

Montvale Rec

Summer Camp 2023

Grades 1-5

Parent Handbook

1 Memorial Drive
June 26 – July 21
(No Camp on July 3 & 4)
9:30am-12:30pm

Camp Directors

Lisa Loranger: Recreation Director
Kathryn LoPresti
Adam LoPresti
Kevin LoPresti

Art Director

Martina Grambone

Camp Nurse

Barbara Reineke

Introduction

Welcome back to all of our camp families and staff! As always, our two main goals for camp are to keep everyone safe and have fun! With that in mind, we greatly appreciate each family reviewing the below policies so that everyone can have a safe and smooth four weeks at camp!

Communication

Announcements: Email Blast

Camp information and notifications are sent through **email**. Please check your email regularly for camp emergency closures, updates and/or announcements. For this reason, it is very important that we have a valid email for every parent and/or for the person responsible for transporting your child. If you are concerned about getting emails or have not received an email, please check your spam/junk box first and then email MontvaleRecreation@montvaleboro.org

To Reach a Camp Director

If you have a non-urgent matter, please email MontvaleRecreation@montvaleboro.org
For urgent matters, please call 551-207-0388 and leave a message if you reach the voicemail box. Either the Assistant Recreation Director, Cassidy Strauss or one of the Camp Directors will get back to you as soon as possible.

Camper Drop Off & Pickup

Drop Off

Park on Memorial Drive and walk your camper to the basketball courts to check in your camper to their assigned group starting at 9:30am.

Pick Up

Camper pickup from the basketball courts is at 12:30pm this year. All children, with the exception of walkers, must be checked out with their counselor prior to leaving. A camper can

only be picked up by their parents, guardians or authorized persons indicated on their camp registration form. If a child is being picked up by someone other than the above listed, the parent must give a signed note to the Counselor ahead of time. Crossing guards will be on duty at major intersections from 12:00- 1:00pm for those walking home or riding a bicycle.

The Bayberry gate will remain closed again this year. This is a Police Dept decision concerning safety of pedestrians and the lack of a having a crossing guard at that post during the summer. We appreciate your cooperation and understanding of this matter.

Late Pickup

There will be charged supervision after 12:45pm. Children who are not picked up prior to 12:45pm on more than one occasion, may be asked not to return to camp. Late pickup will result in a charge of \$25.00 for every 15 minutes each child is left under camp care. Payments shall be made directly to the Camp Director overseeing the child's care.

Campers Walking To/From Camp

If your child will be walking to and/or from camp every day, it must be indicated on their registration form. If your child does not normally walk home, but will be for a day, you must send them with a signed note.

Allowed to Walk Home Alone:

5th - 7th Graders

3rd and 4th Grade **ONLY** if they have a sibling in 6th or 7th Grade who will walk with them.

We do not make exceptions for any campers walking home. (I.e. if they do not have a signed note or if they are too young) We take the responsibility of you placing these campers in our care very seriously and must take every precaution to ensure their safety. We reserve the right to deny a camper to walk home if they are ill, injured, unsafe or have had any issues walking home in the past.

Visitors

Visitors will not be allowed at camp. Camp will be limited to staff and Campers only.

- **If you must pick up your Camper early and you know ahead of time:** Please send your Camper with a note stating their pick-up time and give it to their Camp Counselor. The Counselor will make sure your Camper is ready at the Red Shed at that time.
- **If it is a last-minute change and you must pick up your Camper early:** Please call 551-207-0388 and leave a message. We will do our best to have your camper ready.
- **If you are unable to get a hold of someone at Camp:** Please park by the Red Shed and in that area for a staff member to approach to find out your Campers name and grade

Inclement Weather

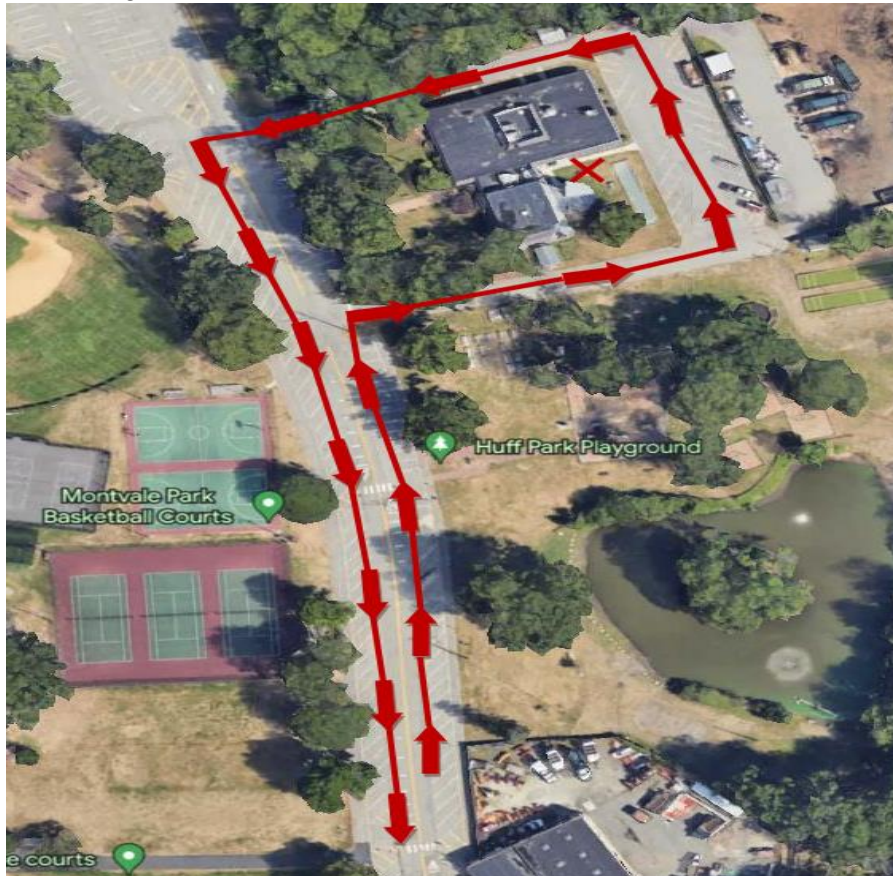
Rain Day Cancellations

If it is forecasted to rain for the majority of the camp hours, it will be necessary to cancel camp for that day. The space in the Senior/Community Center is only enough to hold the campers and makes it very difficult to entertain them for any extended period of time. **You will receive an email notification if camp is closed by 8:45AM.**

Pick-up on rainy days will be from the Senior/Community Center. *If it is drizzling, we will allow campers to continue to play outside.

LIGHTNING:

If the siren has sounded or the beacon (on top of the snack shack and the DPW building) is flashing, cars must follow the below traffic map to pick up their campers. Drivers will need to **enter the recycling center exit** and continue to the rear of the Senior/Community Center. Directors will ask for your campers names, grades and genders. Please remain in your vehicle while your camper is brought to your vehicle. After picking up your camper, continue to drive around the building (exiting through the recycling center entrance) onto Memorial Drive. Once on Memorial Drive, please resume a normal traffic pattern. Please note there is only ONE lane of traffic during pickup. Do not get out of line after your child has been picked up. Please wait for all cars in front of you to exit before doing so.



Allergies, Asthma and Medical Conditions

Allergies/Asthma

Allergies That Require an EpiPen

If your child has any allergies that require an EpiPen, you **MUST** submit a Food Allergy & Anaphylaxis Emergency Care Plan Form prior to that start of camp in order for your child to attend camp.

Asthma

If your child has Asthma, you **MUST** submit an Asthma Treatment Plan Form prior to camp starting in order for your child to attend camp.

If you have any doubt whether you submitted the above forms, please call 201-391-5700 ext 251 before camp begins.

All Other Medications

If your child will possibly need **ANY medication** for a medical condition other than the above stated, the prescription name and dosage information with doctor's orders must be submitted by prior to camp starting in order for your child to attend camp. Without these vital documents, camp personnel will **NOT** be able to administer any medication under any circumstances.

Medication Drop Off on the First Day of Camp

EpiPens, Inhalers and all other Medications: Bring to the camp nurse in the camper drop off area. Make sure you have submitted an Asthma Treatment Plan and/or Food Allergy & Anaphylaxis Plan form.

All medications must be in a clear bag labeled with your child's first/last name and group (ie. John Smith, 1B for first grade boys) written boldly on the medication. It's recommended that labeled medication and/or EpiPens are left in camp during your child's entire stay rather than sending in daily. Please do not send any medication in your child's backpack.

The Camp Nurse will be on staff during all on-site camp hours. Our Camp Nurse there to assist and take care of most camp injuries/illnesses. If you're child has any allergies, medical conditions or limitations, please be sure that you have noted them on the registration form.

Daily Camp Logistics

Suggested Items for Camper's Backpack

- Required: Sneakers
- Spray sunscreen: counselors WILL NOT be allowed to rub sunscreen on your Camper. They will assist in spraying but please practice rubbing it in on their own.
- Beach/Pool Towel
- You may choose to pack closed-toe water shoes if you do not want your child running in the sprinklers barefoot. Sneakers must be worn at all other times while at camp.
- The Camp is **NOT** responsible for lost or stolen personal belongings brought to Camp. Please do NOT bring or send your camper with valuables to Camp. This includes cell phones, portable game systems, tablets, credit cards, personal sports equipment and jewelry. **All items that are brought to Camp should have the Camper's first & last name and grade.**
- It is strongly recommended that all campers bring a REUSABLE water bottle to camp. This is the most efficient way of keeping the campers from dehydrating on hot summer days. We strongly emphasize reusable because many children bring a plastic water bottle to camp, throw it away when done and then not have a bottle to fill the rest of the day. This also greatly cuts down on the garbage and recycling that is left around camp grounds. Please write your child's name and group on the bottle so that we can return it to them if they misplace it. If a second water bottle is packed, consider freezing it the night before so that it's still cold by mid-day.
- Snack
- Bowling Days: Cash for snack stand if you choose

WE ARE A NUT FREE CAMP. PLEASE, NEVER SEND YOUR CHILD WITH A SNACK THAT CONTAINS ANY KIND OF NUT (peanut, tree nut, etc.). We have many children who are severely allergic to nuts so please adhere to the approved snack list, at the end of this handbook, when packing your child's lunch.

What to Wear

- Comfortable Clothing
- Sneakers Required. Waterproof closed-toe shoes can be packed for water play.
- Bathing Suit Underneath Clothing
- Sunscreen

Schedule

Each group has a designated, rotating, daily schedule of activities. Activities include Art, Field, Water, non-contact sports, Playground, STEM, snack, lunch, rest in a shady area.

Counselors will designate a time for snack each day. Please pack a snack and plenty of water for your child. Snacks will not be available if your child does not bring one. Please label their water bottle with the name and group (i.e. 4B for 4th grade boys) as it is the most commonly left behind

item and we would like to be able to get it back to the camper as soon as possible.

Bowling Trips

Campers in grades 1-7 will be going bowling this year. The cost of bowling is included in the camp registration fees. Bowling is mandatory for campers, there will not be alternate supervision at camp if they do not want to go bowling. If you do not want your child to go bowling, you must keep them home on the days their group is scheduled to go bowling. **Grades 1-3 will go bowling on June 27, July 11, and 18.**

If there is rain, a thunderstorm or lightning predicted during drop off on any, we will send out an email that parents are to drop off their children assigned to bowl that day at the bowling alley itself. If the inclement weather is predicted to last through our walk back to camp, camper pickup may be moved to the bowling alley.

Please be aware that the bowling alley is **NOT the controlled peanut free environment that we have at camp. It is not in our control if other adults/children or camps bring in outside food that contains nuts. The bowling alley also has a snack bar that is not guaranteed to be peanut free. Although we always take every precaution to be aware of camper's allergies, we do want to make sure you are aware of this variable. Any and all medications, EpiPens etc. will travel the Camp Directors at all times.

Food for Friends Friday

Every Friday, we will be collecting non-perishable food items to donate to the Tri-Boro Food Pantry. Any camper who would like to participate should bring in items on any Friday. Each group will collectively compete against the other groups to see who can bring in the most items by the end of camp. Bonus Items (Items in particular need by the pantry) will be listed on the camp activities calendar for each Friday. While campers can bring in any non-perishable, un-opened item for one point each, they can also bring in bonus items for two points each. The group who has the most points by the last day of camp will receive a special treat! We look forward to allowing the opportunity for children to give back to their community in a fun way.

Snack List

The following is a list of some more popular safe snacks, taken from snacksafely.com Please refer to the website for a full version of this list and for updates as product ingredients do change, and **ALWAYS check your food labels.**

Fresh Fruit- **check with counselor if sending in for a birthday treat, a few children have fruit allergies**

Hershey's Plain Chocolate Kisses

Dum Dum lollipops

Kraft Marshmallows

PRETZELS

Utz Halloween Pretzel Treats

Utz Hard Pretzels

Utz Pretzel Sticks- cinnamon, country stix

Utz Pretzel varieties- butter waffle, nuggets, holiday shapes, rods

Utz Select Pretzels- Honey Wheat Braids

Bachman Pretzels- Twists, Butter Twist, mini bite size, thin N Right, Rods

Herr's- Extra thin, Rods, Whole grain Honey Wheat

Pepperidge Farm Goldfish Pretzels

ShopRite- mini, waffle, rods

CHIPS

Utz tortilla chips- Lowfat baked, organic, multigrain, restaurant style

Bachman tortilla chips- restaurant style, MultiGrain

Doritos-Nacho cheese, Cool ranch

Tostitos- Restaurant Style, scoops, crispy rounds, multigrain, multigrain scoops

Utz Potato Chips- Regular, BBQ, Sour Cream

Baked Ruffles- Original, cheddar and sour cream

Baked Lays- original, sour cream and onion

Lays- classic, BBQ, sour cream and onion

Pringles- original, reduced fat, bbq

Pringles- snack packs

ShopRite- original, crinkle cut, kettle chips

POPCORN

Utz Popcorn- butter, cheese, white cheddar

Bachman- original, light

Smartfood- white cheddar, reduced fat, movie theater butter

Wise- original butter, white cheddar

Quaker Quakes Rice Snacks- caramel corn, ranch, sea salt & cracked black pepper, kettle corn, chocolate, sweet chili, cheddar cheese, sour cream & onion

Pirate's Booty Veggie, Aged white cheddar

Pop Corners

Utz Cheese Balls

Cheetos- puffs, crunchy

Herr's baked cheese curls

Wise Cheez Doodles- puffed, o's and crunchy

FRUIT SNACKS

Betty Crocker Fruit roll ups

Betty Crocker Fruit by the Foot

Betty Crocker Fruit Snacks

Annie's Organic Bunny Fruit Snacks

CRACKERS

Cheese Nips

Cheez-it

Goldfish

Goldfish Grahams

ShopRite Saltines

ShopRite Cheese Crackers

ShopRite Oyster Crackers

Townhouse

Keebler Grahams, Scooby Doo, bites
Nabisco Grahams, Honey Maid
ShopRite Grahams
Teddy Grahams

COOKIES

Barnum's Animal Crackers
Chips Ahoy
Keebler vanilla wafers
Lorna Doone Shortbread cookies
Nabisco 100 calorie packs- chips ahoy, lorna done
Nabisco Biscos sugar wafers
Nabisco Ginger snaps
Newtons- original fig, fat free, whole grain, strawberry, raspberry
Oreo- original, double stuff
ShopRite Scrunchy Animal Crackers
Nutri Grain Cereal Bars
Special K Bars
Kelloggs Original Rice Krispies Treats

FROZEN TREATS

Dole Fruit Bars
Luigi's Italian Ice
Marino's Italian Ice
ShopRite Red, White and Blue Pops
Minute Maid Juice Bars
Breyers Pure Fruit Bars
Bryers Dixie cups- Vanilla and Chocolate
Philly Swirls