

Camp Ponemah At Hampshire Hills



Parent Packet 2010
Camp II

Camp Ponemah's Philosophy:

We believe that every child who attends Camp Ponemah Summer Program at Hampshire Hills should leave camp each day with an enhanced feeling of self worth, independence, and general well-being.

We believe every child should participate in a wide variety of fun activities which would stimulate, challenge, and improve their minds and bodies.

We believe that each experience offered should be one which fosters a positive attitude about working with one's peers and adults as well.

We believe that each parent or guardian has the right to expect that their children will return home each night having had a happy and safe experience.

Miscellaneous Important Camp Information

Camp Hours (Drop off & Pick Up)

Camp hours are 9:00 a.m. - 4:00 p.m. Please accompany your child to the check in area each morning and pick them up by 4:00 p.m. **Campers are not allowed to be dropped off prior to 7:30 a.m.** Campers will not be able to go and meet their ride unless a note is sent for that authorization. For your child's protection, we ask that a note be brought in prior to dismissing the child with anyone other than his or her parent or guardian. Morning drop off will be at our function field to the right of the building. Afternoon pick will be at the Hampshire Dome. If the weather is bad in the morning, signs will be up to direct you to an alternate drop-off location (most likely the Hampshire Dome).

Extended Care

Camp Ponemah offers early morning pre camp and afternoon post camp every day. This service is on an as needed basis. Just let us know when you drop off your child if he/she is staying for extended care and who the pick up person will be.

Pre camp begins at 7:30 a.m. until camp starts at 9:00 a.m. There is no cost for this service. Children will be supervised by camp staff. Children **MUST NOT** be dropped off before 7:30 a.m. For the safety of your child, please do not leave them to wait in the club for the morning staff person.

Post camp begins at 4:15 p.m. until 6:00 p.m. The camp day ends at 4:00 p.m. The cost for extended care is \$4.00 per day, per camper. If you will rarely use this service you will be billed each time at pick up and payment is made at the Front Desk.

Punch cards are available for purchase at the Front Desk for \$20.00 each. The card is the most cost effective; if you will be using extended care on a daily basis. A \$20 punch card has 10 hours of post camp time; your card will be punched for the specific time you use post camp. These cards will be kept with our extended care staff and when the card is totally punched we will let you know when to buy a new one. Post camp pick up is in the Gym. Please make sure you check your child out with the post camp staff.

Extended day campers will have the opportunity to use the café on certain days. They may bring money to buy a snack or special treat. Café/Snack machine use will be available on Tuesday, Wednesday, and Thursday. A limited menu will be available for Camp Ponemah campers at the Café. Menu will be available prior to the start of camp so that parents can prepare for how much money their camper may need for the snack they want. Please remember you are not obligated to send in money for snacks, you may still pack an extra snack for the after camp.

Friday will be Movie Day at After Camp. This will be a nice relaxing end to the week for all our after camp campers.

Late Camp Arrival & Early pick up

If your child is going to be late to camp (after 9:00 a.m.) bring them inside the club to the Front Desk, the staff at the desk will radio your child's camp group, please wait with your child until their counselor comes down to pick them up. On field trip days, please know that some trips need to leave as close to 9:00am as possible. If we do not know your child will be late they may miss their scheduled trip.

If you or someone else is picking your child up early from camp (before 4:00 p.m.) you must go to the Front Desk, with a valid photo ID and sign out your child. The Front Desk staff will then radio your child's camp group and they will be brought down to the desk. Please remember a note if your child is being picked up by someone else, the note must be brought in that morning.

Withdrawal/Refund Policy

Camp Tuition is due in full on May 31, 2009, no matter what weeks of camp you signed them up for. No refunds will be made for withdrawal, dismissals, failure to attend or incomplete attendance.

The Director reserves the right to withdraw any camper when in his/her judgment the camper's behavior interferes with the rights and safety of others, the smooth functioning of the group or activity. In such cases no refund will be given.

Snack

Afternoon snack is provided (ice cream novelty). You need to supply a morning snack for your child. The vending machines, soda machines and snack bar are off limits during the camp day.

Lunches

Parents are to provide lunches with a drink for your child. Please pack in a small cooler or thermal bag with an ice pack (frozen juice boxes work great for ice packs and are ready to drink by lunch) No glass please.

Hot Lunches are not available.

Health

We ask that your child be kept home if any of the following symptoms occur. Temperature, Persistent Cough, Diarrhea, Vomiting, or unknown rash. To help us inform parents of potential health risks please report any cases of a contagious disease immediately and keep your child at home, e.g. chicken pox, strep throat, lice, viral infections or conjunctivitis. If your child is going to be absent please call Camp Ponemah at 673-7123 ext. 272.

Medication

If your child will be on medication while at camp, it **MUST** be in the original prescription bottle and given to the morning check in staff. For your convenience you may provide us with enough doses for the week and the bottle will be returned on Friday. A medication authorization release form must be filled out the first day we receive the medication. The form is valid for the summer unless the medication or doses change. This release will provide us with accurate information as to when to administer the correct dosage to your child. Forms are available from the morning check in person or can be mailed to you if your child rides the bus, call Rachel Robichaud at 673-7123 ext. 272, to receive a form through the mail. No child will be given medication without the authorization form.

Rainy Days

Many times Mother Nature can give us a few rainy days but at Camp Ponemah our daily plans never change...except everything happens indoors! All the activities listed happen "weather" or not. We have access to almost 3 acres of indoor space to make your camper's day just as great as being outside (except for the sun). We have the added bonus of having the Hampshire Dome right next door to us; with 3 full size sport fields, batting cage, running track, roller way, and so much more that we will we look forward to rainy days!!!

Health Forms

The Health form in the back of this packet is **needed on or before your child's first day of camp**. If your child is due for a physical (usually annually around child's birthday), then bring the form with you to be completed by your child's physician. If they recently had a physical then drop the form at your Doctors to be completed and forward to Rachel Robichaud. Any standard physical form is fine for camp. The state requires that each camper have on file at camp a list of most recent immunizations. If your child is exempt for immunization a letter from your Doctor must accompany the physical form for your child's file stating exemption.

Field Trip Schedule & Information

We will be going on a wide variety of exciting field trips this summer. We will be going to a few of New Hampshire's beautiful State Parks, where we will lake swim and play in the sand all day. We are also going to the beach, hiking, museums and having special visitors. Please note the schedule for your child's group in the packet. All of our field trips are taken during the camp day and are well supervised. We will be traveling via bus to all the trips. These trips are at no additional cost. Please bring your child to camp prepared for the field trip rain or shine. Lunch and Beverages are supplied by the camper on field trip days (No glass please).

If there is **inclement weather** the day of a field trip or several rainy camp days we have a variety of opportunities to let the campers release some of that built-up energy!! From museums to bowling, indoor rock

climbing to an indoor carnival we will keep everyday special. We will make a decision the morning of the trip. Sometimes other groups (that aren't scheduled for a field trip) will also go depending on the numbers and location.

Camp Ponemah Weekly Activities

When your child is registered with Camp Ponemah we put them into groups according to what grade they are entering in the fall.

Group K - Kindergarten

Group 1 - Readiness/First

Group 2 - Second

Group 3 - Third

Group 4 - Fourth

Group 5 - Fifth

Group 7 - Sixth/Seventh

Each group is supervised by at least 3 qualified camp staff. The numbers in each group vary between 20-28 campers.

Campers at Camp Ponemah will have a very active outdoor summer camp experience each day they come to camp. A day at camp is very structured, with a chance for a little "Campers Siesta" at lunch time. Each group has the opportunity to make decisions on what activities they want to play as well as the preplanned daily camp activities.

Daily swim lesson ~ campers are tested on Monday to determine the ability level they should be placed in. This also gives the opportunity for all summer campers to jump up an ability level.

Tennis lesson ~ group lessons taught by our own Hampshire Hills pros, lessons occur 3 times a week for a half hour.

Daily recreational free swim

Special of the Week ~ campers will be entertained every Monday afternoon with one of our special performers. Entertainment includes, but is not limited to, music acts, plays, martial arts, jugglers, magicians, reptile shows, and more! This is a great way to get our entire camp involved in something they can all do together!

Field trips (see field trip schedule)

This list varies from week to week. This is definitely not the end of unlimited activities they will experience while at camp. This list is provided to give you an idea of some of the activities your camper will participate in through out the summer.

aerobics	street hockey
wall climbing	ultimate frisbee
low ropes challenges	whole camp specialty days
nature hikes	beach volleyball
unlimited arts & crafts	parachute games
scavenger hunts	tag games
mystery walks	relay races
drama	weekly themes
basketball	music
soccer	wallyball
volleyball	team building games
whiffleball	broom ball

**Please remember camp starts promptly at 9:00 a.m.
Our day is packed with activities so we want to get started
right away!**

Campers Daily Equipment List

(and what parents need to know)

- * Dress in layers ~ if it is cool in the morning wear sweats over shorts and t-shirts. It could warm up later in the day.
- * Apply sunscreen to your camper before they arrive at camp and we will reapply at lunch time.
- * Positive Attitude
- * Bathing Suit and Towel
- * Bag Lunch with a drink - (no glass please)
- * Morning Snack (Camp Ponemah provides a fun afternoon snack)
The snack bar and vending machines are unavailable during the camp day.
- * Please wear sneakers or sturdy shoes (no sandals or opened toed shoes)
- * An extra T-shirt for field trip days to be worn in the water
- * Water bottle
- * Sunscreen

Please bring your camp gear in a bag or back pack to keep all your equipment together

Please do not bring these items to camp

- *Toys/personal belongings - this includes stuffed animals, beanie babies, electronic video games and trading cards.
- * Money (there is nothing available during their camp day to purchase). Only after-camp extended day campers will be allowed to use the snack machines and/or snack bar if they bring money (please see section under Extended Care for details).

**Please label everything your child brings and wears to camp with their
name!!!**

Field Trip Schedule & Information



We will be going on a wide variety of exciting field trips this summer. We will be going to a few of New Hampshire's beautiful State Parks, where we will lake swim and kayak. We are also going hiking, to museums, mini-golfing, and having special visitors. Please note the tentative schedule for your child's group on the next page. Trips are subject to change as many of the anticipated dates cannot be booked at the State Parks until after Memorial Day.

All of our trips are taken during the camp day and are well supervised. We will be traveling via bus to all trips. These trips are at no additional cost. Please bring your child to camp prepared for the field trip rain or shine. Lunch and beverages are supplied by the camper on field trips days (no glass please).

If there is inclement weather the day of the field trip or several rainy camp days, we may schedule all camp trips such as movies or roller skating. We will make every attempt to let you know as much ahead of time as we can when plans change. Please be advised that sometimes we are unable to get a hold of places until after the start of the camp day.

The attached field trip schedule is our tentative list of the fun and excitement that awaits your camper. Since most of the places we go are seasonal, we are not able to make definite reservations until a later date. Prior to the start of camp we will post the updated schedule on our website at www.hampshirehills.com.

If you have any questions concerning the Field Trip Schedule,
please call
Rachel Robichaud at 673-7123 ext. 272

Field Trip Schedule 2010

Week	Wk 1 6/21-6/25	Wk 2 6/28-7/2	Wk 3 7/5-7/9	Wk 4 7/12-7/16	Wk 5 7/19-7/23	Wk 6 7/26-7/30	Wk 7 8/2-8/6	Wk 8 8/9-8/13	Wk 9 8/16-8/20	Wk 10 8/23-8/27
Group K Tuesday	SEE Science	Goss Park	Mini Golf	Sunapee State Park	Ecotarium	Lake Dennison	Odiome Point	Wild West Day (no trip)	Dunn State Park	Stone Zoo
Group 1 Tuesday	SEE Science	Goss Park	Mini Golf	Sunapee State Park	Ecotarium	Lake Dennison	Odiome Point	Wild West Day (no trip)	Dunn State Park	Stone Zoo
Group 2 Wednesday	Dunn State Park	Wallis Sands	Ecotarium	Olympic Day (no trip)	Sunapee State Park	Fisher Cats Game	Lake Dennison	Odiome Point	Stone Zoo	Mini Golf
Group 3 Wednesday	Dunn State Park	Wallis Sands	Ecotarium	Olympic Day (no trip)	Sunapee State Park	Fisher Cats Game	Lake Dennison	Odiome Point	Stone Zoo	Mini Golf
Group 4 Thursday	Mini Golf	Red, White and Blue Day (no trip)	Stone Zoo	Wallis Sands	Odiome Point	Lake Dennison	Dunn State Park	Sunapee State Park	Salisbury State Park	Bowling
Group 5 Thursday	Mini Golf	Red, White and Blue Day (no trip)	Stone Zoo	Wallis Sands	Odiome Point	Lake Dennison	Dunn State Park	Sunapee State Park	Salisbury State Park	Bowling
Group 7 Friday	Salisbury State Beach	Stone Zoo	Bowling	Lake Day	Dunn State Park	Splash Fun Day (no trip)	Sunapee State Park	Wallis Sands	Mini Golf	All Camp Carnival Day (No Field Trip)

Camp II Transportation

Camp Ponemah Summer Camp Program for camp II (ages 5-12 year old) offers bus service to and from camp daily. There are four bus stops, one in Bedford, one in Merrimack, one in Nashua and one in Hollis. We encourage you to use this service as a convenience to all our camper parents.

The fee is \$14.00 per week, per camper. Payments are made on a weekly basis and given to the bus driver in the morning. Payments may be cash, check or credit card. Checks should be made payable to Hampshire Hills, cash should be in a sealed envelope with child's name on the outside. Credit card payment should be called in to Rachel Robichaud at 673-7123 ext. 272, the bus driver cannot take credit card payments. Payments may be made for the whole summer or on a weekly basis. Campers may also use the bus for one way service, which is \$7.00 per week. Please let Rachel know which way so we can schedule them accordingly.

Parents please make sure that your camper understands which bus stop they will be getting off. Meet your camper, as well as see your camper off at their designated pickup/drop off area. Please make every effort to have your camper dropped off and pick up on time. If there are any changes to your bus riders schedule, please send in a note with the camper or call the camp director.

Bus Stop	Pick Up Time (A.M.)	Drop Off Time (P.M.)
Bus 1		
Bedford – Harvest Market	8:00 a.m.	4:40 p.m.
Merrimack - Burger King (Route 3)	8:20 a.m.	5:00 p.m.
Bus 2		
Nashua – Chunky's Parking Lot (Exit 6)	8:00 a.m.	4:40 p.m.
Hollis - Elementary School (Rt 122)	8:20 a.m.	5:00 p.m.

If you are interested in this service and would like your camper(s) put on the bus list please call Rachel Robichaud at 673-7123 ext. 272.

***Please note** that for your child's safety if the bus arrives at the stop and a parent or guardian is not there to pick up your child, the bus will return them to Hampshire Hills in Milford. Hampshire Hills is not responsible for children once they have departed the bus.

Camp Ponemah Camper Health History

Please complete and return to Camp Ponemah P.O. Box 404 Milford NH 03055.

The State of New Hampshire requires that each camper have a physical examination within one year of camp entrance and that there is documentation of the following. All information is kept strictly confidential and will be used only for the benefit of the child.

**This form is mandatory for your child's enrollment to Camp Ponemah
and is due on or before their first day of camp.**

Camper's Name: _____ D.O.B. _____

Address: _____

A. Any medical conditions such as asthma, diabetes, epilepsy, hyper activity, ADHD or allergic reactions to food, bee stings or medications? Please list and medications used.

B. Will/May any medication be administered during the camp day? This includes ibuprofen or Tylenol.

C. Are there any limitations or restrictions, special needs or requirements the camp staff should be aware of?

D. Immunizations: (List most recent date administered)

Polio TOPV _____

TB _____

MMR _____

Polio EIPV _____

H Infl. Type B _____

Diphtheria _____

Tetanus _____

Impression of child's present state of health:

~Has child ever been stung by a bee?: _____

if yes, reaction: _____

~Has child ever had Poison Ivy?: _____

if yes, reaction: _____

~Does child need to wear ear plugs, while swimming? _____

Physician's Signature

Date

Parent's Signature

Date