

PARENT & CAMPER INFORMATION PACKAGE



2017 FRASER LAKE CAMP

www.fraserlakecamp.com

Hello from Fraser Lake Camp! We hope that you are as excited about the 2017 camp season as we are. We look forward to welcoming back our seasoned campers and also meeting campers who will be coming to Fraser for the first time! Our staff are eager to provide an excellent program and outdoor experience for your campers.

We plan to make your 2017 summer camping experience one to remember. By reviewing the contents of this package with your camper(s) you will feel prepared for coming to Fraser Lake and hopefully have all of your questions answered. If you have a question that is not covered in this package please don't hesitate to contact us to find the information you need.

On behalf of all the staff at **Fraser Lake Camp**, we look forward to seeing you soon!

-Kristen Berg, Director

CONTACT INFORMATION

For all **REGISTRATION** questions and concerns *year round*, please call our

MAIN OFFICE:

Fraser Lake Camp (Stouffville)

11737 McCowan Road
Stouffville, Ontario, L4A 4C3
Phone: 905-642-2964
Fax: 905-640-5263

Email for registration: mpickard@willowgrove.ca

Email for other inquiries: kberg@fraserlakecamp.com

For all personal and confidential concerns during June 5 – Sept.2, please call Kristen Berg at our

SUMMER CAMP SITE / OFFICE:

Fraser Lake Camp (Site)

156 Whytes Road, RR #4
Carlow Mayo, Ontario, K0L 1C0
Phone: 613-332-3351
Fax: 613-332-3351

Email: kberg@fraserlakecamp.com

Send an email to your camper during their stay at Fraser Lake! See page 13 to learn how.
Friend us on **Facebook** to see photos and keep updated with camp!

2017 TRANSPORTATION SCHEDULE AT A GLANCE

****PLEASE NOTE THAT IF YOUR CHILD IS REGISTERED FOR MORE THAN ONE SESSION IN A ROW YOU DO NOT HAVE TO PICK THEM UP IN BETWEEN SESSIONS. THERE WILL BE PROGRAMMING AND SUPERVISION ON THESE "CHANGE-OVERS"**

WEEK 1

Sunday July 2 to Saturday July 8

* Car drop off from 4 pm to 5 pm (July 2) / Car pick up at 9:30-10:00 am (July 8)

** Bus departs Willowgrove at 2:00 pm (July 2) / Bus arrives at Willowgrove at 12:30-1 pm (July 8)

WEEK 2

Sunday July 9 to Saturday July 15

* Car drop off from 4 pm to 5 pm (July 9) / Car pick up at 9:30-10:00 am (July 15)

** Bus departs Willowgrove at 2:00 pm (July 9) / Bus arrives at Willowgrove at 12:30-1 pm (July 15)

WEEK 3

Sunday July 16 to Saturday July 22

* Car drop off from 4 pm to 5 pm (July 16) / Car pick up from 9:30-10:00 am (July 22)

** Bus departs Willowgrove at 2:00 pm (July 16) / Bus arrives at Willowgrove at 12:30-1 pm (July 22)

WEEK 4

Sunday July 23 to Saturday July 29

* Car drop off from 4 pm to 5 pm (July 23) / Car pick up from 9:30-10:00 am (July 29)

** Bus departs Willowgrove at 2:00 pm (July 23) / Bus arrives at Willowgrove at 12:30-1 pm (July 29)

WEEK 5

FAMILY CAMP

Arrival after 2 pm on Tuesday, August 1 / Departure by 3 pm on Monday, August 7

WEEK 6 – Short Week

TUESDAY August 8 to Saturday August 12

* Car drop off from 12 pm to 1 pm (August 8) / Car pick up from 9:30-10:00 am (August 12)

** Bus departs Willowgrove at 9:30 am (August 8) / Bus arrives at Willowgrove at 12:30-1 pm (August 12)

WEEK 7

Sunday August 13 to Saturday August 19

* Car drop off from 4 pm to 5 pm (Aug 13) / Car pick up from 9:30-10:00 am (Aug 19)

** Bus departs Willowgrove at 2:00 pm (Aug 13) / Bus arrives at Willowgrove at 12:30-1 pm (Aug 19)

MINI CANOE TRIP

Sunday July 23 to Saturday July 29

* Car drop off from 4 pm to 5 pm (July 23) / Car pick up from 9:30-10:00 am (July 29)

** Bus departs Willowgrove at 2:00 pm (July 23) / Bus arrives at Willowgrove at 12:30-1 pm (July 29)



Please see pages 8, 9 and 10 for complete
busing schedules, driving directions and
drop-off / pick-up information

BEFORE YOU COME TO CAMP...

HEALTH FORM

When you registered online to attend Fraser Lake Camp you filled out the necessary health information that we require in order to provide a positive and safe experience for your child. We understand that some parents may be hesitant to disclose information about their child's behaviour or past experiences. However, our staff uses the information that you provide on the forms to ensure that your child settles in and has a smooth transition into camp routines. Having prior knowledge about a learning difficulty, bed-wetting problem, recent loss or major family change makes a difference in helping us to be understanding and supportive of your child's needs - especially in the first few days of camp.

The more we know about your child in advance, the better equipped we are to provide a positive experience. If you need to add any information to the health form or there are changes to your child's health information between when you registered them for camp and when they go to camp, please inform our office. You can email our office manager at mpickard@willowgrove.ca or call our main office at 905-642-2964. Information on camper forms is shared with the Director, the Health Care Provider, the Director of Camper Services, and your child's counsellor, if necessary. In other words, only the people who need this information to ensure the wellbeing of your child have access to it.

PROMOTIONAL PICTURES / SLIDES



Each year, many pictures are taken at camp to use for our camp slide show, brochures, web site and, on occasion, for the Ontario Camping Association. If, for any reason, your child/children should not appear in these pictures, please ensure you made that clear in your application. If you have concerns about this please call the Director, Kristen Berg, at 905-642-2964.

Please note that other campers will photograph each other. **Fraser Lake Camp** will have no control over how those pictures are used.

LAUNDRY

We are pleased to offer a laundry service at camp for those attending camp for a period **longer than two weeks**. Counsellors and resource staff will assist the campers with the laundry process. Laundry soap will be provided. Laundry will also be provided in emergency situations, or when weather conditions are unusual or extreme.

Please refer to page 4 of this package for a suggested packing list.



WHAT TO BRING TO CAMP – SUGGESTED PACKING LIST

Suggested items to bring to camp BASED ON A ONE WEEK PERIOD...please adjust accordingly for length of stay

Clothing:

- 7 T-shirts
- 3 long-sleeved shirts
- 6 pairs of socks
- 8-10 pairs of underwear
- 4 pairs of shorts
- 3 pairs of long pants
- 2 sweaters/sweatshirts
- 3 pairs of pajamas
- 1-2 bathing suits
- 1 beach towel
- 1 towel and facecloth for showers
- 1 pair of running shoes
- Rain jacket & boots
- 1 jacket
- 1 sunhat



Equipment:

- Insect repellent
- Toiletries (comb, toothbrush, toothpaste, deodorant, kleenex, sanitary needs)
- Shampoo & soap (phosphate-free - help us maintain a healthy environment at camp!)
- Sunscreen (minimum SPF 30)
- Personal water bottle (labeled clearly with camper's name)
- Pillow and Sleeping Bag
- Flashlight and extra batteries

Optional:

- Camera
- **Formal clothing for banquet on final night of camp** (often campers will wear something clean and nicer than regular camp clothes for this banquet meal)
- Fishing rod
- Bible
- Books
- Stuffed animal
- Self addressed, stamped envelopes and writing paper (for letters home)
- Journal

Please reconsider if you are planning to bring these items:

- **Alcohol, tobacco, weapons or drugs ****
- Clothing promoting alcohol, tobacco or drugs
- Candles / fireworks
- Cell phones
- Mp3 players and iPods
- Laptops/portable DVD players and movies
- Uncomfortable shoes
- Expensive jewelry, locks or lock boxes
- Hair dryers, curling irons, electric razors
- Games or items made for trading or gambling

"Why can't I bring these things?"

There is little need for items not listed on the packing list. In fact, it can take away from the camp experience when other items are sent. Safety is always a concern, and electrical items can pose a fire hazard. Other valuable items can create a sense of inequity in a cabin and are, by nature, socially isolating (such as iPods and Hand Held Systems). Help your child to get the most out of camp by leaving these items at home. Thanks!



Fraser Lake Camp does not accept responsibility for any clothing and/or equipment that is lost, broken or stolen while at camp or during transit by bus.

Please label **everything** accordingly!

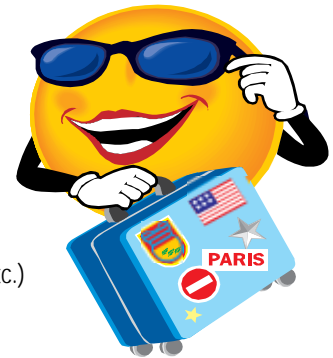
****We reserve the right to send a camper home at the parent's expense if the Camp Director decides that an individual's behaviour is inappropriate. Smoking, drugs and alcohol are prohibited. Anyone found with these will be sent home immediately.****

Here are a few suggestions that will help you pack for camp and ensure everything you send to camp, returns from camp:

1. Please **label** all clothing. We also recommend that all equipment is **labeled** (adhesive tape or waterproof marker is best). Never assume that your child will recognize an item, no matter how unique it is!

Labeling Tips:

- Clearly **label** all clothing
- Use a black permanent marker on white **labels** (a laundry marker works best) or use iron-on name tags
- **Label** items with a last name, or a full name (initials are not usually helpful)
- Beware of last-minute items that get “thrown in” without **labels**
- **Label** ALL non-clothing items (cameras, sleeping bags, footwear, rain gear, etc.)



2. Please mark all luggage with camper's last name. (Hint - place a list of what you sent to camp on the inside flap of your luggage so when it comes time to go home, the list can be referenced to make sure all is taken back home. Keep an extra copy at home so you can cross-reference with what actually comes home)
3. There is no need to buy new clothes for camp! Please send along clothes that are comfortable and well used!
4. Do not send anything to camp that you are not willing to risk losing or breaking.
5. Keep packing as simple as possible. Storage space in cabins is limited.
6. Include your child in the packing process. This helps to reduce lost and found items because the child will be able to recognize what was packed, and it also helps the campers' sense of independence and readiness for the camp experience.
7. Cabins have limited shelf or “cubby” space - luggage is stored under the bunk beds. There is about 1 1/2 feet of space under the bunks. Suitcases, duffel bags, and low Rubbermaid containers work well.
8. Although we encourage you to send only older, worn clothing, if you do send anything new, be sure to pre-wash it so that the dye does not bleed or the item does not shrink should the need arise to wash the item.

CABIN MATE REQUESTS

Fraser Lake Camp will try to facilitate cabin mate requests***. However, we do not wish to see negative cliques or groups forming. Therefore, if your child is attending with a close friend from home or school, please take the time to talk to them about making new friends and living co-operatively with their cabin group.

We understand the importance for some children to attend camp with a friend, which is why we do everything we can to accommodate cabin mate requests. We also understand that part of the value of camp is in learning to live in community and get along with a diverse group of people. This process of growth is kept in mind when placing campers in cabin groups.

*** Cabin mate requests are allowed with the following criteria:

CAMPERS SHOULD BE WITHIN A YEAR OF EACH OTHER IN AGE

This is because we try to place campers with their peers. Parents must understand that if they request children to be together who are more than a year apart, one of the campers will be with a group of children either much older or much younger than their child, and even if that seems acceptable, it affects other campers in the cabin.

THE REQUEST SHOULD BE MADE BY BOTH FAMILIES

It does not happen often, but sometimes a family will request to not have their child in the same cabin as another child. If both families have not made the cabin mate request we cannot guarantee that the campers will be together.

If, for any reason, we are unable to accommodate cabin mate requests (for example, one of the above criteria is not met), we will do our best to contact you in advance of your child's arrival at camp.

BEHAVIOUR POLICY

Fraser Lake Camp is a part of Willowgrove, an organization based in Stouffville, ON. Based on the Willowgrove mission statement, we verbally communicate with the campers - at the beginning of each session - the camp rules and expectations. Living in a small community has its challenges, but it can be done when each person in the community takes responsibility for doing their part and when everyone agrees to a basic code of conduct.

Below we have broken down our expectations into four categories. The list gives an overview of what we expect from our campers.

The Willowgrove Mission Statement

Willowgrove is a Christian organization that seeks to nurture the **spiritual**, **social**, **emotional** and **physical** growth of children and youth through a variety of programs in a natural setting. In pursuit of this mission, Willowgrove is committed to:

- Serving a diverse community
- Peace making and non violence
- Caring for the land that God has entrusted to us



CAMP RULES AND EXPECTATIONS:

Take Care of Yourself

- get enough rest (stay in the cabin after lights out)
- wear a hat, sunscreen, insect repellent, weather appropriate clothing
- eat a balanced meal
- wash your hands before each meal
- show good hygiene (brush your teeth, shower regularly)
- listen to instructions and directions from staff
- use your counsellor to help resolve any issues or problems

Look Out for the Needs of Others

- respect people's belongings and do not borrow anything without asking
- respect privacy (don't go into a cabin that is not your own; ask before you sit on a bed)
- allow other campers to get their rest at night and during siesta
- share with others
- treat others fairly, be cooperative, and have good sportsmanship
- contribute to the cabin community and do what you can to make everyone feel welcome and included
- report any incidence of bullying or exclusion, and do not participate in it
- participate in cabin clean up on a regular basis
- be ready and on time for activities, and participate fully in all camp programs

Be Responsible With Your Environment (The Natural World)

- stay on established paths
- don't take more food than you intend to eat (no food waste)
- recycle
- keep showers short and every other day
- use phosphate-free soaps and shampoos
- turn off lights when you leave a building
- put garbage in trash cans
- don't pull leaves off trees or use live wood for fires/forts/crafts

Respect the Site and The Equipment

- use equipment as it was meant to be used
- if something breaks through proper use, it's OK - but please tell someone so we can fix it
- don't write your name on cabin walls (graffiti) or vandalize camp property in any way
- fire extinguishers are for emergency use and should not be tampered with
- batteries in smoke detectors should not be removed

CODE OF CONDUCT

At **Fraser Lake Camp** we believe that everyone has the right to feel safe, both physically and emotionally. We are aware that some of our campers may be coming to camp with past histories of physical and/or emotional abuse.

Living in a small community can lead to times of conflict and disagreement. Every effort is made to mediate these situations and bring closure to them as quickly as possible.

From time to time a camper may display behaviour that does not meet the expectations of the mission statement and the camp code of conduct. The appropriate camp staff will attempt to address behaviour issues directly with the camper. Corporal punishment is never permitted, nor are methods which would humiliate or degrade any camper or staff.



Our goal is to provide clear expectations for both campers and staff in regards to behaviour, as well as consistently applying consequences for inappropriate actions. When deciding on consequences for inappropriate actions, the unique circumstances to every camper/situation will be considered. Alcohol, drugs, and smoking are strictly prohibited. Any camper taking part in, or possessing these items will be immediately dismissed from camp at the parent's expense. Any violation of the laws of the Province of Ontario will also result in an automatic dismissal from camp.

Our intention is to resolve all of our conflicts, and to teach campers appropriate behaviour for living in a community. However, **Fraser Lake Camp** reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at camp, or who is an immediate hazard to the safety of themselves or others.

No refund will be given for campers who are sent home early due to inappropriate behaviour.

Willowgrove Code of Conduct

Willowgrove is committed to a respectful, service-oriented and safe workplace at all times and under all circumstances for internal and external customers. In pursuit of this goal, Willowgrove does not condone and will not tolerate acts of harassment and/or violence against or by any Willowgrove employee.

All customers, employees, volunteers and members are to be treated with dignity and respect.

Willowgrove will make every reasonable effort to ensure that no one is subjected to any kind of harassment or violence. Willowgrove will take corrective action with any person under the employer's direction who subjects anyone to violence and/or other disruptive behaviours. Anyone who does not adhere to the Code of Conduct may face expulsion from programs and/or from the facility.

Managers and supervisors will take immediate action to resolve any situation that involves harassment or violent behaviour.

Should any employee be harassed or threatened by an individual from outside or inside the workplace, and have reason to believe this person may harm them in any way, the employee is required to report concerns to his/her supervisor.

Disciplinary or corrective actions may be taken, up to and including suspension of duties or termination of employment, for any violation of this policy.

ARRIVING AT CAMP / DEPARTING FROM CAMP

****PLEASE NOTE THAT IF YOUR CHILD IS REGISTERED FOR MORE THAN ONE SESSION IN A ROW YOU DO NOT HAVE TO PICK THEM UP IN BETWEEN SESSIONS. THERE WILL BE PROGRAMMING AND SUPERVISION ON THESE "CHANGE-OVERS"**

BUS TRANSPORTATION

Fraser Lake Camp offers coach busing for transportation to and from camp! This will provide campers with a comfortable ride in an air-conditioned bus with bathroom facilities.

Bus transportation is available from **Willowgrove** for all summer camp participants for all summer camp sessions. This is the only stop available, and the trip will be directly to camp. The bus will not be making any stops for food – please do not send money! Pack a small snack if you feel your child would benefit.

Bus transportation is available for \$42.50 to camp and \$42.50 from camp.

If you would like bus transportation this must be indicated on your online registration form.

Please give one week's notice to any changes in transportation plans



2017 BUS STOP - Willowgrove

Willowgrove Address:
11737 McCowan Road, Stouffville ON, L4A 4C3
Office Phone: 905-642-2964



Directions to Willowgrove

- Willowgrove is located just west of Stouffville and on the northern border of Markham.
- From the 401 take Hwy 404 North and exit at Stouffville Road.
- Go east (right) on Stouffville Road for 7km until reaching McCowan Road.
- Go south (right) on McCowan for 1km.
- Willowgrove is on the east side (left) of McCowan.

The bus will meet in the field adjacent to the baseball diamond. A representative from [Fraser Lake Camp](#) will be on site to greet parents, check in campers, and collect medications.

Important

Please take note of the dates and departure and arrival times for your child's camp weeks. In order to facilitate the camp schedule the bus will need to depart at the scheduled time.

Arriving at least a 1/2 hour early will ensure a less stressful time for your child.

BUS SCHEDULE 2017



WEEK	DEPARTURE TO CAMP	TIME	RETURN FROM CAMP	TIME
1	Sunday, July 2	2:00 pm	Saturday, July 8	12:30 -1 pm
2	Sunday, July 9	2:00 pm	Saturday, July 15	12:30 -1 pm
3	Sunday, July 16	2:00 pm	Saturday, July 22	12:30 - 1 pm
4	Sunday, July 23	2:00 pm	Saturday, July 29	12:30 -1 pm
4 Mini Canoe Trip	Sunday, July 23	2:00 pm	Saturday, July 29	12:30 -1 pm
5	FAMILY CAMP			
6 - Short Week	Tuesday, August 8	9:30 am	Saturday, August 12	12:30 -1 pm
7	Sunday, August 13	2:00 pm	Saturday, August 19	12:30 -1 pm

Please note the following about bus service to and from camp:

- Please plan on arriving a minimum of 30 minutes in advance of departure time
- Camp staff will be aboard the buses and will take attendance
- We ask for your patience when traffic is slow and we are delayed

CAR TRAVEL TO AND FROM CAMP 2016

****PLEASE NOTE THAT IF YOUR CHILD IS REGISTERED FOR MORE THAN ONE SESSION IN A ROW YOU DO NOT HAVE TO PICK THEM UP IN BETWEEN SESSIONS. THERE WILL BE PROGRAMMING AND SUPERVISION ON THESE "CHANGE-OVERS"**



We ask that parents arrive during the time window indicated. The buses will arrive at camp between 5 and 5:30 pm, and will have to navigate the narrow camp road. Therefore, we ask that parents dropping off campers by car be ready to depart at 5 pm. Help us to avoid congestion and traffic problems!

Arrival Times (Bringing child to camp)

WEEK	DATE	EARLIEST DROP OFF	LATEST DROP OFF
1	Sunday, July 2	4 pm	5 pm
2	Sunday, July 9	4 pm	5 pm
3	Sunday, July 16	4 pm	5 pm
4	Sunday, July 23	4 pm	5 pm
4 - Mini Canoe Trip	Sunday, July 23	4 pm	5 pm
5	FAMILY CAMP		
6 Short Week	Tuesday, August 8	12:00 pm	1 pm
7	Sunday, August 13	4 pm	5 pm

Upon arrival at camp, please check-in at the office to meet camp staff who will take campers to cabins to get settled.

PLEASE DO NOT ARRIVE EARLIER THAN THE STATED ARRIVAL TIMES. THANK YOU.

Departure Times (Picking up child when camp is over)

WEEK	DATE	PICK UP TIME
1	Saturday, July 8	9:30 am
2	Saturday, July 15	9:30 am
3	Saturday, July 22	9:30 am
4	Saturday, July 29	9:30 am
4 - Mini Canoe Trip	Saturday, July 29	9:30 am
5	FAMILY CAMP	
6 - Short Week	Saturday, August 12	9:30 am
7	Saturday, August 19	9:30 am

DRIVING DIRECTIONS TO CAMP

DIRECTIONS FROM TORONTO

- Take Hwy 401 East to Hwy 115
- Take Hwy 7 East for about 10 km until reaching Hwy 28
- Take Hwy 28 to Bancroft
- Continue on Hwy 28 past Bancroft about 20 minutes to McArthurs Mills
- About 1 km past McArthurs Mill turn north on to Boulter Road
- Take Boulter Road for about 10 km until reaching Whytes Road
- Turn left on Whytes Road
- Camp driveway is approx 1/2 km up the road on the right side. Follow the signs to the parking lot / camp office

DIRECTIONS FROM OTTAWA

- Take Hwy 17 West to Renfrew
- Take Hwy 132 West from Renfrew to Hwy 41
- Turn Left onto Hwy 41
- Take Hwy 41 West to Denbiegh
- Take Hwy 28 West towards Bancroft until Boulter Road.
- Boulter Road is about 1km east of McArthurs Mills.
- Turn right onto Boulter Road and travel 10 km
- Turn left onto Whytes Road
- Camp driveway is approx 1 km up the road on the right side. Follow the signs to the parking lot



DIRECTIONS FROM BELLEVILLE

- Take Hwy 401 to Hwy 62
- Take Hwy 62 North to Bancroft
- Take Hwy 28 East to McArthurs Mills and follow the above directions.

COMMUNICATION DURING CAMP

CONTACTING THE CAMP OFFICE

During the summer at Fraser Lake Camp the camp director and assistant director are in and out of the office. Often their work takes them outside where camp life is happening! If the phone is not answered, please leave a detailed message and we will get back to you as soon as possible. The summer camp office number is 613-332-3351.

THE FRASER LAKE CAMP OFFICE CONTACTING YOU

Don't be alarmed if someone from **Fraser Lake Camp** contacts you during your child's stay. Most often there is some administration that needs clarification or confirmation, and it does not mean that anything is wrong.

We will always contact you if your child stays overnight in the Health Centre, has to go to the hospital or to the doctor's (non-emergency and emergency situations), is having severe homesickness, or at the Director's discretion for behavioural problems.

We will not automatically contact you if your child visits the Health Centre during the day or has typical camper problems. In such cases a call home will be at the discretion of the health care provider.

If there is a medical emergency, we will make every attempt to contact you - first at your home or main number, then at work, then at any alternative numbers you have provided (cell or pager or cottage). If we cannot reach you, we will contact the person you listed as the emergency contact. **It is important to make your wishes known to any person acting as your emergency contact** if you plan on being away from your phone/cell phone for an extended period of time while your child is at camp.

In the case where a decision is necessary and contact has not successfully been made, the Camp Director will need to make a decision on your behalf, in your child's best interest. We will, of course, continue to try and reach you until we make contact.

CAMPER PHONE and CELL PHONE USE

Due to the remote nature of our camp, there is only one phone available for camp use. Therefore access to the phone is restricted, and campers are not allowed to use the phone to call home so the phone can remain free for camp business. Furthermore, calling home and hearing familiar voices can cause a sense of homesickness for some campers, and can prevent a camper from enjoying the full, independent camp experience.

It will continue to be our policy to contact families if any concerns arise – including extreme homesickness.

Fraser Lake Camp also **prohibits the use of cell phones at camp**. Our intention is for campers to be at camp and disconnected from their life in the city in order to maximize their experience. The advancement of technology which permits texting, messaging, and staying connected 24/7 is wonderful, but we believe that it hinders the camp experience. Furthermore, cell phones are small and easily taken, broken or lost. If you need to communicate with your camper, please use the traditional texting method of writing a letter or an email through our Bunk1 system (instructions on page 13). Should an emergency arise, we will be sure to contact you ourselves from the camp office.



MAIL

Mail is delivered to camp each weekday. Incoming mail takes a few days to arrive at camp (about 4-6 days from Toronto). Because we are in a rural setting, outgoing mail will take longer. Mail sent from camp is taken to the local post office at least twice per week. It's always a good idea for parents to send along several stamped, self addressed envelopes and writing paper for their campers. Stamps are not available for sale at camp.



When writing a letter to your camper, please address your letters to:
Your Child's Name / Camp Session(s) Attending
Fraser Lake Camp
156 Whytes Road, RR #4
Carlow Mayo, ON K0L 1C0

On occasion, parents may receive a letter that is sad or upsetting. Keep in mind that the letter was written a few days prior to your receiving it, during a settling in period or during what your child perceives to be a difficult time. Most often the problem will have been resolved by the time you read the letter. However, **if you notice a pattern or receive news that is worrisome, we urge you to contact the camp and speak with the Director.**

Mail that arrives after your child has left for camp will be "returned to sender."

Tip! Write a letter for your camper a few days before they leave so that it will arrive shortly after they do!

CARE PACKAGES

While parents / relatives / friends sometimes wish to send care packages to camp, they may not always consider the following potential negative consequences:

- A package that contains food tends to attract unwelcome visitors to the cabins (raccoons, squirrels, ants)
- Delivery of a package to our rural route can take longer to arrive to camp, and may arrive after the camper has departed
- A care package can be divisive within the cabin even if parents intend for the camper to share with other campers.





EMAIL

STAY IN TOUCH THIS SUMMER WITH BUNK NOTES!

We are excited to tell you about our continued partnership with Bunk1, allowing you to send “Bunk Notes” throughout the summer. Using a secure login, you’ll be able to send a “Bunk Note” to your camper at any time of the day and it will be delivered with the regular mail the very next day. No need to wait for snail mail - Bunk1 makes it easy to communicate with your child!

GET STARTED TODAY!

RETURNING PARENTS

1. Go to www.bunk1.com
2. Enter your email address and password in the space provided.

NOTE: You are logging into the same account that you used last year. If you have forgotten your summer password, click “[Need to reset your password?](#)” You will be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.

NEW PARENTS

1. Go to www.bunk1.com
2. Click the link for “[Need an Account or have an invitation code?](#)”
3. Complete the basic form to create your account. You will be asked to enter an “Invitation Code”. Please use the following code: **2017FLC**

NOTE: For your camper’s safety, please do not share the invitation codes above.

SENDING BUNK NOTES

Send bunk notes day or night! Fraser Lake Camp receives a pdf at 3 am EST each day containing all Bunk Notes received in the last 24 hours. Camp prints each Bunk Note and delivers them to your camper with the regular mail in the afternoon. You can purchase more credits anytime in the Bunk Notes menu.

On the go? Purchase **Bunk Notes Express** and receive a unique email address to send your Bunk Note directly from an email account. Your message is still delivered as a Bunk Note. Each time you send a message, 1 credit is deducted from your account. Your Bunk Note will not be sent via Bunk Notes Express unless you have credits in your account.

FREQUENTLY ASKED QUESTIONS

Can other relatives use these services?

Absolutely! In your **Quick Links** you’ll select **Invite Family Members**, enter their details and they will be sent an email. PLEASE NOTE this will prompt them to set up their own account. It does not provide them access to your account OR your Bunk Note Credits.

Questions or Problems? The Bunk1 team is available to support you 7 days a week during peak season. They guarantee a response within 24 hours and it’s usually much quicker than that. Please call Bunk1 at 1-888-465-2267 or email support@bunk1.com

The Bunk1 app is available on iPhone and puts summer camp at your finger tips. Download today at the Apple Store to keep in touch with camp! (Coming soon to Google Play)

FOOD POLICY

Three home-style meals and snacks are prepared each day at **Fraser Lake Camp**. For those that require special diets or have food allergies, notification in writing is required no later than three weeks in advance of the first day of the camp session attending. Please call the camp office well in advance to discuss special diet needs with the camp director.



NUT POLICY

Our camping season has been designated once again as "nut aware". We often have a few campers attending throughout the summer that have life threatening nut allergies. In no way do we want to compromise their personal safety during their stay at camp. Because campers or visitors may unintentionally bring food items containing nut products to camp, we cannot guarantee a nut-free environment. However, we take every measure possible to keep nut products away from our campers and we only order in food products for our kitchen that are certified as nut-free.

In order to protect the health of children and staff who attend Fraser Lake Camp with a variety of life-threatening allergies,

Counselling staff will ask for and confiscate any food items which contain nuts or nut products on the first day of camp. Such items will not be returned and removed immediately from camp.

Fraser Lake Camp will assume no responsibility for reimbursing the cost of these items.

Please assist us by NOT sending any nuts, nut products or any products that may contain nuts, includes any item from bulk food that does not come pre-sealed. It is important to read labels carefully for ingredients, although most products that are unsafe will contain warnings on the nutrition label.

FOOD POLICY

Many camps strictly forbid any outside food to be brought into camp and will confiscate anything found in luggage or enclosed in a package. While we do not intend to go to those lengths, we do encourage parents to limit the amount of food and drink that is packed with your child and to not enclose food in care packages.

Food in cabins attracts animals, creates a great deal of competitiveness between campers, generates a lot of garbage, and spoils appetites. Because of these health, safety, and social reasons, please do not allow your child to bring more candy or junk food than they would reasonably consume during a two-week period at home. Camp is a time when we have the chance to teach children to live healthy lifestyles. We ask that you work with us in this matter.

Any food containing nuts, nut products, or which may contain traces of nuts will be confiscated and not returned or replaced. This includes bulk candy or candy not contained in an original package (where we can read the label and ingredients).

HEALTH SERVICES

Thank you for providing your child's health information when you registered. It is very important that we have all information regarding their health and behavior in order for them to be well cared for at camp. If, in the event that any information on the Health Form needs to be updated, please email or call the camp director.

Please remember that in the case of a medical emergency, the information on the health form you provide may be the only resource we have to ensure your child's well being.

Tip! Inform the people you designate as emergency contacts of any unusual or serious medical concerns your child may have, and make sure they understand what your wishes would be should the need arise.

MEDICATION

Campers should know why they take the medication that has been sent to camp, and when to take it. Understanding why they take medicine helps them to remember to take it.
Please discuss this with your child.

If your child will be bringing any medication to camp, please observe the following:

- **Medication must be brought to camp in the original container.** It is not legal for our health care providers to dispense medication from any other container, including weekly pill organizers.
- **Carefully detail the normal time medication should be taken and send this with the medication.**
- **Include clear instructions in writing for the administration of medication,** including the reason for taking it. Camp staff cannot accept verbal instructions.
- **Please make sure to send enough medication to last the full session.**

Any medication should be given directly to the health care provider at the health centre when campers are dropped off at camp. A staff member will collect all medications at the Willowgrove bus stop. Please make sure all medication is clearly marked and labeled with each camper's name. Once it reaches camp, medication is stored (and locked) in the Health Centre. Medical staff (or, during canoe trips, staff members) will be responsible for dispensing the medication as per instructions.



IN-TOWN DOCTOR VISITS AND MEDICATION FEES

If, at any time, a prescription needs to be filled or medication has been prescribed following a visit to a doctor or hospital, **Fraser Lake Camp** will pay the up-front costs and all costs will be recorded and invoiced to you. The original prescription receipt will be sent to you so that you can be reimbursed by your personal drug plan.

CHECK YOUR CHILD

Campers should not come to camp with known communicable diseases or health nuisances (such as chicken pox, lice, viral infections, rashes, athlete's foot, impetigo, etc.). If your child has been exposed to anything communicable within three weeks of the start of their camp session, please alert the camp office. Together, we will determine whether to consider keeping your child at home for an extra day or so. In the event that a camper arrives at camp unaware that he/she has a communicable illness, we will let families of campers in that child's cabin know that their child has been exposed.

Ensure that young female campers know about and understand menstruation and have appropriate sanitary napkins. It is not unheard of for girls to get their first period at camp.

HEAD LICE

Please check your child thoroughly for head lice/nits within three days of their first day at camp. Over the years, we have occasionally had campers contract head lice at camp, but we have been fortunate that it has never been a widespread problem. Because of the potential for head lice to spread in a communal setting, we want to be proactive and avoid the kinds of problems that other camps and schools have had. With this in mind, every camper will be checked by the camp during the first day of camp for head lice. It is, therefore, in everyone's best interest to have your child thoroughly checked before camp begins.

A camper found with lice may be sent home depending on the severity of the condition. Any costs incurred by the camp to treat the problem on-site will be billed to the family.

If you are not sure about how to check for head lice prior to your child's arrival at Camp, go to www.headlice.org for the National Pediculosis Association's 10 Tips for Head Lice and Nit Removal.

If you need more information about head lice, nits, or the removal of them, visit this website: www.licesquad.com (More information on head lice removal and what to look for)

SUN SAFETY

We are aware of the dangers of over-exposure to the sun and strive to take reasonable precautions to prevent adverse effects of the sun and UV rays. Please help us in this endeavour by packing:

- a hat with a brim and sunglasses
- sunscreen for your child (minimum SPF 30),
- a water bottle with your child's name on it.

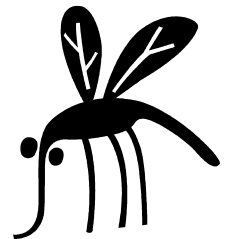
Sunscreen is available at the Health Centre should campers run out, and water taps can be found around camp. Campers will be encouraged to wear light clothing that covers shoulders and arms when not doing water activities.

BUG REPELLANT

It is not our policy to demand that campers wear bug spray or to provide it at camp. If you are concerned about your child wearing an insect repellent that contains DEET, visit a local health food store for healthier alternatives.

No bug spray is 100% effective. It is a good idea to send your child to camp with long-sleeved shirts and pants that are made of light material.

Keep in mind that highly scented soaps, shampoos, and perfumes attract bugs so it is better not to use them.



PROGRAM NOTES

DAILY PROGRAM AT A GLANCE

- 8:00** - Breakfast
- 8:45** - Morning Watch
- 9:00** - Cabin clean up
- 9:15** - Activity 1
- 10:15** - Morning snack
- 10:30** – Activity 2
- 11:30** - Activity 3
- 12:30** - Lunch
- 1:00** - Siesta
- 2:00** – All-camp swim
- 3:00** - Tuck
- 3:15** – Activity 4
- 4:15** – Interest Session
- 5:15** – Cabin Time
- 5:30** - Dinner
- 6:30** - Camp Wide game
- 7:30** - Snack
- 7:45** - Campfire
- 9:00** – Cabin reflection time & bedtime



SWIM CHECKS

On the first day of camp, every camper must complete a swim check. This is not a test, and there is no pass or fail. In accordance with OCA Standards, we check the swimming ability of every camper and staff member. Campers then wear a colour-coded wrist band so that any staff member can tell at a glance whether each camper is able to swim in the deep end of our swimming area without assistance. Some water activities may be restricted to campers who are non-swimmers.

CABIN CLEAN UP

Your child will be required to help their cabin mates clean up their cabin and personal spaces every day after breakfast. These responsibilities fall to every camper - as part of a cabin group and as part of a larger community. Please help us to reinforce the value of these duties and the importance of a willing attitude towards keeping personal belongings in order and the cabin neat and tidy.

COLOUR TEAMS

At the beginning of the camp week each camper is assigned to one of four colour teams in which they play games against other colour teams during the wide game activity. It is encouraged that the campers bring a distinctive piece of clothing in every colour (Red, Blue, Green, Yellow) to help them distinguish which team they are playing with. If campers do not come to camp with these colours our program staff have coloured fabric that they can tie around the camper's arm.

AFTER YOUR CAMPER RETURNS HOME...

Just as it takes at least 48 hours for campers to adjust to life at camp, there will also be a readjustment period when your child returns home from camp.

The last full day of camp is a long one (the final campfire and the last night in the cabin can often go late, and wake-up the next morning is often earlier than usual in order to make sure the bus leaves on time). Your child will likely be tired and full of many emotions. It is common for younger campers to be over-excited while older campers are often more melancholy over the separation from their friends and counsellors. Allow your child to tell you about his or her experience when he or she is ready.

Shortly after the end of the summer, [Fraser Lake Camp](#) will email you a survey for you to fill out. We ask that you take the time with your camper to complete the survey. Completing the survey together can be a way for you to prompt your camper for more information about their summer experience.

We value your comments, encouragement, questions and concerns following your camper's return home. We are always striving to get better at what we do, and your input (positive and negative) helps us to identify areas of strength and weakness allowing us to grow and provide an excellent experience for your kids.

LOST AND FOUND

On a regular basis we try to comb through the Lost and Found bin to reunite articles with their owners. To make the process easier, please [label](#) everything clearly. Despite our best efforts to return lost articles to their owners during the summer, there are always - inevitably - several bags of Lost and Found at the end of the season. It continues to be our practice to make every attempt to return any labeled clothing at the end of the summer. Lost and Found is brought to our Stouffville Office in early September where it may be picked up. For those wishing items to be sent by mail, appropriate postage charges will be added to camper accounts. We will phone you and let you know that the found item is in the office. After two phone calls, we will assume that you do not want the item back.

After October 1st each year, unclaimed lost and found is donated to a local charity.



IMPORTANT INFORMATION AT A GLANCE

- The only available bus stop is at Willowgrove for bus transportation to and from Camp
- Every camp session starts on a **Sunday**, and ends on a Saturday (except Short Week which starts on a Tuesday)
- Label all clothing and every item sent to camp
- Check your child for lice or communicable disease before camp
- No nut products will be allowed at camp. Food containing nuts will be confiscated and not replaced. Help us keep camp safe for everyone!
- Campers cannot call home or return e-mails, but are encouraged to write letters
- Parents may write letters and/or send 1 e-mail per day
- Care packages should be reasonable in size and comply with our nut policy
- Medication sent to camp ***must be in the original container***, be accompanied by ***written instructions***, and ***given directly to a staff*** member upon drop off at either the bus stop or at camp.
- The camp ***must*** have up-to-date health information prior to your child's arrival to camp

If you have any questions that were not answered in this package, please do not hesitate to contact us so we can help you find the information you need. We look forward to seeing you soon!

-Kristen Berg
Director of Fraser Lake Camp
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June – August: 613-332-3351