted adult.

Physical & Immunization Records: The most up to date physical and immunization record (within the past year). This document should also list over the counter and prescription medication(s) that are currently prescribed to your child.

Medication Administration and Topical Substance Form: ALL medication must be in original container(s) and administration of any oral or topical medication must be discussed with the Camp Director prior to enrollment as well as have the proper form and documentation on file.

Prescription medication containers must have pharmacy label and contain only the medication listed on the label. Medication will be given only in prescribed dosages and schedules. Any changes from what is printed on the label must be authorized in writing by your child's doctor.

Head Lice: Camp Cowabunga has a "No Live Lice" policy. A camper may remain in camp with eggs or nits but must be sent home in the presence of live lice. They may return to camp after the first treatment if there is no evidence of live lice. A camper will be sent home at any point in the treatment process if there is a presence of live lice.

Camper Illness/Injury: In the event of any illness or injury other than a minor one, the parents, guardians, or emergency contact person will be notified as soon as possible. Emergency medical personnel may be called to the scene in the instance of emergency situations.

ALL HEALTH & SAFETY FORMS MUST BE COMPLETED BEFORE YOUR CAMPER(S) BEGIN AT CAMP COWABUNGA. Failure to comply may result in inability to attend. All health and safety information forms are due no later than May 19th, 2023 or your camper's space may be given to another candidate with completed requirements.

BEHAVIOR MANAGEMENT POLICY

It is important that we take appropriate action to make sure your child and other children remain safe and happy while at camp. Our behavior management plan begins with positive reinforcement to strengthen camper character and prevent inappropriate behavior from taking place. Campers that fail to follow camp rules are treated fairly and appropriately and offered accommodation before termination of care. All staff members have the support of experienced directors to provide guidance and intervene if necessary. The following policies pertain to actions by a child to another child or to an adult or parent towards any child or staff. **The director, upon notification to the parent, may suspend or terminate a child or family from all activities and participation in the program for the following types of recurring misconduct by you or your child:**

Injuring another person	Leaving the facility without permission or going into posted unauthorized areas
Use of foul language or rudeness	Running from the group space or running from group during outings
Verbal or physical threats	Not following check-in and out procedures
Bringing in or using illegal substances	Defacing camp or school property or field trip facilities
Engaging in fighting	
Failure to consistently follow program rules and staff directions	
Stealing or vandalizing another person's property	

DISCIPLINE POLICY: Camp Cowabunga expects that every individual will be responsible for their behavior and will be respectful towards others. From time to time, all individuals need help and direction in learning, developing, and maintaining appropriate behavior. If an individual exhibits frequent disruptive and/or aggressive behavior, a family conference will be scheduled.

Continued disruptive and/or aggressive behavior after this conference may result in temporary suspension or permanent dismissal from the program. We recognize that children go through different developmental stages throughout their time with us. Therefore, each case will be addressed on an individual basis. Together, we will try to work out a system of accommodation to manage the behavior. **Parent/guardian refusal to discuss or collaborate on a behavior management plan or accommodation will result in termination from Camp Cowabunga.**

DISMISSAL FROM CAMP: Dismissal from camp will occur if after a conference with the parents/guardians, camper, and camp director, the disciplinary instance cannot be resolved. If a camper is dismissed for disciplinary measures due to severe behavior violation, no refund will be issued for the unused days. **A camper may be suspended or terminated *immediately* for severe behavior such as physical violence, harm to other campers or staff, or attempts to leave adult supervision.**

CHARACTER DEVELOPMENT AT CAMP COWABUNGA: Camp Cowabunga is focused on nurturing the potential of every child. We provide activities that benefit children physically, emotionally, and socially, and intellectually. Activity and event plans are made on a foundation of character development and child-fostered interest. It is our goal to help campers discover the strength of their character through their experiences with us at camp. Recognition and behavior management practices are utilized using this method as well.

WEEKLY THEMES AND WHAT THEY MEAN

Fabulous Fridays: Dress to the nines with props and costumes to be sure you're celebrating the weekly theme! However, your camper is welcome to dress according to our weekly theme every day that week if they wish. On Fridays, we'll go all out!

Week 1: Kindness is Cool (June 26-30) Together we will build the foundation of what it means to be a kind camper! We will create rules and expectations together, introduce "superstar shout outs", and get to know each other better. *On Friday, June 30th wear your favorite "kindness" outfit! (My favorite is my "be kind" tie dye shirt that I made last summer!)*

Week 2: New Hampshire Nature (July 3-7) *We will be closed July 4th* What an amazing state we live in! Together, we will discover more information about our state birds, flowers, spiders, and how to care for the wildlife in our own backyards. *Wear your most "New Hampshire" inspired outfit on Friday, July 7th! Moose, maple syrup, daring jumping spiders, and lilacs welcome!*

Week 3: Bugs & Birds (July 10-14) We have so many amazing birds and insects to observe at Camp Cowabunga! Together, we will learn how to feed birds safely, the importance of human helpers in nature, and how many amazing things wildlife creatures can do on their own. We will be getting dirty and spending lots of time looking through binoculars and magnifying glasses this week! *Get out your favorite “animal inspired” gear on Friday July, 14th! I’m always prepared with Mars’ puppy hairs!*

Week 4: Space is the Place (July 17-21) It is so cool and exciting to imagine what lies beyond our galaxy! We will be exploring some space-centric STEM activities, designing our own planets, and becoming paper plate astronauts! *Wear your most “spacey” outfit on Friday, July 21st! NASA approved, or space invaders welcome (if they come in peace!)*

Week 5: We Love the 90s (July 24-28) Ever curious what time travel would be like!? We will be transporting your campers back 30 years in time to an authentic 1990s camp experience, with friendship bracelets, hair wraps, gimp keychains, light wash denim, beanie babies, and skip-its. The joys of my youth will hopefully bring joy to today’s camper. *Wear your “most rad 90s” attire on Friday, July 28th! Bring on the scrunchies!*

Week 6: Ocean Adventures (July 31-August 4) Ahoy, mateys! We will be focusing on the summer fun of the seacoast and talking about ocean animals! How many campers long is a blue whale? What type of seashells would we discover near us? Who lives beneath the cold waves when we go to beach? We hope to repeat our last year’s visit to Seacoast Science Center where we learned all about humpback whales, New England fishing, and banding lobsters for safety! *We will learn together as we dress in our “beachy” inspired outfits on Friday, August 4th! Glittery shades and awesome sunhats are encouraged!*

Week 7: Mythical & Magical (August 7-11) Everyone needs a little magic in their lives! From mythical creatures, to fantasy literature, to my personal nerdy favorite, Harry Potter, magic has thrilled generations for eons. We will create new mythical creatures and explore ones already written about, create magic wands, and perhaps, if this week brings us rain, we can have a Harry Potter book-a-thon! *Wear your “most magical” attire on Friday, August 11th! Do you think it will be too hot for a Gryffindor scarf?*

Week 8: The Great Outdoors (August 14-18) Camp’s grand finale! We have had a tremendous time exploring with you and will focus on what it means to “camp” this week! We will work together on fort building, survival techniques (for fun only, not necessity!), and hopefully have a demonstration on campfire safety from our friend Mr. Davis! *We invite you to join us for a family lunchtime picnic and popsicles on Friday, August 28th! Bring your blankets, your camping chairs, and your adventurous attire!*

I have read and acknowledged all information in the Camp Cowabunga Handbook

Signature _____ Printed Name _____