PARENT'S HANDBOOK

Young Teen and Junior Camps

2022

Preparing You
and Your Child
for a Great Week of Camp!

Sky Lodge Christian Camp
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Dear Parent,

The team of the Sky Lodge staff, and you as parents, can make sure that your child has a great time at Sky Lodge this summer. We have prepared this booklet, full of great information, to help parents prepare themselves and their children for a meaningful camp experience.

We know the common sense approach will be helpful to parents who are “veterans and rookies”. Thanks for taking time to read it carefully.

We are excited about the coming summer season. We are happy to have your child attending camp this summer. If you have any questions, please feel free to call, write, e-mail, or fax. We will be happy to assist you.

The Sky Lodge Christian Camp Staff

P.S. If your child has **one special friend** who would like to be in the same cabin with your child (1 or 2 only), please let us know who that would be. **We must have this request at least 1 week prior to the start of camp.**

Want **two weeks** of camp this summer? Our

“I’m Coming Back”

discount is

$100 off

the price

of the second week!

Before The Week of Camp

(Prepare your child to have a great week!)

1. Tell them how much fun it is going to be! This is the main way to help prepare your child for a great time. If you keep reminding them how much fun camp will be (and you sound happy saying it!) your child will be looking forward to a great week of camp! If you talk about homesickness, they will worry about homesickness. They will think about whatever you tell them to think about at camp, **so be positive, be happy!**

Example of your child's question: *"What if I miss you or my dog?"*

- A **helpful** response: *"You are going to be doing so many fun activities, you won't have enough time to do it all!"*
- A **harmful** response: *"Well, a whole week is a long time to be away from home, but if you get lonely or bored you can call me. If you get really homesick, I'll come visit you or get you."*

2. Be on Time—Your child will be much more relaxed if you arrive on time. You will be able to help them adjust to the cabin and discuss any concerns with their counselor. There will also be more time to look around the camp.

Children will become anxious and unsure without enough time for last minute questions and a proper good-bye. This is a very important week for your child. You can also show them how important it is to you by allowing plenty of time for summer traffic, stops, and a lunch break on the way.

3. Use Express Check-In. More time to explore with your child!

4. Say good-bye properly—Long drawn out good-byes can lead to homesickness. After you have taken care of registration and helping your camper find the cabin, etc., the time has come to say good-bye.

- A **helpful** good-bye: Put your hands on their shoulders, look them straight in the eyes, smile, and say, *"You're going to have a great week. I love you, and I'll see you Saturday."* Then hug them and turn and walk away.
- A **harmful** good-bye: *"Oh, I'll miss you so much. I hope you'll have fun. Call me if you get homesick".*

EXPRESS CHECK-IN

Express Check-In has been a big hit with all the parents!! See the enclosure for our Express Check-In system. Get through the registration line super fast… and start having fun right away!!

Required Forms for the Week of Camp

Health History Form—The State of Wisconsin does not require physical exams by a doctor or nurse. A health history completed by the parent or guardian is required every year and is enclosed in this parent packet. Please fill it out completely. All medicines are dispensed by the Camp Health Supervisor. Written explanations from a physician are required for prescription medicines. (Use the enclosed medicine form.)

Confidential Form—In planning for camp, it is important that you think of your child's physical needs. The camp should know if a camper has allergies, tires easily, is apt to run a fever, or any other medical facts which may affect his/her health and happiness at camp. It is essential that a full report regarding special care or precautions which must be taken, be given to the Camp Health Supervisor and indicated on the confidential form. Please look it over carefully and fill it out completely. This form is kept confidential and used only by your child's counselor and the Camp Health Supervisor. Please do not let your child fill out this form.

Camp Health Supervisor and Medicine Form—In the registration line, your child will give all medications, except inhalers, to the Camp Health Supervisor. (This includes vitamins, tylenol, allergy pills, any and all medication.) Your child may keep an inhaler with him/her at all times. If you would like to bring an extra inhaler (in case it gets lost or runs out) the Camp Health Supervisor will be happy to hold it until needed. The Camp Health Supervisor will dispense the medication according to physician's instructions. Written instructions from the prescribing physician for prescription medicines must be included. (See medicine form.) Any unused medication will be returned on the last day of camp. The Camp Heath Supervisor will have specified hours that she can be visited, but will be on hand 24 hours in case of an emergency. We keep the "basics" on hand, there is no need to send things like: Tylenol, cough syrup, Benadryl, Tums, etc. ***All medications must be brought in their original containers. Please, do not send unlabeled medications.***

Camper Check-out Form—*Please note this important form.* You will find it in this packet. Please list the person who will be picking up your camper. If you will be a driver, also list yourself on the form. On the last day of camp, the driver will be asked to "check-out" your camper before leaving the grounds. **The person picking up the child will need to show a picture ID and be listed on the camper check-out form.** Please fill out this form no matter who is picking up your child. *We need this form completed even if you, the parent, are the driver.*

Food Allergies

- ## Gluten

Gluten free options will be available for a fee of $25 per week. If the for a meal is not gluten-free, there will be a gluten-free option for those who have registered for the gluten-free option.

- ## Dairy

Dairy free options will be available for a fee of $17 per week, this includes non-dairy milk. If the menu for a meal is not dairy-free, there will be a dairy-free option for those who have registered for the dairy-free option.

- ## Peanut

We do not serve any foods in our camp dining room containing peanuts or peanut oil. However—we do sell candy containing peanuts in the Hitching Post (our snack bar). Let us know if your child is allergic to peanuts. Please send an EpiPen to camp, if their doctor has prescribed this measure.

If your child has food allergies, and you did not mark the checkbox on the registration form, please contact us at least one week prior to camp.

skylodgecamp@gmail.com or 608.297.2566

Packing For the Week of Camp

1. <u>What to bring to camp</u>:

- Sweater or sweatshirt
- Jacket
- Two pairs of shoes
- Flip flops (or shoes to wear to pool)
- Modest swimsuit
- Underwear and socks
- Jeans, shorts, and shirts.
- Pajamas
- Shoes for riding horses (not sandals)
- Long pants for riding horses
- Rainwear
- Sleeping bag (or sheets and blankets)
- Pillow
- Towel and washcloth
- Masks (if still mandated)
- Toiletry articles
- Sunscreen
- Insect repellent
- Bag for dirty clothes
- Bible
- Pen and paper
- Flashlight
- Water bottle
- Completed Health Form
- Medication Form
- Confidential Form
- Check-out Form
- Paintball clothes—long sleeves, long pants (If you signed up to go on this optional activity class. You will get messy!)

2. <u>Do NOT bring to camp</u>:

- 2-way radio
- Radios/TV
- CD/Tape player
- MP3/I-Pod/I-Touch
- I-Pad or Electronic Tablet
- Kindle or Nook
- Game Boy or video game
- Laptop Computer
- Cell Phone
- Any Electronics
- Bikes
- Matches/Lighter
- Guns/Knives/Weapons
- Pets
- Firecrackers
- Tarot or playing cards

The reason that Christian Camping is so effective in giving kids an opportunity to grow and develop is that it utilizes Biblical teaching, is in a nature setting, and creates an "away community" as a place where kids are safe and the experience is unique. We would all say that spending a week in a cabin with 12 other campers and the relationship skills developed... that is a unique experience.

In helping create this positive and protective "away community", we ask campers to give up some of their comforts and gadgets. One such gadget is the cell phone. We ask that campers not bring cell phones for two reasons: safety and community building. With regard to safety, cell phones have access to the internet and we all know the dangers for kids on the internet.

The other reason for the restriction on cell phones is the distraction they can cause to the purpose of camp... shifting the focus away from nature, the Bible lessons, and relationships. Their week at camp should be different and help campers grow in "face to face" relationship skills.

So, pick up an inexpensive digital camera and an old fashioned alarm clock and help your child to have a great week "away"!

During the Week of Camp

1. Mail—Campers Love It!

Write a letter and mail it on the same day they arrive at camp, so they will receive it early in the week. Campers love mail, write to them at least 2 or 3 times during the week. When you write letter to campers:

a. Your letters should be centered around the fun at camp, not talking about what they will be missing at home. Talk about all the fun they must be having. Tell them what a great week it is.
b. Don't tell them about all the things they are missing at home!
c. Letters should be short and often. Postcards work well.
d. Here is the address for your camper.

Camper's First and Last Name—Cabin Name
Sky Lodge Christian Camp
N4855 County Road Y
Montello, WI 53949

You will be given cabin name at registration.

2. Faxes and E-mail *

In this day of technology we allow campers to receive faxes and e-mails along with regular mail! These are passed out with the regular mail everyday at lunch time. Please do not send e-mails with attachments, graphics, or e-cards. Campers **cannot send** faxes or e-mails, they may only receive them. **The e-mail address for campers is** slcc.camper.mail@gmail.com *Put the camper's first and last name, and the cabin name on the subject line of all emails.*

** We have a long standing tradition at camp. All the campers that receive a package, or 3 pieces of mail in one day sing a song together at lunch time. The campers love it. We started receiving camper e-mails several years ago as a convenience for parents… but we were flooded with hundred of e-mails a day… many of them 3 in a row from the same person to one camper. We have revised our "singing policy". All e-mails and faxes received in one day count as only 1 piece of mail. The camper will receive all e-mail and faxes sent, but it will only count as 1 piece of mail toward singing. If you want your camper to sing… mail them 3 letters! Thanks.*

3. Visits and Phone Calls

Your child needs a chance to be "on his own". We do not encourage visits during the middle of the week. Visits often lead to homesickness. Parents can come see the camp, look around and ask questions on the day your child arrives. Even if the call/visit does not affect your child, it may affect another child who might think, why didn't my mom call me!

Of course, you have the right to talk to or visit your camper. However, years of camp experience teach all of us that your child really will have a better week if you do not call or visit. If there is a specific question or concern, the camp office can check with the session director or the cabin counselor. If an emergency arises or your child is sick we will contact you.

To see great pics and daily updates while your child is at camp...

Like us on Facebook

www.facebook.com/SkyLodgeChristianCamp

Shortcut to our website

www.skylodge.org

The site is mobile friendly! It can be used on your computer, tablet, or phone.

Spending Money at Camp

A variety of things are available for your child to purchase while at camp. Read below when deciding how much money to deposit into your child's bank account. At registration, campers will deposit all spending money into their own bank account. Cash is not carried by campers. Money not spent will be returned on the last day of camp. *If you desire Express Check-In, please send spending money along with balance due. Express Check-In is NOT complete without spending money.*

- *Spending money for the snack bar (The Hitching Post).* The Hitching Post will be open at specified times during the day. Items such as candy, pop, and ice cream, popcorn, pizza, postcards and stamps can be purchased. The average amount of money that campers bring is $20-$25 for snacks.
- *Spending money for t-shirts and sweatshirts*—T-shirts and sweatshirts can be purchased in the Lodge. Prices range approx. $15-$40. These items will also be on display and available for purchase on the first and last days of camp while parents are here.
- *Spending money for crafts*—3 activity hours are offered each day. Crafts classes are some of the activities. **Campers choosing craft classes are charged $2.50 per class.** This money is deducted from their camp bank account (The maximum would be $15 for the whole week.) There is no charge for the other classes. Examples… swimming, canoeing, archery… and much more!
- *Horse rides*—Guided trail rides are available during free time. Tickets are purchased with spending money deposited in the camp bank. The cost is $10 for a 1/2 hour trail ride.
- *Sling Shot Range*—A timed course in which the camper hits a series of targets with paintballs in order to post the best time in their age category. Cost is $2.50 for a 2 day class.
- *Climbing Wall/Crate Stacking*—Climbing wall with 4 different challenging runs! Crate Stacking is another fun climbing challenge! (Google *crate stacking* or look for pics on our website.) Climbing wall/Crate Stacking class is $2.50 for a 2 day class.

Optional Add-On's

Register for these options before coming to camp. Limited availability.

- *Optional Horsemanship 4-day Package*—A $60 horsemanship package includes four days of lessons and trail rides.
- *Optional Horsemanship 2-day Package*—A $30 horsemanship package includes two days of lessons and trail rides.
  Optional Paintball Package—A $35 package for 60 minutes of playing time for 2 days on the Sky Lodge paintball field!

After the Week of Camp

"Back to Reality"

You can help your child transition to everyday life after camp in several ways:

- Pick up your camper on time. Children can become anxious when they are the only one left behind.
- Post a "welcome home" sign on the door.
- Camp days are usually full of activity, so facing a sudden change of pace can make a grouch out of an angel. Remember, your child has just said goodbye to counselors and new friends. They will miss them.
- When you pick them up, many kids talk "a-mile-a-minute" about the exciting week, then fall asleep for 12-15 hours of sleep.
- When you get home, provide extra time for your child to rest. Don't plan a busy first night. The second night home is a good night to set aside time to focus on what happened at camp.

Pick Up and Drop Off Times

Young Teen Camp and Junior Camp *START* at 1:00 p.m. on *Monday.*
Campers will be registered between 1:00 and 2:00 only. Registration is in the Chapel/Recreation Building. Our staff will be at the camp entrance to welcome you and point you toward registration. Lunch will not be served on Monday.

Young Teen Camp and Junior Camp ***END*** at 11:00 a.m. on *Saturday.*
We serve a hamburger/hot dog barbecue (free of charge) for campers, drivers, and parents/family picking up their campers on the last day of camp at 11:00 a.m. No RSVP needed for lunch.

Parents, when you arrive at 11:00 a.m., please come to the picnic area between the playground and swimming pool. (We will have signs to guide you.) Your camper will be in the last camp session at the time. When the session is done, the campers will be dismissed to the picnic area to find you. Camper check-out will also be located in that area. **You will be required to show identification when picking up your children. Please bring your drivers license, or other picture ID, to the check-out table.** After your camper is checked out, you will receive tickets to the free barbecue.

No Pets—On drop-off and pick-up day, ***please leave your pets at home***. Pets will **not** be allowed on the grounds. We know your camper will be anxious to see their pet, but please save the happy reunion for home.