



2017

Dear Parents,

We have such an outstanding summer planned for your children! If you are a returning "camper," you know that we try to pack as many stimulating and fun activities into the summer as possible! Please read through the following information. This packet contains the information and calendars that you will need, as well as sunscreen permission forms and other pertinent information.

On the first day of camp, your child should have with him/her a backpack for all their belongings. Be sure to label everything, as sometimes children forget which items are theirs! Also, at all times, your child should be wearing sneakers or other proper play shoes. Flip flops, jellies, and other forms of open-toed shoes are dangerous in an environment full of play and outdoor activities. Feel free to pack these types of shoes as they can be worn during water play time. Most importantly, come ready for fun and excitement!

Please contact us with any further questions. We are more than willing to help you in any way possible and look forward to a fun-filled summer!!

Shannon & Samantha



# Important Camp Information

## Pick Up and Drop Off Information

Campers arriving to camp should be dropped off in our large playground area at 9 a.m. Staff will be present to collect their groups and take attendance. Pick Up will take place in the same fashion. Staff will have children in the play space and ready with their belongings at 1 p.m. Belongings should be taken home daily and brought back on your child's next camp day.

## Lunch and Snacks

Please be sure to send your child with a lunch labeled with his/her name. Ice packs should be used to keep food cold. Please be sure to send items that require no refrigeration or microwaving as we are unable to accommodate those needs. An extra snack and drink should be packed for our mid-morning snack time. **ELAP IS A PEANUT/TREENUT FREE SCHOOL.**

## Water Play & Swimming

Children will have the opportunity to swim in our kiddie pools and play in our water tables and sprinklers daily. Bathing suits should be worn to camp in the morning!! Children should also have their first sunscreen application at home before arriving at camp. Staff will provide a second application of sunscreen before afternoon outside time.

## What to Bring Each Day

*All items should be clearly marked with your child's first and last name.*

- Change of Clothing
- Bathing Suit
- Diapers & swimmie diapers
- Towel
- Pair of flip-flops or beach shoes (packed in bag)
- Hat or visor
- Closed-Toe shoes should be worn to camp each morning
- Lunch
- AM and PM snacks (labeled with child's name)
- Water Bottle (optional)
- Cloth bag or backpack to store and carry belongings
- Sunscreen
- Bug Spray (optional)

# LABEL, LABEL, LABEL!!!

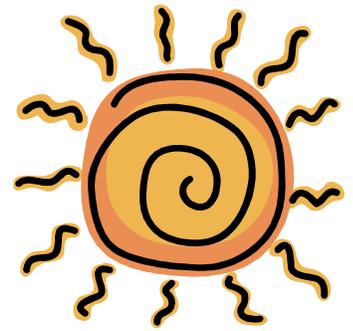
## Sample Summer Camp Schedule

9:00 - 9:20	Drop Off/Playground
9:20 - 9:45	Bathroom/Ready for water play
9:45 - 10:30	Outside Pool/Sprinkler Time
10:30 - 10:45	Snack Outside
10:45 - 11:00	Change/Bathroom/Diapers
11:00 - 12:00	Project/Indoor Activities
12:00 - 12:45	Lunch/Bathroom
12:45 - 1:00	Bathroom/Quiet Activities
1:00	Dismissal
1:00 - 1:45	Quiet Table Activities
1:45 - 2:00	Bathroom/Ready for Water Play
2:00 - 2:45	Outside Water Play
2:45 - 3:00	Change/Bathroom/Diapers
3:00 - 3:20	Snack
3:20 - 3:50	Afternoon Enrichment
3:50 - 4:00	Dismissal



# Easton Learning Adventures Preschool

## Sunscreen Permission Form



Just a few serious sunburns can increase a child's risk of skin cancer later in life. Since children in the ELAP Camp regularly participate in outdoor and water related recreational activities, we strongly recommend adherence to the sunscreen policy.

1. All kids should wear sunscreen with an SPF of 15 or greater on all exposed skin daily.
2. The first application of sunscreen should be applied at home prior to coming to ELAP each day.
3. Parents or legal guardians will be responsible for providing their children with enough sunscreen to take with them for later day applications. Children will not be allowed to use any other product or share. Please be sure to label your child's bottle of sunscreen.
4. ELAP staff will reapply sunscreen after lunch before heading outside in the afternoon.
5. ELAP staff will be responsible for ensuring thorough follow-up applications after one hour in the water, after two hours of activity in the sun and any other time as needed.
6. ELAP staff will reapply sunscreen in the presence of others and will not apply sunscreen to any area that a bathing suit covers.

I verify that I have read and agree to comply with the ELAP Summer Camp Sunscreen policy.

Child's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Smart Summer Snacks for Kids

Kids need a lot of energy to keep going during the summer. As soon as the school year is over they are suddenly on the go, riding their bikes, swimming, playing sports, or off to the park to meet friends. Daily schedules are out the window, and it can be a challenge to make sure they are eating as well as they should.

It's a good idea to stock up on small portable foods that pack a lot of nutrition. Kids, teens, and 'tweens all tend to eat lots of small meals throughout the day and it's a good idea to keep wholesome snacks on hand.

Whole grain waffles, pretzels, breadsticks, tortillas and pita pockets, hummus, granola, and trail mix are convenient foods for a quick pick-me-up that are healthful and satisfying.

Any snack a child makes is a snack that child is likely to eat, and younger children will especially enjoy being involved in choosing and preparing simple snacks. Having fresh and dried fruit, popcorn, pretzels, whole grains and a variety of raw veggies on hand can make quick and healthy snacking a breeze.

Here are some snack ideas that are healthful and economical. For healthy kids and a healthy planet, be sure to choose organic foods with little or no packaging.

## Smart snack ideas:

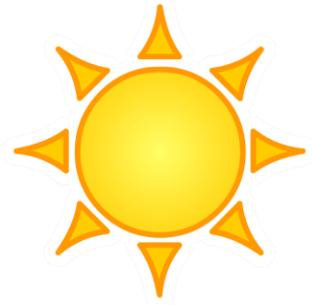
- Fruit kabobs are easy and fun. Chunks of fruit, such as apples, peaches, pineapples, bananas, grapes, and strawberries are tasty and colorful. Little ones will appreciate most any fruit threaded onto wooden skewers.
- Smoothies are super-easy to make and a great way to get a chilled beverage packed with sweet fruit, vitamins, and minerals into your kids on hot summer day. Combine a handful of frozen strawberries, a medium banana, and a cup of fortified orange juice, soy, almond, or rice milk in a blender and buzz for a minute.
- Combine whole grain, ready-to-eat cereal, and granola with dried fruit in a zipper-top sandwich bag for a tasty high-energy snack to go.

- Carrot wraps are easy to make in advance. Spread a whole grain tortilla with hummus, top with carrot sticks, sliced avocado, and baby spinach. Roll up, slice in half, and wrap each half tightly in plastic wrap. Refrigerate until ready to serve.
- Kids love dips. Hummus and guacamole in many styles are convenient and widely available, but you can mash a ripe avocado with a dollop of your favorite salsa, too. It doesn't get much easier (or fresher) than that.
- Try freezing your drinkable yogurts and Go-Gurts. These treats will stay nice and cold while packed inside a lunch box!! Frozen grapes are also a delicious treat on those warm days!!



## Fun Things to Do in July

- July 1 Think of lots of different ways to say "good"
- July 2 Count the doors in your house
- July 3 Write your name with sidewalk chalk
- July 4 Make your own American flag with red, white and blue
- July 5 Ask someone to tell you a fairy tale
- July 6 In a bath or pool, find things that sink and float
- July 7 Think of lots of different weather words
- July 8 Tell how an ant is different than a bumblebee
- July 9 Practice saying your address
- July 10 Eat a vegetable
- July 11 Count 10 pieces of cereal and share them with a friend
- July 12 Look for flowers that are pink
- July 13 Measure your foot with small cars or hair barrettes
- July 14 Read a book about an animal
- July 15 Color letters you know in the paper with yellow marker
- July 16 Find someone who matches you in some way
- July 17 Who is tallest in your family, who is shortest?
- July 18 Run in the grass and on the sidewalk, which is easier?
- July 19 Go to the library and borrow a book
- July 20 Look for things that are shiny
- July 21 Eat lunch outside, listen for birds
- July 22 Think of something that is fast and something that is slow
- July 23 Jump one time as you say each letter of the alphabet
- July 24 Teach someone your favorite song
- July 25 Draw a picture of you, write your name and age on it
- July 26 Use toothpicks to make a square and a triangle
- July 27 Find something that feels rough
- July 28 Practice tying shoes
- July 29 Use the pictures to read a book to your Mom
- July 30 Give your Dad a hug
- July 31 Play tic tac toe



## Fun Things to do in August

- Aug. 1 Measure how far you can jump
- Aug. 2 Build a tower using 12 blocks
- Aug. 3 Play a board game
- Aug. 4 Set a timer and clean your room until it rings
- Aug. 5 Walk in a circle 5 times around
- Aug. 6 Sing the alphabet song
- Aug. 7 Read a rhyming book
- Aug. 8 Think of 4 foods that are brown
- Aug. 9 Write your name with rainbow colors
- Aug. 10 Count 10 pennies -- stack them up, make 2 stacks of 5
- Aug. 11 Look for shapes in the clouds
- Aug. 12 Tell your mom why you love her
- Aug. 13 Eat something green
- Aug. 14 Circle the first day of school on the calendar
- Aug. 15 Think of a nursery rhyme you know
- Aug. 16 Think of your favorite animal, tell why you like it
- Aug. 17 Tell someone one safety rule
- Aug. 18 Run around your house
- Aug. 19 Help people remember to save electricity
- Aug. 20 Draw a picture of your house
- Aug. 21 Write your name with magnetic letters
- Aug. 22 What is the same about candy and ice cream?
- Aug. 23 Look for things that are white
- Aug. 24 Think of an animal that moves fast & one that moves slow
- Aug. 25 Tell someone about your favorite thing to do
- Aug. 26 Count how many airplanes you see or hear today
- Aug. 27 Look for things that are shaped like a square
- Aug. 28 Stand on one foot, count until you put the foot down
- Aug. 29 Use buttons or pennies to measure a pencil, count them!
- Aug. 30 Blow bubbles
- Aug. 31 Think of words that rhyme with cat

