



2023 Parent Packet



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www.stowerec.org



Dear Parents,

We are so excited you and your family are joining us for an exciting summer in 2023! As I'm writing this there's snow on the ground and it's peak ski season, but that's not stopping us from dreaming big and preparing for a fantastic summer camp. Our goal at Stowe Rec, as always, is to keep your children safe and healthy, to promote an environment for growth, friendship, and camaraderie. As we head into the summer, we're looking forward to providing a safe, enjoyable quality experience to your children!

Some things are changing this season. We've added our Kinders group, in an effort to create an environment that's welcoming to all. In the past, Kindergartners have been in our Explorers group, but we've recognized that kindergartners and 2nd graders are at different levels in terms of social emotional skills, physical capabilities, and overall developmental levels. By creating the Kinders group we're working to create a more enriching environment for our participants and staff. We've also changed up our staff structure- we're assigning each age group a "Group Lead". Group Leads will help counselors plan their weekly schedules and activities, assist with overall group management including the emotional, social, and behavioral needs of campers.

At the beginning of this packet there are two forms that we ask you to take the time to fill out and return to our office, prior to the first day of camp. The Inclusion Intake Form is a way for us to get to know your child before they arrive at camp and the Behavior and Discipline Agreement Form is important for you and your child to know. The rest of this packet includes all the necessary information that you will need to prepare you and your child for their summer camp experience. Please read through this entire packet and make your child aware of all the information pertaining to the policies and procedures. This will provide your child with an understanding of what is expected of him/her while at camp. Each of us- parents, camp directors and counselors- play a significant role in making your child's camp experience fun, safe, and memorable.

We look forward to summer camp all year long, and we know summer camp is especially important for not only children in our care, but your entire family. We are here to provide the best program we can for your children. If you have any questions about our camp or your child's experience here, please contact us.

Happy Summer,

Kelli Millick

Program Director

Inclusion Intake Form

This form is for informational purposes so that the Inclusion Coordinator can best support each camper as an individual within our program.

Please take a moment to fill-out this form to the best of your ability and submit it to the Recreation Office. Notify Stowe Parks and Recreation Summer Camp if there are any changes to this form after submitting it.

Participant Information:

Name: _____ Age: _____ Gender: _____

Group (circle one): Explorers, Innovators, or TREC

Parent/Guardian Information:

First person to contact:

Name: _____ Relation: _____

Contact Information: (____) ____ - ____

Alternate Contact:

Name: _____ Relation: _____

Contact Information: (____) ____ - ____

Accommodations:

Check the following that apply to your camper.

☐ Seizures

☐ Allergies

☐ Food Restrictions

☐ Physical Challenges

☐ Sensory Challenges

☐ Other

☐ Walker or Wheelchair

If you checked anything above, please explain:

Check any applicable statements about your camper and explain if necessary:

☐ Needs assistance eating/drinking

☐ Needs assistance toileting

☐ Needs assistance changing clothes

☐ Needs assistance communicating needs

☐ Needs assistance to walk or move

☐ Needs reminders to be safe with their body

☐ My camper may isolate themselves from the group

☐ My camper may wander from the group

☐ Needs assistance with entry into water

☐ Uncomfortable in specific weather conditions

☐ Needs assistance in orientation to people, place, and/or time

☐ Has limitation to recreational activities (please specify)

If you checked anything above, please explain:

Describe your camper's strengths:

Describe your camper's likes:

Describe any concerns you or your camper has about camp:

Describe information that may help encourage positive behavior and safety of your camper:

Describe any environmental, situational, or other triggers that may upset your camper:

Does your child have trouble with transitions? If so, how can I make transitions easier for him or her?

Describe any strategies that may help your camper calm down when they are upset or frustrated:

What adaptive coping strategies do you use to support your child that we could implement at camp?

If your camper has a Behavioral Management Plan at school, do you give us permission to discuss this plan with the school? *Release of Information form is required from Stowe Rec and Stowe Elementary School is required.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name: _____

Behavior and Discipline Agreement

Our staff are trained to have a **Firm, Fair, and Consistent** philosophy on behavior management. Parents and/or Guardians are responsible for reviewing the Behavior Agreement with their child(ren) to establish clear understanding of behavioral expectations and the consequences of not meeting these expectations. The Behavior Agreement ensures that campers, parents/guardians, and staff have an established foundation of understanding before the start of our program. The Stowe Parks & Recreation Department reserves the right to send home any camper whose behavior is considered to be detrimental to the best interests, health, or safety of other campers, staff, themselves, or the camp. No refund is given for disciplinary dismissal.

Stages of Behavior

***This is not an exclusive list. Additional behaviors may result in a write up.**

Stage 1	Unsafe play, rule breaking, not following instructions
Stage 2	Hands-on, inappropriate language, disrespectful/bullying/harassment
Stage 3	Threat on safety of self or others, physical inappropriate behavior, violence towards a camper or staff member

All behavior incidents will be documented.

Action to be taken upon write-ups (see Discipline Procedures following this agreement):

- Step 1: Verbal Warning(s) and/or Time Out
- Step 2: Activity Suspension
- Step 3: Parental call from Leadership Staff
- Step 4: Parental meeting with Leadership Staff
- Step 5: Program Suspension
- Step 6: Expulsion

The Department reserves the right to skip steps should the situation warrant.

Parent/Guardian Signature

Child's Signature

Discipline Procedures

In an effort to better acquaint the participants and parents of our discipline procedures, we are providing you with steps for dealing with disciplinary concerns. Prior to the start of the program our counselors will review camp values and the behavior agreement. We review these rules with all campers and ask them to acknowledge that they understand our rules and boundaries. We stress to each of our leaders to be fair to all parties involved, listen to all sides, make the discipline fit the offense, and do not pre-determine an individual's guilt based on previous behavior or other circumstances. Disciplinary actions will be taken in this order:

Step 1: Verbal Warning(s) and/or Time Out

We make the child aware that they have crossed a defined boundary. Verbal warning will be given first in an effort to redirect the behavior. Children may be requested to sit out of an activity for a brief period (2-5minutes) if behavior continues. We also remind them that continuation of such behavior may lead to suspension from future activities. Time outs will be documented.

Step 2: Activity Suspension

If the behavior persists, the Inclusion Coordinator will be notified by counselors. The Inclusion Coordinator will determine if the child is suspended from a daily activity. This may include activities such as swimming, sports, games, etc. In this case, the Inclusion Coordinator will notify the Camp Directors of the continued misbehavior and document the occurrence. We will review the Participant Conduct Form with the parent regarding the incident and the disciplinary steps taken.

Step 3: Parental call from Leadership Staff

The Program Director, Camp Director, or Inclusion Coordinator will call the parents. Behavior issues will be discussed, and resolutions will be determined. In some situations, the parent may be asked to pick-up their camper.

Step 4: Parental meeting with Leadership Staff

The parents will be asked to meet with the Program Director, Camp Director, and Inclusion Coordinator. This meeting is a time for the parents and Leadership Staff to set up a behavior plan that will best accommodate the child moving forward.

Step 5: Program Suspension

If the behavior persists, the Stowe Parks and Recreation Department reserves the right to suspend the child for a period determined by the Leadership Staff. Refunds are not issued for disciplinary dismissals.

Step 6: Expulsion

The Stowe Parks and Recreation Department reserves the right to expel your child in the event of serious or persistent inappropriate behavior. Refunds are not issued for disciplinary dismissals.

The Department reserves the right to skip steps should the situation warrant.

CAMP GUIDELINES

WHAT TO BRING

Please label all personal items and clothing with your child's name with permanent ink or labels. The Stowe Parks & Recreation Department is not responsible for lost, misplaced, or stolen items.

- All shoes must be **close-toed** and **close-heeled** that stay securely on the feet.
 - Water shoes can be worn at the river, but they must be secure on the foot, and they cannot be worn for daily activities. Flip flops are not considered water shoes.
- **Backpack- with the following items:**

Morning and afternoon snacks

Swimsuit & Towel

Water bottle

Rainwear

Lunch*

Sunscreen & insect repellent

Extra set of clothing

Hat & sunglasses

Parents will be required to grant yes or no permission for Stowe Parks & Recreation staff to apply sunscreen/insect repellent to their child.

*In 2022 lunches for summer were provided for free by the USDA National School Lunch Program. We anticipate it will be the same in 2023 but we still need to confirm. Lunch does NOT include snacks; parents are asked to pack 2 snacks for their children per day. More information will be available soon.

WHAT NOT TO BRING

We try our best to provide a fun and distraction-free environment, please refrain from bringing the following items to camp; electronics (i.e., cell phones, games, tablets etc.), toys, and money.

Stowe Parks and Recreation is not responsible for lost or stolen personal items.

CHECK-IN/CHECK-OUT PROCEDURES

Please read the following carefully so you have a clear understanding of our check in and check out processes. Drop off and Pick up will occur in the bus lane between the parking lot and playground. We ask that you pull into the one way bus lane, stay in your car, and wait for a camp staff member to check you and your children in/out. At pick up camp staff will radio to the counselors to alert them and bring your child out to you. Parents must check their children in before going to their group.

Check-in is from 7:45am to 8:30am. If you arrive after the drop off time, please check in at the Parks and Recreation Office as the groups have already started their day.

Check-out is from 3:30pm to 4:15pm. If you are late for pick-up, you will be charged a late fee. This payment must be settled prior to your child's next scheduled day in order to attend camp.

APPOINTMENTS/EARLY PICK-UP

Late arrivals and early pick-ups are highly discouraged during the camp day. Due to the "on-the-go" format of our camp, campers could be on campus, at the river, around town, etc., and it becomes very difficult to try and coordinate a child being picked up early.

If an early pick-up is unavoidable, you must provide the Camp Director with a written note at the time of check-in. If a last-minute early pick-up is necessary and you were unable to inform the Camp Director in the morning, please call the recreation office as soon as possible. Please plan for extra time when picking up your child.

LATE PICK UP PROCEDURE

The Stowe Parks and Recreation Department works diligently to provide affordable programs to the community. The affordability of our programs greatly depends on the promptness of the parent pickup. Please pay close attention to the end time and pick-up location of your child's program.

Late Fee Structure:		
5-10 minutes late - \$5	11-20 minutes late - \$10	21+ minutes late - \$20

Fees will be invoiced at time of pick-up or within 24 hours and must be paid prior to future involvement or enrollment in programs. Exceptions may be made if staff is contacted in advance for extenuating circumstances on a case to case basis.

AUTHORIZATION FOR PICK-UP

Parents/guardians are asked to provide a list of people authorized to pick up their child at the time of registration. We will not release your child to anyone who is not on the list. If you need to update the list, you can do so at check-in or check-out by clearly communicating with the camp director. If this is a last-minute situation, you must notify the Recreation office.

TRANSPORTATION

Parents/guardians must transport their child to and from camp each day. Any transportation for activities and field trips is provided.

Walkers or Bikers

Any child with permission from a parent/guardian to walk or ride a bike to and from our camp must provide the Camp Director with a written note. The time of arrival and departure must be clearly stated on the note. Participants who ride their bikes to camp shall not ride nor play with their bikes during program hours unless it is a specified bike day.

SWIMMING AT CAMP

During registration each parent is asked to list their child's swim level. Our camp does not conduct swim tests, so we rely on the parents' knowledge of their child's swimming abilities. The child's swimming ability is documented and printed on the daily roster. Anytime our group is visiting a body of water we have certified lifeguards on duty and provide children with wristbands that represent their swim level. Counselors are also positioned in the water at each swim level's boundaries.

Children are trained on the buddy system and whistle denotations prior to entering the water. At this time, the lifeguard may also present specific safety concerns, rules, and specified swim boundaries.

Swim Level Skills:

Non-swimmer (red wristband)-Unable to swim, float, or be past knee level water.

Beginner (yellow wristband)- Shows comfort in the water and able to play in water that is between waist & chest depth.

Intermediate (green wristband)- Can swim with comfort in water that is over his/her head, float, and tread water for at least 1 minute.

Advanced (blue wristband)- Can swim in water over his/her head, float, and tread water for up to 2 minutes.

If you need to change your child's swim level after registration, you can contact the Program Director, Kelli Millick, at kmillick@stowevt.gov or by calling our office at (802)253-6138.

BIKE DAYS

Each group has one bike day per week. Children will need to bring their own bikes and helmets if they want to participate. We will always have alternative activities planned for children who aren't biking.

During registration you will be asked about your child's bike skill level. This information will help us separate the kids into smaller groups so we can have a successful trip on the bike path.

Bike Skill Levels:

Non-bike rider- No biking skills/ uses training wheels.

Beginner- Can use a bike without training wheels but may have a difficult time with start/stop, getting on and off bike by themselves, or sharp turns.

Intermediate- Can mount and dismount bike on their own, stop and start easily, can maneuver turns but may be a slower rider than Advanced.

Advanced- Can mount and dismount bike on their own, stop and start easily, can maneuver turns, can maintain speed to stay with a group.

SWIM OR SKATE DAYS

On Wednesdays, our whole summer camp will be going ice skating at the Stowe Arena or swimming at the Waterbury Pool. Children will have an option to choose which activity they'd like to do in the morning and won't be able to change their minds after check-in.

Children are asked to bring the following items for each option:

Ice Skating

Helmet (bike or ski helmet)

Skates*

Warm clothes

Mittens

Swimming

Swimsuit

Towel

Sunscreen

Goggles

*Kids can bring their own skates. Rentals are available and included in the program.

FIELD TRIPS

Please be EARLY for field trips. Parents will be notified of field trips each week in the Newsletter which goes home on Fridays. Please make note that all activities are subject to change due to weather. If a field trip is rained out, then parents will be contacted, and another trip will be substituted in its place.

Thanks to our local sponsors, each child enrolled in our summer program will receive a camp t- shirt. **CAMP T-SHIRTS MUST BE WORN ON ALL FRIDAY FIELD TRIPS** for the safety of your child. If by chance you have forgotten your t-shirt, replacements are available in the office.

In the event of a behavioral situation, parents may be required to pick the child up from the field trip location.

LOST & FOUND

All lost & found items will be displayed at the end of each camp day. At the end of the summer all lost and found items will be donated to a local charity.

WAIVERS

Some field trips may require an additional waiver to be signed. Information regarding these additional waivers will be relayed in the Friday camp newsletter and at check-in and check-out.

MEDICAL AND HEALTH INFORMATION

MEDICAL AUTHORIZATION FORM

If your child needs to take any medication, prescribed or over-the-counter, while at camp the Medication Authorization Form must be completed and turned in prior to the first day of camp. The Camp Directors are unable to administer any medication to your child until a Medication Authorization Form is completed and returned to them or the Recreation Office.

ILLNESS PROCEDURES

If your child is not feeling well, please keep them home from camp for the day to ensure the health of others. Please contact the Recreation Office and notify them of your child's absence. We do not have a nurse on staff or accommodation for ill children. Parents will be contacted to pick up their child if their child is ill.

LICE PROCEDURES

If your child has lice, we ask that they do not return to camp until they no longer have any traces of lice or nits (lice eggs).

EMERGENCIES

In the event of an accident or sudden illness, the camp staff is equipped with the supplies and certifications to administer first aid and CPR.

If the situation requires further attention, the proper emergency services will be contacted. We will notify the parents, by phone, if any injury or illness requires medical attention. If we do not reach a parent our next action will be to contact those listed as emergency contacts. Please make sure ALL emergency phone numbers are current, we must always be able to contact someone.

If you have an emergency and need to reach your child during camp hours, please call the Recreation Office at 253-6138 and the message will be conveyed to the camp director immediately.

EMERGENCY DRILLS

Throughout the summer the Stowe Parks and Recreation Department may conduct emergency drills during camp hours. These drills may include fire drills, pool safety drills, lost child drills, and others.

SCHEDULES

ACTIVITY SCHEDULE

A full weekly activity schedule will be shared with parents in our weekly Newsletter sent home on Fridays. Daily activities include arts and crafts, group games, sports, science activities, nature activities, water games, and more. All activities and schedules are subject to change. Field trips will be confirmed on a weekly basis.

Stowe Rec Summer Camp 2023

WEEKLY THEMES AND FIELD TRIPS

for Kinders (Kindergarten), Explorers (Grades 1-2), and Innovators (Grades 3-5)

Week 1 | June 19- June 23 | Color Craze

Our campers will explore the world of color while learning the technique of tie dye, kid's chemistry activities and ending the week with a color run!

Friday Field Trip: Waterbury Reservoir

Week 2 | June 26- June 30

Master Chef- Kids Edition

Face off in fun culinary challenges, think outside the box to create yummy new creations. This week we'll be making all sorts of healthy and delicious foods.

*Please note that we do take dietary restrictions into consideration and plan alternatives accordingly.

Friday Field Trip: Spare Time

Week 3 | July 3- July 7 | Backyard Bash **No Program 7/4**

Celebrate summer with fun backyard games and favorite summer activities! We'll be throwing in some fun twists on the traditional camp games too.

Friday Field Trip: Boulder Beach State Park

Week 4 | July 10- July 14 | Invention Convention

Our campers will be the next generation of innovators during this fun and creative week! Everyone will develop ideas, create prototypes and show off their ideas!

Friday Field Trip: Get Air

Week 5 | July 17- July 21 | Rec Gives Back

Rec needs YOU!! Come make a difference as you and your friends get involved in the community in which you live. This community service week is all about helping others and giving back.

Friday Field Trip: Lamoille County Field Days

Week 6 | July 24- July 28 | Survivor Week

Themed after the hit TV show, campers will have a chance to work as a team to accomplish tasks and win rewards.

Friday Field Trip: Crystal Lake State Park

Week 7 | July 31- August 4 | Under the Stars

Summer is the best time for camping. This week is all about sharing our favorite camping activities, some special campfire treats and spending a lot of time outdoors exploring and learning. Gear up and get ready for adventures!

Friday Field Trip: Jay Peak Pump House

Week 8 | August 7- August 11 | Rec Rewind

Campers will pick this weeks' theme! We'll take the most popular themed days, games, and activities and relive them one last time this summer!

Friday Field Trip: End of Season Celebration @ Rec Center

[Click Here to get more information about our summer camp program](#)

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STOWE REC TREC SUMMER CAMP

2023
Weekly Field Trips

TREC is our program for kids in grades 6-9th

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday
1	June 19-23	Rec Path Bike & River Day	North Beach	Onsite activities	North Cascades Hike & Swim	Waterbury Reservoir
2	June 26-30	Rec Path Bike & River Day	Fosters Swimming Hole	Onsite activities	Escape Room	Spare Time
3	July 3-7 *No Program 7/4	Rec Path Bike & River Day	NO PROGRAM 7/4	Onsite activities	Bristol Falls	Boulder Beach
4	July 10-14	Rec Path Bike & River Day	Stowe Bowl	Onsite activities	Warren Falls/Tubing	Get Air
5	July 17-21	Rec Path Bike & River Day	Petra Clifs	Onsite activities	Teen Choice	Lamoille County Field Days
6	July 24-28	Rec Path Bike & River Day	Stowe Golf Park	Onsite activities	Laser tag @ Colchester Paintball	Crystal Lake
7	July 31- August 4	Rec Path Bike & River Day	Sunrise Mountain Guides- Outdoor Rock Climbing	Onsite activities	Get Air	Jay Peak Pump House
8	August 7-11	Rec Path Bike & River Day	Teen Choice	Onsite activities	FunZone 2.0	End of Season Celebration @ Rec

*Campers will need to bring their own bikes and helmets to camp on Bike Day

*Teen choices will be chosen during the first week of camp. (Could include a movie, natural swimming hole, river tubing, or a visit to a local business)