



Parent/Camper Information Handbook



Summer 2022

Preparing youth for life's journey!

Our mission is to prepare kids for life's journey. Our programs are an investment in the future, to inspire and enable all children, especially those who need our support the most, to reach their full potential as productive, caring, responsible leaders.

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PROGRAM DESCRIPTION

By providing safety, the security of programmatic routine, competent and caring staff, and the opportunity to live, learn, create, and play with peers and adults from diverse backgrounds, Agassiz Village transforms the worldviews and social–emotional capacities of its campers. Agassiz Village offers a horizon-expanding experience that inspires socio-emotional growth of its campers through a wide range of recreational activities from arts and crafts to field games to swimming and boating. Only an overnight summer camp setting can provide such immersive community experience to achieve a truly transformative experience for our deserving campers.

Social & Emotional Learning (SEL) continues to be at the core of Agassiz Village. SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set, and achieve positive goals, feel, and show empathy for others, establish, and maintain positive relationships and make responsible decisions. We are partnering with ‘Hello Insight’ to collect data to track the SEL development of the campers this summer. In previous summers, the program initiative focuses on 4 key areas (competencies): **self-awareness, self-management, social-awareness, and responsible decision-making**. As we prepare for 2021 and beyond, we are shifting our focus to: **Academic Self-Efficacy, Contribution, Positive Identity, Self-Management, Social Skills and additionally Social Capital**.

Hello Insight’s Guide to SEL can be found here: [Hello Insight Social and Emotional Learning - Tool Brief.pdf](#)

Through years of development, Agassiz Village has worked to quantify the **Social & Emotional Learning (SEL)** of each camper and the results are impressive. Over the course of the summer, our campers showed significant growth in their ability to use and practice their social and emotional skills as measured through self-reflection and program assessment. Overall, we saw significant improvements in camper’s social and emotional growth during camp:

- 38% increase for campers overall.
- 40% increase for our teens.
- 45% increase for our girls and 36% increase for our boys.

All these results are supported by many studies that show that **SEL leads to**

higher graduation rates, lower incarceration rates, less drug use and greater job prospects.

Traditional Overnight Camp (8 – 13) The goals of the program are to create an intentional experience through age specific, life-skills oriented, programming focused on SEL curriculum. Our campers learn important life skills (cooperation, tolerance, respect, leadership, etc.) while having fun. Agassiz Village traditional daily activities include but are not limited to instructional & recreational swimming, arts & crafts, nature & outdoor living skills, sports & fitness, drama, dance, high & low ropes courses, canoeing, archery and others. All these programs are led by qualified and experienced instructors. Each camper group will go through at least five scheduled activities a day with each day ending with an evening activity that will range from small group (cabin) activities to all-camp events and celebrations. Through these everyday programs as well as special/theme days and events we strive to provide a well-rounded experience for each of our campers that is fun and meaningful.

Teen Advancement Program (TAP) offers more advanced programming opportunities for our older campers (14-16). It is an intentional **two-week program** focused on SEL and leadership skills development. The program will include leadership topics and skills like group building, goal setting, teamwork, tolerance and cooperation, integrity, role modeling, community service, etc. Participants will also spend time discussing SEL competencies. TAP campers will take on more responsibility and choice in the traditional A.V. camp experiences like swimming, canoeing, dance, sports, archery, evening, and other activities as part of the overall Agassiz Village community. The goal of this program is to raise our camper self-identity and awareness and develop specific leadership skills and values through purposeful experiential education.

Leaders in Training (LIT) – previously the INSTEP program – offers an opportunity for 24 young leaders to enter our first ever year-round program. The program starts at camp with a 4-week program for the selected group of 16–17-year-old teens seeking hands-on leadership skills development and potential future employment with Agassiz. Each candidate is required to apply for the position and is interviewed prior to their selection.

Two weeks of training focus on general leadership and career readiness. During these weeks’ participants engage in a set of hands-on workshops which will be lead through the lens of SEL. The workshops will be on teamwork, group forming and dynamics, conflict management skills, leadership styles, and career and college workshops. Additionally, they actively participate and lead various activities at camp. We will also have several external partners come to the camp to talk more in depth about future opportunities. This will range from

college admissions officers, representatives from Citizens Bank, Loomis Sayles, Microsoft and more. These interactive workshops provide an opportunity for the 16–17-year-old participants to look at the realities of the next step in their lives, whether it be college, or entering a career.

The other two weeks participants work as Jr. Counselors and program assistants. As Jr. Counselors they assist an Agassiz Cabin Counselor with the day-to-day activities of a cabin group and live together with the group for a week.

Once the LIT's have completed their 4-week program at the summer camp, they will then be involved in workshops and meetings once a month. These workshops will range from career and college readiness, financial literacy, conversations with established working professionals as well as leadership and SEL focused work. *more information coming soon*

2022 CAMP CALENDER

Session 1

Monday, July 4th - Session Pick-Up

Friday, July 15th - Session Drop-Off

Session 2

Monday, July 18th - Session Pick-Up

Friday, July 29th - Session Drop-Off

Session 3

Monday, August 1st - Session Pick-Up

Friday, August 12th - Session Drop-Off



PICK-UP & DROP-OFF INFORMATION:

This first day registration/check-in process is critical for staff to meet parents, review all information and make sure your child's camp experience is off to a good start. This process typically takes 30-60 minutes, so please be prepared to support your child until registration is complete and your child is on the bus.

Transportation provided by Agassiz Village:

Massachusetts:

Pick-up location in Boston will be at Stop & Shop, 99 Charles St, Malden, MA 02148 Please arrive between 6.30am – 7am for pick-up Monday (July 5, July 19, and August 2). The MBTA Orange Line Malden Center Station is nearby. Please check page 6 for directions to this location.

Drop-off will be at the same location as pick-up: Stop & Shop, 99 Charles St, Malden, MA 02148 Please be there by **6pm** on the drop-off days (July 16, July 30, and August 13) to meet the buses coming from camp with all the campers.

Maine:

Pick-up This is the first time Agassiz is targeting campers from the state of Maine. As registrations come through, we will decide on the best pick up location for those who cannot drive their campers to Agassiz Village. We will organize multiple pick-up points if deemed necessary. Currently we are looking at Portland Transportation Center & Lewiston-Auburn Transportation Center. We will communicate with you on timing and location closer to the start of camp.

Drop-off will also be at the pick-up locations once those decisions have been made.

Campers and Parents/Guardians will complete the registration/check-in process, which includes:

- final check of paperwork and tuition
- review of medications and medical information
- go through the initial health screening process.
- check-in of luggage (Please see Page 18 for Not-To-Bring items list!)
- address any other questions or concerns.

At the end of the check-in process, you will be asked to sign a form that releases your child to the Agassiz Village program, at which time you are encouraged to give a positive and cheerful “See you soon!”

PLEASE NOTE: We cannot hold buses for late arrivals, so please plan accordingly. If you need to reach us in the morning of the pick-up day, please call the camp number: 207-998-4340.

Prior arrangements must be made if you need to pick up your child at a different time/day or anyone other than a parent will meet your child at drop-off.

Dropping-off your children directly at Agassiz Village:

Drop-off: you may drop off your child(ren) directly at camp in Poland, ME on the first day of the session at 12noon. Please check DIRECTIONS page for directions to our camp. Once on camp road, please follow signs and staff directions to camper drop-off location. PLEASE OBEY THE SPEED LIMIT OF 5 MPH!

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- We will, then, take the child to join his/her cabin and staff, and bring his/her luggage to the cabin later in the day as part of the orientation schedule.

Pick-up: on the last day of the session (Friday) parents/guardians picking up their children at camp in Poland, ME must pick them up no later than 2:00 pm. Once on camp road, please follow signs and staff directions to pick-up location. PLEASE OBEY THE SPEED LIMIT OF 5 MPH!

Please Note:

- Campers are encouraged to bring along a water bottle for the ride up to camp.
- Campers must be escorted to the pick-up location by a parent or guardian who will sign them in.
- At the end of the session, campers must be picked up by parent/guardian who will sign them out.
- Parents are responsible for the safety of their children until they are safely boarded on the bus.
- Parents check in any medication in the original bottle and packaging to the nurse or designated camp staff.
- Campers will be given instructions for bus safety when they board the bus that will include always staying seated and always keeping arms inside the bus.

Directions to Pick-Up/Drop-Off Locations:

If you have any questions regarding these pick-up/drop-off sites, please contact the camp office. Our plan is to call or email you two weeks before session start to confirm you have received this information. *AV uses buses and vans to transport campers from Boston to Maine. All drivers are approved by AV insurance and/or have a current bus license to provide transportation.*

Directions to BOSTON pick-up site:

Stop & Shop, 99 Charles St, Malden, MA 02148

- By Public Transportation (subway): Take **Orange Line T to Malden Center**. Exit onto Commercial St and turn right. Take next left on Centre St. Continue on Centre St. Stop & Shop parking lot will be on your right.
- By Car from North & West: Take Rte. 95 to Exit 37A onto 93 South to Boston. Follow 93S to Exit 32.
- By Car from South: Follow 93 North onto Zakim Bridge and continue on 93N to Exit 32. Take exit 32 for MA-60 toward Medford/Malden. At the traffic circle, take the 1st exit onto MA-60 E/Salem St. Continue to follow MA-60E for about 1.1mi. Turn Right onto West St. Turn Left onto Charles St. The Stop & Shop parking lot entrance will be on your left.

Directions to our camp in Poland, Maine:

- Take 95 North to Exit 63 in Maine (formerly Exit 11).
- Take a LEFT off the exit.
- At first set of lights, take first right onto Rt. 26 North.
- Follow Rte. 26 North as it bends left.
- Go 2.5 miles and take left at blinking yellow light onto North Raymond Road (intersection with Shell gas station)
- Follow for 9 miles on this winding road. (Cross over Bakerstown Road/ Rt 11 at stop sign.)
- After crossing Bakerstown Road/ Rt 11, take next left at stop sign onto Johnson Hill Road.
- Agassiz Village campus is 1.5m on right. PLEASE DRIVE 5 MPH ON CAMP ROADS!

STAFF & SUPERVISION

- The Agassiz Village staff is mature, enthusiastic, and diverse. They come from all walks of life with the majority being college students studying education, psychology, and social work. They are carefully selected for those qualities of leadership, personal values and caring that enable them to relate to and motivate young people. Staff comes from all over the country and all over the world. Many are former campers and are powerful, positive role models.
- All staff are interviewed and screened before hiring and each one goes through an extensive criminal background and sex-offender registry check.
- All counselors are required to participate in a comprehensive training program prior to the camp's opening. Counselors live in adjoining areas in the cabins with their campers, always supervising campers.
- The staff is closely supervised by a leadership team who are knowledgeable and dedicated educators and other professionals.
- The entire camp program is supervised by the year-round Camp Director, Ash Bahi, who has over 8 years of camp experience with Agassiz Village having started as a counselor in 2013 and worked his way up to Camp Director. Ash Bahi is directly responsible for the day-to-day operations and overnight camp programs.



LOCATION AND FACILITIES

Agassiz Village is located on a beautiful 330-acre lakefront property on Thompson Lake in Poland, Maine. All campers live in cabins with an average of 12 other children/youth and 2 counselors in each of the cabins. Bathrooms are in the cabins with shower houses nearby. Boys and girls live in separate sections of camp.

CAMPER BEHAVIOUR EXPECTATIONS

Social Emotional Learning plays a key part in the Agassiz Village program, it influences all decisions made at camp to provide the highest impact on life-

skills development, transformative fun, and experiential education. We seek to create a positive environment for all campers. Campers and staff are expected to follow a set of camp rules and protocols to ensure safe and positive experience for all. Additionally, each cabin will set its own 'contract' of behavior specific to the group. Camp staff will address all situations concerning rules and behavior and work with campers to reach a positive outcome. In cases where positive outcomes cannot be reached and a camper needs to be sent home due to their continuous behavior, parents will be responsible for picking their child up from camp (in such a case all payments made to Agassiz Village will be forfeited).

ACTIVITIES:

The activities at Camp are varied and designed to meet the interests of each child. Every camper is encouraged to participate in all activities. Campers will also have opportunities to choose some activities that interest them particularly.

Swimming & Boating: With two miles of Thompson Lake shoreline, our waterfront programs are often the center of camp life (and much laughter and sounds of splashing). The lake is in the top 5% of cleanest and clearest lakes in Maine, which allows everyone to enjoy a chance to swim, wade, play water tag games, and just cool off at least once a day. Even on the hottest day Thompson Lake provides a cool respite from the summer heat. You'll take a swim test, learn how to swim or work on your swimming skills, bust some cool moves in water aerobics, play an elaborate version of 'sharks and minnows', and learn some life-saving skills (if you're in our teen programs). If not in the water, we explore the lake paddling a canoe or bouncing on a tube looking for adventures, playing canoe games, navigating to one of our islands, playing canoeing version of a scavenger hunt, or even competing in our own canoe regatta. There is so much to do on the lake for all levels of water bugs!



Sports & Fitness: 1...2...3...GO! Now here is a chance for you to try your hand in an extraordinary selection of sports and games from around the world.



From the usual suspects like basketball, soccer, flag football, softball, rugby, volleyball, tennis, to fewer known sports, you will work as a team, play as a group, and excel as an individual. This will be your chance to prepare for AV Olympics and maybe even try something you have never played before.

Nature & Outdoor Living Skills: The woods and streams surrounding Camp are "alive" with opportunities and wildlife. You will hike, explore the local flora and fauna through a magnifying glass, look, touch, smell and ponder about the wonder of life around us, play camouflage games to figure out what is a predator and what is a prey and find your way with nothing but a map and a compass. You may



also get the chance to build your own debris hut and make a campfire. So really ... stop and smell the roses!



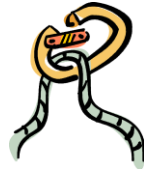
Arts & Crafts: Try your hand at graffiti art, tie die, bracelets, and necklaces, cartooning, sketching, or simply making your very own unique camp name tag. Explore how to express yourself through your art and create pieces that will be displayed at camp for decades to come.

Drama: Have you ever been called a ‘drama queen’ or been asked to ‘stop overacting’? Well, our Drama Program gives you a chance to harness these talents in a variety of skits, activities or even short films and music videos. Show off your talent in one of our shows, or even display your talent to the whole camp at our end of session talent shows.



Dance: Five, six, seven, eight ... Whether you ‘moon-walk’ like Michael Jackson or have two-left feet, there is something for everyone. So, go ahead get your groove on and put together a cool dance routine with your group ... for ‘AV’s Best Dance Crew’ or our own ‘AV’s Got Talent’ Night. Experience different styles of the latest dances and maybe try a few you never thought of. Your moves are only limited by your imagination soooo ... show us whatcha got!

High and Low Ropes Courses: On Belay? ... Belay On! ... Climb when ready! Our challenge course will push your individual skills and abilities high up in our newly built High 5 adventure course. Take in the views that can only be seen at the top of the rock wall. Work together with your group to navigate your way through the course and play a key role in helping others. Lower to the ground, our low ropes elements will guide your group through a set of challenges and puzzles that requires group cooperation and communication to solve. Gain confidence, courage, and a sense of accomplishment, while having the time of your life!



Archery: Archers ready? ... Shoot when ready! Try your aim under guidance of our certified archery instructor. Whether you have never held a bow, or you have plenty of ‘bullseyes’ under your belt, there will be plenty of opportunities to learn something new and challenge yourself. With camp wide competitions could you be the new Katniss Everdeen, or even Hawkeye.

Evening and Special Events: Here is something you will not see in many places ... tacky dinners, scavenger hunts or gold rushes, red carpet dinners and evening swims, our own edition of 'Lip-Sync Battle' and 'Best Dance Crew', talent show nights and dances, camp outs and cookouts, AV Olympics, or Carnivals. We even celebrate Halloween in July, so bring your old Halloween costumes and decorations to really immerse yourself in the spooky night. This is to name a 'few' of evening events and special days you are looking forward to. So, get your creative juices flowing for we are already stocking up on costumes, face-paints, balloons, and a huge dose of laughter.

DAILY SAMPLE SCHEDULE

Each day will consist of 4 scheduled activity periods, made up of mandatory and choice activities as well as a variety of evening events and activities. The exact schedule will depend on the age group and program. Below is the general daily schedule:

- 8:00 – Breakfast
- 8:45 – Cabin Pride
- 9:30 – Activity Period 1
- 10:45 – Activity Period 2
- 12:00 – Lunch
- 12:45 – Siesta
- 1:30 – Activity Period 3
- 2:45 – Activity Period 4
- 3:45 – Snack
- 4:15 – Activity Period 5: AV Clubs / Free Swim (choice activity)
- 5:30 – Dinner
- 7:00 – Evening Activity
- 9:00 – rest, reflect, relax.
- 10:30 – Lights out.



PARENT AND CAMPER FAQ'S

How will I know when my child is ready for sleep away camp?

Agassiz village accepts campers from 8-17 years old, most families consider sleep away summer camps for children 8 years and older. However, age is not the only factor in determining when a child is ready for sleep away camp. Consider your child's level of interest and desire to explore a summer camp setting. Consider your child's experiences away from home without you. Has your child slept over a friend's house or spent a weekend away from home? Always be positive and talk with your child about the benefits of going to a sleep away camp.

In a typical year, how many children are there at camp each session?

Each session will have an average of 160 campers—about half boys and half girls. As we plan for a restricted version of camp due to covid-19 we have set a limit of 100 campers attending camp in 2021.

Are you accredited?

Agassiz is licensed by the state of Maine and accredited by the American Camp Association, meaning that we have undergone a thorough review (over 300 standards) of our operation – from staff qualifications to emergency management.

What is the staff to camper ratio like?

Agassiz village is ACA accredited and therefore aligns the camper to staff ratio with the requirements set out by the American Camping Association (ACA). There are 2 cabin counselors per cabin, with cabins averaging 12 kids, this allows a 1:6 ratio of direct care. We also have program staff, leadership staff, and operational staff on site to make sure every child's voice is heard.

What are the cabins like?

Our cabins are rustic, but all have indoor bathrooms and electricity. Each cabin has separate counselor quarters plus two sides that hold up to 7 bunk beds in total. All cabins have porches to relax in the fresh Maine air and some are handicap accessible. If you have a specific question about our cabin facilities, please call 781-860-0200 x1005.

Will my child be safe and secure?

Absolutely! Agassiz village has over an 85-year history of success. Once a camper checks in on the registration day, they are always supervised by our highly dedicated staff – during activities, meal and transitional times, cabin times, and nighttime. We aim to provide consistent supervision for campers, whilst also giving them the independence required to grow and learn. There are also counselor quarters in each cabin with at least two counselors for every cabin group. We implement a rule of 3 at camp meaning there always is always more the one camper with any staff. Besides counselors, there is a dedicated team of program and leadership staff providing constant support and direction.

We always strive for excellence and this is reflected in our constant efforts to evaluate our security measures to address all potential safety concerns. All staff and volunteers are background & reference checked as we do not allow any firearms on site. All visitors

are accompanied when on site by a staff member and no persons are allowed on site without prior approval from the camp director.

Who are Agassiz Village staff?

Applicants are selected for summer positions based on their experience, maturity, personality, attitude, and certifications. All staff are interviewed by the camp director and reference checked alongside the criminal background checks which are conducted on all applicants (even volunteers). The staff team is encouraged to seek CPR and First Aid certifications and all aquatic activities are supervised by certified lifeguards. The staff are mature, enthusiastic, and diverse. They come from all walks of life with the majority being college students studying education, psychology, and social work. They are carefully selected for those qualities of leadership, personal values and caring that enable them to relate to and motivate young people. Staff comes from all over the country and all over the world. Many are former campers who graduated from our own leadership program are powerful, positive role models. All staff attend a comprehensive seven-to-ten-day staff orientation prior to the start of the summer season.

What if my child does not get along with the other campers?

Our programs provide experiences in strength in diversity, a safe environment to interact with peers, staff who prioritize youth, investigation, exploration, and adventure, defining and managing goals and expanding their horizons. We provide positive reinforcement to encourage campers to see the good in everyone and everything they do. The counselors continually work to promote healthy interactions, and teach skills that support cooperation, tolerance, and friendship. Staff also set consistent limits, uphold standards of behavior, and translate these standards into concrete expectations for each camper. Destructive or violent behavior is not tolerated and may result in expulsion.

How do you help my child adjust to camp?

Homesickness is normal for campers in the first few days of being away from home. We provide campers with personal attention from the first day, we aim to always have someone available to help campers see the potential in camp and bring them out of their shell. We help campers battle homesickness in a nurturing way that builds confidence and independence. If a camper is severely homesick, we will work with the parent right away to ensure the correct support is placed with child.

How do you support gender-expansive youth?

Agassiz Village is a gender-expansive inclusive and welcoming space to create an environment that is considerate of all campers. Generally, we meet the needs of gender-expansive campers on a case-by-case basis. We will take steps to work with the family and have open and honest conversations about their needs and how we can meet them. During our extensive training prior to camp, the staff work with Equality Maine to provide LGBTQIA+ workshops to further understand how to create a safe and comfortable environment for all. We will pursue the best options for meeting the camper's needs, while being honest and realistic about any facility or programmatic

limitations. We will also want to discuss the camper's expectations/boundaries and thoughts on confidentiality.

What about medication?

We have a full-time nurse living on site all summer, April Brunner RN is a member of the association of camp nursing. April has been with us since 2019 and has a wealth of knowledge when implementing personal care to all campers. The health center team takes meticulous care of every medical situation, especially when dispensing medicine. A health history form and physical exam form is required to be completed for every child that comes to camp. If your child takes regular medication, exact guidelines and requirements are detailed on the online health history & physical exam form. Please make sure when you arrive on registration day that all medications are in original packaging. Please do not separate in plastic bags or pill holders.

What are the meals like?

Mealtime is an important part of our program. A hungry child cannot learn and grow, which is why we work with the Maine department of education child nutrition who provide federal funding to support programs for the health and well-being of children. Campers receive 3 nutritious meals that encourage the children to taste a little of each item we serve. However, there is enough of a variety that every child can find something they enjoy. Please note parents are discouraged from packing or mailing food or candy as it will be removed and stored until the child returns home. Please be assured that we are taking excellent care of your child.

What about food allergies & dietary restrictions?

Agassiz provides vegetarian, gluten-free, dairy-free, and vegan options to its campers and staff. We are unable to accommodate special requests or additional food supplements from home.

For the safety of all our campers, Agassiz maintains a nut-free environment.

What about laundry?

All campers should bring enough clothing for at least 7/8 days. Camp laundry is done by our designated housekeeping and laundry staff member midway through the session. We recommend that all clothing articles are labeled clearly with your camper's name. Please do not bring any clothing that requires special care or is delicate/expensive. During the camper registration online, you will be asked if you want to opt in for you camper to have their clothes washed. Parents can also opt for their camper not to have their laundry done whilst at camp, if this is the case, please be sure to pack accordingly.

How can I stay in touch with my camper?

Writing letters to your camper is important, we have seen first-hand how receiving letters from home can help a camper with feelings of homesickness. We encourage our campers to write home to reflect on camp experiences. Although we like the old school hand-written letters, you can also send one-way emails to your camper. Keep an eye out on our website and social media platforms for photos and videos of the kids at camp.

Can campers call home? Can parents call campers?

We enjoy the unplugged nature of camp; we encourage our campers to leave technology behind and enjoy all that the camp has to offer. We also recognize that calling home can almost always increase feelings of homesickness. You are always welcome to call the camp office during the session to hear updates on your child from our leadership team. In rare cases we have allowed campers to speak with parents for a short period of time, this determination is made in the best interest of the child.

Can parents visit camp?

As visitors to camp almost always create feelings of homesickness—and have negative and disruptive impact on other campers around them. Agassiz does not permit visitors except in emergencies.

CONTACTING YOUR CHILD AT CAMP

Mail



Campers are encouraged to write home often. Children are assisted by their counselors, when necessary. Mail goes out after lunch, and incoming mail is distributed in the afternoon. Parents are encouraged to write to their children.

Please note we ask parents not to send any food packages as campers are not allowed to keep any food in their cabins.



Address all mail to:

Your Child's Name
Agassiz Village
71 Agassiz Village Ln.
Poland, ME 04274



E-mail

You may send emails to your child at camp using this email address: agassizcamper@agassizvillage.org

Please be sure to include your **child's FULL NAME in the subject line**. Emails will be delivered with the regular daily mail. Your child will not be able to email you due to our limited number of computers.



Telephone Calls

- Parents can call and speak with the camp staff to receive an update on the progress of the child.

Camp Phone number is: 207-998-4340

- The camp maintains a policy of notifying parents of illnesses or injuries. Should a health problem arise, parents will be notified immediately.



Please Note: Campers do not have access to the phone to make calls to parents while at Camp. Campers are also not allowed to bring cellphones to camp as they disrupt our program and often get damaged or lost.

HEALTH INFORMATION



Your child will enjoy the activities at camp most when they are taking care of their own health, which includes drinking plenty of water, eating well, and getting a good night's rest. A current physical and a copy of up-to-date immunizations are needed to ensure that the child's physician has approved participation in all activities. Be sure to highlight any FOOD ALLERGIES or other potential health problem. If you have any concerns about your child's health prior to or during camp, please contact the Camp Director as soon as possible.

We do ask parents to sign permission allowing to administer OTC medication if needed at camp (Tylenol, Benadryl, etc.), as well as Permission to Treat in case of an emergency (please make sure you sign those sections on Health History and Physical Exam forms included in this packet). Our staff will always contact a parent about any health situations; if a parent is unavailable, then we will contact the adults listed as emergency contacts on the child's registration form. Please keep those contacts current and be sure that you and/or those emergency contacts are available during your child's stay. We ask for multiple contacts and numbers, to ensure that we can reach a parent or other family member/trusted adult to update, consult with, or discuss any emergency situations. Please provide us with as many of those contacts as possible.

For inhalers and EpiPen's: These items must have your child's name and instructions. All meds are kept in the Health Center and distributed by health center staff or Camp Directors. The only exception is an asthma inhaler or EpiPen - if the child normally carries it and the Health and Physical forms are signed, the inhaler and/or EpiPen will be always carried with the counselor who is with the group. You can also choose for the Health Staff to hold and monitor use of inhaler as well.

Our Health Center staff distribute medication according to its directions. Please review the following guidelines:

Please do not change the camper's school year routine!

- Health Care Staff: Our Health Center is staffed with a RN and an EMT. Health forms are included with this packet after camp registration is

accepted. A complete medical history and physical examination (completed within the 12 months) are required and will help us ensure proper care and safety of your child.

- Health forms must be signed by the parent and the physician and returned to camp. The parent/guardian must sign the “Standing Orders Permission” for over-the-counter medicines which is included in the Health History form. Polio immunization and a tetanus-toxoid shot must be up to date. A meningitis vaccine is suggested. Special medication must be reported on the form.
- No medication can be sent to camp without a written authorization/prescription from a physician. This includes vitamins, cough syrup, etc. At camp, the nurse will see that medication is administered. Parents must deliver the medication to the medical staff during the pick-up/sign-in on a registration day.
- Medication must be sent in the original pharmacy bottle with your child’s correct name and instructions on the label. In addition, the bottle and instructions must be placed in a re-sealable plastic bag, with your child’s name. Please hand this bag to the Camp Director or Health station at registration. Do not pack medication in luggage or store in camper’s bag! If the instructions on the original pharmacy bottle are incorrect, you must have your child’s doctor send the correct, written instructions, with his, or her, signature, to camp via mail. We will not follow notes on medication that is not in its original container. Please call the office if you have any questions on this policy.
- If your child is taking medicine at home that medicine must be brought with them to camp or your child will not be able to attend. Please pack enough medication for the entirety of the session(s) or day schedule. At the end of the session, please pick up your child’s meds from the appropriate camp staff. Please keep in mind that we will not be able to provide the first supplement until lunchtime on the child’s first day of camp.
- An illness at camp is treated with utmost care. The Health Center is always available, and each illness is checked thoroughly. Any emergencies or serious illnesses are taken to the Emergency Room.



Parents will be notified by our nurse if a camper must spend the night in the Health Center or must visit the doctor/emergency room.

PACKING INSTRUCTIONS



Please keep in mind that there is limited space in the cabins and on the bus, so pack only what you need. Remember the weather: the days are hot, nights are cool, and there is always the possibility of rain. Staff will do your child's laundry once during your 12-day program, so pack only what you need for that time and enough for at least 7 days. We cannot stress this enough: Please check all items that your child or teen has packed so they do not pack items on 'DO NOT PACK' list which could detract from his or her experience at camp.



Important Reminders:



- Try not to send new clothes. The children play and work hard, and clothes wear quickly.
- All clothing and personal items should be clearly marked with your child's name.
- Children often misplace clothing and clothing that is not marked may be lost. Camp is not responsible for lost clothing.
- Clothing should be packed in a duffel bag or suitcase.
- Please call with any questions about what to bring.
- If your child wears GLASSES, please make sure your child brings them. All glasses and glass cases must be clearly identified and marked.
- THE ITEMS IN THE PACKING CHECK-LIST ARE SUGGESTED.
- IF YOU DO NOT HAVE AND CANNOT AFFORD THESE ITEMS, WE WILL DO OUR BEST TO ACCOMMODATE FOR YOUR CHILD AT CAMP.

NOTE: Camp is not responsible for lost or damaged personal items.

Packing Checklist for Overnight Camp

- _____ Duffle bag that child can carry himself/herself, with **at least ONE WEEK WORTH OF CLOTHES!!**
- _____ **Backpack (or string bag)**, to carry on bus and around camp, for water bottle, towel, sunblock, campout, etc.
- _____ Sleeping bag (recommended) or sheets & blankets.
- _____ Pillow
- _____ **Water bottle** (labeled with camper's name)
- _____ Jacket/raincoat/poncho for rainy days
- _____ Hat(s) for sun protection
- _____ 2 pairs of long pants/sweatpants
- _____ 1 sweatshirt/warm sweater (it gets cold at night in Maine)
- _____ 2 long sleeve shirts
- _____ 7 t-shirts
- _____ 4 pairs of shorts
- _____ 1 or 2 bathing suits (one-piece for girls, swim-trunks for boys)
- _____ 2 sets of pajamas
- _____ 7 pairs of underwear, other undergarments
- _____ 7 pairs of socks
- _____ 2 towels (one for waterfront, one for shower)
- _____ Laundry bag or marked bag to carry laundry.
PLEASE PUT YOUR CHILD'S NAME ON HIS/HER LAUNDRY BAG
- _____ Sunblock (30 SPF or higher)
- _____ Bug repellent (less than 10 DEET, no aerosols)
- _____ Toiletries – (toothbrush, toothpaste, soap, shampoo, deodorant, comb, brush, etc.)
- _____ 2 pairs of sneakers and a pair that can get wet for after swimming (pool shoes or crocs with a back work great too) Sandals **are not allowed unless they have a back strap & cover all toes.** Flip-flops allowed only in shower houses or on the beach.

Optional Items

- _____ Stamped envelopes/postcards/pens/pencils
- _____ Flashlight with batteries
- _____ Disposable camera with camper's name
- _____ Books/summer reading/magazines

DO NOT PACK:

These items will not be allowed at camp and will be confiscated by staff and kept until the end of camp. Agassiz Village is not responsible for the care of these items.

- Money (you will not need it at camp)
- Radios, CD Players, iPods, and other MP3 Players, etc.
- Jewelry
- Hand-held video games (Nintendo DS, Sony PSP, etc.)
- Cell Phones/Tablets
- Laptops or MacBook's
- Candy or any food items
- Fireworks, Knives (any types), guns or any other types of weapons or equipment that can be considered dangerous.
- Tobacco products, alcohol, e-cigarettes, drugs (any drugs brought to camp have to be submitted to nurse at registration).

Please note: if a camper brings any of these items, they might be subject to immediate dismissal.



Year-Round Office

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Phone (781) 860-0200

Camp

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