



# **LEADERSHIP—Get ready for ART & FUN!!**

**CAMP IS JUST AROUND THE CORNER!!!**

**uCamps 2018 theme: “Dare to Be U”**

This packet is for **both** campers & parents/guardians

**\*\*\* IMPORTANT REMINDER \*\*\***

**ALL FINAL CAMP TUITION PAYMENTS ARE DUE!!!**  
**IF YOU HAVE NOT PAID YOUR BALANCE PLEASE DO SO ASAP**  
**BY GIVING US A CALL AT 415.240.6852**

**ALL REQUIRED FORMS NEED TO BE SIGNED ON DOCUSIGN.**  
**YOU WILL RECEIVE A DOCUSIGN PACKET BY EMAIL ON MAY 30.**

On the first day of camp please bring snack shack money and medications.

**1. SNACK SHACK MONEY**

- a. Turn in all spending money in an envelope with camper’s name at the bus stop.
- b. We do not exchange money during camp.
- c. We collect money at the bus and return your balance on the last day.

**2. MEDICATIONS**

- a. Prescription and over-the-counter medications must be in their original pill bottles with the camper’s name clearly labeled
- b. We cannot accept meds that arrive in anything but the original containers).

**Included in this packet are the following:**

1. **A GOOD CAMP EXPERIENCE STARTS AT HOME** (Tips to ensure your child has fun at camp!)
2. **PACKING LIST** (clothing, toiletries, personal & themed items, etc.)
3. **WISH LIST** (Opportunities for your family to help out)
4. **BUS DROP OFF AND PICK UP INFO** (Times, date, directions, and contact info.)
5. **WORKSHOP & ACTIVITIES LIST & COURSE DESCRIPTIONS**
  - a. Read this carefully because certain workshops require that you bring specific materials to camp.
  - b. Read each description & consider what workshops you want to attend (you can decide @ camp).

**We are really excited about camp and can’t wait to see all of you on June 16<sup>th</sup>!!!**

If you have any questions, contact our office: (415) 240-6852, [info@uCamps.org](mailto:info@uCamps.org)



# A GOOD UCAMPS EXPERIENCE STARTS AT HOME

**PARENTS:** This may be the single most important document in this packet. Read it carefully and do your best to play an active role in your child's camp experience.

## THE BENEFITS OF CAMP

At uCamps, children learn to work together, make choices, take responsibility, develop creative skills, build independence and self-reliance, and gain confidence. All are necessary steps on a child's path to a healthy, productive life. Camp is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, and more. This time also gives you, as parents, an opportunity to take care of yourself so that you will feel refreshed when your child returns home.

Noted experts in child development have expressed their beliefs that camp is a valuable resource for giving children the gift of belonging to a community of their own. This position is being supported by the American Camp Association, which believes that this critically important sense of community is rooted in enabling and empowering children to be belonging, cooperating, contributing, and caring citizens. At uCamps, your child's health and happiness are our #1 priority. We invite you to assist us in this wonderful goal of nurturing and fostering happy, confident children.

## HOW PARENTS CAN HELP

This summer, millions of children will get a taste of independence at a summer resident camp. Many will also have an experience with homesickness. But parents don't have to feel helpless when homesickness strikes. The prescription for camper homesickness is a simple solution of preparation and patience. Psychologist Dr. Christopher Thurber studied homesickness in 329 children between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whopping 83% of the campers studied reported homesickness on at least one day of camp.

"Summer camp is more than a vacation for children," says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. "As a parent, there are a few things to consider which increase the opportunity for a rewarding camp experience for your child."

1. First and foremost, **tell your child that missing something about home is NORMAL**. Reassure them they will do great, that they will have a lot of fun, and that you are proud of them. Share examples of times you missed something about home, both as an adult and as a child.
2. Before camp, it can be beneficial to **practice short stays away from home** such as spending the night with a friend or a weekend with grandparents.
3. **Send a note or care package ahead of time to arrive the first day of camp**. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
4. **Pack a personal item** from home, such as a stuffed animal.
5. Use a calendar to show exactly the amount of time your child will be away (in this case, 6 days). **Predictability and perspective** on the length of separation is important whenever possible.
6. Warn children, even older teens, against keeping feelings of homesickness to themselves. **Encourage them to share their feelings** with others and seek out trusted adults to connect to.
7. uCamps has a "no calls" policy. If you as parents honor and support the policy, children will too.
8. Tell children that they can use strategies like writing letters home, sharing their feelings with other people, and thinking about all the good things that camp is giving them, to help ease their worry.
9. Supply pre-stamped, pre-addressed envelopes and paper before the child leaves home.



## Prepare for uCamps together

- **Parents should help their child pack** to make sure nothing is forgotten. Let them be the leader!!
- Work with the child to **learn about the camp**, ahead of time, so they know what to anticipate. Take a weekend road trip to tour the camp. This allows your child to become familiar with the territory and can give them a chance to see how much other kids are enjoying it.
- **Share your own childhood camp experiences.** Tell your child about the fun activities he or she will get to participate in and about the new friends they'll make.
- If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.
- **Discuss what camp will be like** before your child leaves. Consider role-playing anticipated situations, such as changing the batteries in the flashlight.

## Talk about concerns & Have realistic expectations

- As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. **Communicate confidence in your child's ability to handle being away from home.**
- Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.
- **Involve your child in the decision** to spend time away from home, so they have a sense of control.

## The Don'ts about communicating with your child (Avoid the falling pitfalls)

- Before the separation, **don't make comments that express anxiety** or ambivalence about the child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child worried that something bad might happen to them or their parents, and make them fixate on thoughts of home.
- **Don't make a "pick up plan" or a deal** with a child to bring him or her home if they don't like the experience of being away. This undermines the child's sense that their parents have confidence in their ability to be on their own, and sets an expectation that they won't like the new experience.
- If a "rescue call" comes from the child, **offer calm reassurance** ("you're doing great") and put the time frame into perspective ("only 4 more days"). **Avoid the temptation to take them home early.**
- **Don't bribe.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.
- **Don't feel guilty about encouraging your child to stay at camp.** For many children, camp is a first step toward independence and plays an important role in their growth and development.
- If your child takes medicine for attention, behavior or psychological conditions, **don't use camp as an excuse to take a "drug holiday."** Make sure that they, and the camp's nurse or counselors, know their medication schedule and the importance of sticking to it.
- If your child has special medical needs, such as diabetes or asthma, make sure that the camp nurse knows how to handle day-to-day care and emergencies. Parents who have managed their child's care intensely can have an extra hard time giving up that control, and children can sense that anxiety.

**If you spend a little extra time talking with your child and preparing for camp, we feel confident your child will have a fun, happy, rewarding experience, filled with personal growth and a much improved self-image!!! Parents, thank you in advance for making uCamps an awesome experience for your child!**

**You can do it! They can do it!! We'll take good care of your babies! That's our promise!!**



# uCAMPS SUGGESTED PACKING LIST

This is a suggested packing list for uCamps. **All items should fit in ONE suitcase, duffel bag, or trunk.** All items brought to camp should be labeled with the camper's first and last name. uCamps **is not responsible for any lost, stolen, or broken items.** Any items left at camp are thrown away or donated to charity on the last day of camp. Please be responsible for your items check the lost and found before packing on the final day. We suggest you leave behind your nice clothing and only bring the clothing you are willing to get dirty and/or wet.

## Clothes

- 1-2 swimsuit(s)
- 14-15 pairs of underwear
- 14-15 pairs of cotton socks
- 2-4 pairs of shorts
- 2-3 pairs of long pants
- 14-15 t-shirts (short sleeved shirts)
- Pajamas or sleepwear
- 2-3 long sleeved shirts
- 1-2 warm sweatshirts or jackets
- a hat, visor, etc. to protect you from the sun
- 2-3 pairs of shoes &/or sandals including at least 1 pair of close toed shoes.

### \*\* Specialty Themed Items to Bring to Camp

1. **Cabin Decorations** (streamers, xmas lights, balloons, etc. - be creative!)
2. **ALL-BLACK outfit FOR PERFORMANCES** (shoes, pants/dress/skirt, shirt/top)

### THEME DAY COSTUMES

3. **Superhero Day:** Dress up like your favorite superhero
4. **Hawaii Day:** leis, Hawaiian shirts, hula skirts
5. **Tie-Die Day:** Bring a white t-shirt/tank top to tie dye at camp
6. **Disney Day:** Dress up like your favorite Disney character
7. **Hoe-Down Outfit:** Flannels, overalls, straw/cowboy hats, etc.

**\*\* Themed Items are not mandatory. It's just fun to dress up!!!! \*\***

## Toiletries

- Toothbrush & toothpaste
- Deodorant
- Soap (in a case)
- Shampoo/conditioner
- Brush or comb
- Washcloth
- Flip flops or shower slippers
- Q-tips
- Band-aids
- Sunscreen
- Hand and/or face lotion
- Feminine products
- Chapstick/Lip Balm
- Insect repellent
- Beach towel and bath towel

**NOTE:** We recommend you bring \$10 - \$80 for food, drinks, goodies, and souvenirs for the week.

## Cabin living

- Pillow and pillowcase
- Fitted twin sheet
- Sleeping bag
- Blankets

## Items to Leave at Home

- Food, candy, gum, drinks (except water)
- All weapons including knives, all types of guns, etc.
- Aerosol products (hairsprays, deodorants, etc.)
- Lighters, matches, firecrackers and fireworks

**CELL PHONES (Leave them behind)**  
**Including Smart Phones!!**

## Accessories

- Pre-Addressed, Pre-Stamped Envelopes or Postcards*
- Alarm Clock
- Flashlight with extra batteries
- Notepad with lined paper for writing
- Pens and pencils
- Sunglasses
- Camera with extra film (or a digital camera with cable)
- Water bottle (drink lots of H2O at camp!!)
- Playing cards
- A book
- Board games
- Day pack (backpack) for carrying clothes, etc.
- Super Soakers
- Ipod/MP3 player, CD player



## **uCAMPS WISH LIST 2018**

THANK YOU FOR BRINGING ALL DONATIONS TO THE BUS STOP ON DAY 1

uCampers create incredible art and we aim to provide the equipment, supplies and costumes that will help to develop their creativity, passion and inspiration.

You can also copy & paste the links below to make a purchase and donate a specific item from the wish list:

**Glow Sticks** **\$19.99**

<https://www.amazon.com/Glow-Sticks-Bulk-300-Count/dp/B00N1QVCMU/>

**Power Strip** **\$11.49**

<https://www.amazon.com/AmazonBasics-6-Outlet-Surge-Protector-2-Pack/dp/B014EKQ5AA/>

**Extension Cord** **\$16.03**

<https://www.amazon.com/AmazonBasics-Vinyl-Outdoor-Extension-Cord/dp/B00OS7ETIA/>

**External Hard Drive** **\$64.99**

<https://www.amazon.com/Elements-Portable-External-Drive-WDBU6Y0020BBK-WESN/dp/B06W55K9N6/>

If you're unable to make a purchase or a financial contribution, we are also gladly accepting donations of the following items you may already own:

- Costumes, especially wigs, hats, and masks
- Plain white t-shirts
- Sleeping bags (as a back-up for forgetful campers!)
- BEADS!! We need a lot of beads for making friendship bracelets
- Sports equipment: Basketballs, footballs, and volleyballs

**Thank you in advance for your generosity in supporting youth art in our community.**



## **BUS DROP OFF INFORMATION - JUNE 16<sup>th</sup>**

Campers should **arrive on time, if not early**, on the appropriate day: **Busses will leave without you!** Please allow enough time to turn in all paperwork, load your luggage, and give your camper(s) a hug and kiss goodbye!

## **PLEASE BRING A SACK LUNCH FOR THE RIDE** **THE FIRST MEAL AT CAMP WILL BE DINNER!!!**

### **LOCATION: PARK AND RIDE IN DANVILLE (Arrive by 9:15am)**

For detailed directions, go to <http://maps.google.com/> and enter the following address: Danville Park and Ride, Sycamore Valley Rd W. Danville, CA 94506

#### **Driving Directions:**

From 680:

1. Exit Sycamore Valley Rd. and head east toward Camino Ramon
2. The Park and Ride is on the left, immediately after exiting the freeway. \_

**\*We strongly encourage ALL CAMPERS to take the bus to camp.** If you absolutely have to make other arrangements, we **MUST** be notified at least 7 days prior to camp.

**\*Any families not taking the bus to Camp Jack Hazard, please arrive at the camp between 1:30pm and 2:00pm on the first day of camp. BRING A SACK LUNCH! The first meal at camp will be DINNER.**

**\*If there is an emergency on the first day of camp that prevents you from getting to the bus location on time or at all, please call (415) 240-6852.**

---

## **BUS PICK UP INFORMATION - JUNE 30<sup>th</sup>**

### **LOCATION: PARK AND RIDE IN DANVILLE**

Danville Park and Ride, Sycamore Valley Rd W. Danville, CA 94506

The busses will be leaving Camp Jack Hazard at 11:00am. They will arrive at the Danville Park and Ride around 2:15pm, with the possibility of a slightly earlier or later arrival depending on traffic.



## **CAMP CONTACT INFORMATION**

(Please keep this information on your refrigerator or somewhere safe)

Parents, please familiarize yourself with the information in the form entitled: **“A GOOD CAMP EXPERIENCE STARTS AT HOME”**. Camp is a time for children to gain confidence and a greater sense of independence. Please keep in mind, **campers will not be allowed to call home** or receive calls from home during their stay at camp. You are welcome and encouraged to send letters, cards, and care packages. Prepare yourself and your child for the time apart, and everything will be smooth and happy!!

**uCamps Directors:** Doug “Bald E” Cembellin, and Anthony “Iver” Campolo

**Email:** [info@ucamps.org](mailto:info@ucamps.org)

**uCamps Cell Phone:** (415) 240-6852

**Camp Jack Hazard:** (209) 965-7254

## **COMMUNICATION WHILE AT CAMP!**

Since cell phones are not allowed at camp, we highly encourage you to write letters and send care packages to your camper! We do “Mail Call” every day at lunch, and campers LOVE receiving letters from their friends and family!

**SEND MAIL TO:**

**CAMPER NAME**

**Camp Jack Hazard % uCamps**

**CA-108**

**Dardanelle, CA 95364**

**DARE TO BE U!!!**  
**UCAMPS 2018 IS GOING TO ROCK!!**