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SUMMER INFORMATION 2022

CAMP DATES – Camp will operate Monday, June 27th – Friday, August 19th

CAMP HOURS – Camp is 9:00am – 4:00pm. Bus pickup will be before 9:00am and drop off will be after 4:00pm as indicated in the centralized bus stop grid [here](#).

PARENT COMMUNICATION – We communicate, a lot! Please be sure to check your e-mail regularly for any updates and regular scheduled weekly e-mails. Also follow us on Facebook/Instagram for fun updates throughout the summer. If you need to reach us please e-mail director@highmeadowdaycamp.com or call 860-212-5142. When you e-mail us please include your camper's first and last name in the e-mail as it is hard to correlate campers to e-mail addresses.

PHILOSOPHY - We aim to provide a safe, fun, enriching and memorable camp experience for our campers and a stress-free experience for parents. Our traditional day camp programming allows campers to experience summer in an outdoor setting and try new activities in a physically and emotionally safe environment.

HEALTH REGULATIONS – *A current health form for each camper is required. Health forms must be completed and signed by your pediatrician. Health forms are valid for two years from the date of the last examination. Health forms must be on file PRIOR TO YOUR CHILD(REN)'S FIRST DAY OF CAMP. Blank health forms can be found on our website.*

CAMP NURSE(S) – There will always be at least one Registered Nurse (RN) on site at camp. Our camp nurses will be parent's main point of contact for medical related questions, other illnesses, injuries, medication, etc.

MEDICATION – *to be dispensed by the camp nurse and/or stored in the nurse's office must be in the original prescription bottle or box and must be accompanied by a doctor's authorization signed by both the doctor and parent. This includes Epipens™. "Authorization for the Administration of Medication by Camp Personnel" forms are on*

our website and must be current within 12 months. This form needs to be returned only if the camp is to dispense medication to your child.

ILL CAMPERS – During the day if campers / counselors are determined by the nurse to have an observable illness, such as constant coughing, stomach issues, respiratory distress, or a temperature over 100.4 degrees Fahrenheit campers / counselors will be sent home. Our nurse will work with you to determine next steps. If a camper/counselor is diagnosed with COVID-19, we will immediately report this to the health department and follow their direction.

ACTIVITIES- We are excited to offer all activities this summer, with the exception of cooking. Activities will be differentiated between groups to be age appropriate. Age based activities such as archery (3rd grade and up), riflery (5th grade and up) and specific high adventure elements are the only activities younger campers will not participate in.

SWIMMING – Water safety and instruction is something we pride ourselves in teaching at High Meadow Day Camp. We have an amazing group of lifeguards who are excited to work with your camper and oversee their safety in the pool. All campers will have 1 period of instructional swim and 1 period of free swim each day.

RAINY DAYS – As much as possible, activities will be held outdoors-even in light to moderate rain. We will move under shelter for indoor activities in heavy rain and other conditions as determined by camp administration.

BREAKFAST/LUNCH / SNACK – Camp provides breakfast, lunch and snack each day. We ask that families do not send in their own food due to allergy concerns. With that said, if your camper has specific dietary needs, we will work with you for us to supply appropriate food or formulate an individualized alternative plan.

- Breakfast will be served grab and go style upon arrival and will consist of items such as cereals, yogurts, muffins, and fresh fruit.
- Hot lunch is prepared each day by our amazing chef. Lunch will be served in 2 waves to eliminate the amount of campers/staff eating in the lodge at once. Our food is great, there is no denying it! We will be formulating a rotating bi-weekly menu of all of the camp favorites that will be posted on our website.
- We treat the campers to a popsicle/ice cream snack each day to stay cool at 2:00pm.

PARENT VISITATION – During the camp day High Meadow Day Camp is closed to visitors. If you pick up your camper early, you will be stopped at the guard stand halfway up the driveway; we will bring campers to parents. Communication between parents and camp administration will be very fluid. As always, we will be responsive to questions and concerns. Parents and High Meadow Day Camp will partner to create a healthy, fun and instructional summer for campers and counselors.

TRANSPORTATION, PICK-UP & DROP-OFF, ATTENDANCE

BUS TRANSPORTATION – Transportation is provided to and from camp each day. All High Meadow Day Camp buses are driven by professional drivers who drive for local school districts during the school year. We use First Student Transportation to service our transportation needs.

Our goal is to always have a counselor on each bus at the first stop in the morning and last stop in the afternoon. If this is unattainable we will designate a “stop parent” to help oversee arrival and departure to and from the bus.

Please review appropriate bus behavior with your camper such as: remaining seated, facing forward, using appropriate language, no throwing of objects, listening to bus counselor and/or bus driver. First Student Transportation reserves the right to refuse service to any individual who displays unsafe/inappropriate behavior on the bus.

BUS TIMING- Please note that the times on the bus transportation grid indicate when the bus is planned to leave the stop and when it is planned to arrive. There are situations which may cause a delay, especially with summer construction. If any routes are effected throughout the summer we will reach out to families at the specific stops with updated times. We cannot wait for late arrivals in the morning. If you are late you can look at the grid and see if you can make it to another stop on your assigned bus. In the afternoon, please be on time to pickup your camper. The bus needs to move through the route in a timely manner to get all of our campers home and 1 late parent can effect the entire bus route.

DROP-OFF- If you are going to be dropping off your camper in the morning please do so between 8:00am – 9:00am so that they are with us for the start of the day. Of course, there may be appointments or other obligations that cause you and your camper to arrive later and in these situations please follow the direction of the person at our guard stand upon arrival.

EARLY DISMISSAL- If you will be picking up your camper from camp early, please do so before 3:30pm. The time between 3:30pm – 4:00pm is when the groups begin transitioning to our dismissal field and buses start arriving. This is a very busy time and our focus is on dismissing the majority of our campers onto buses and we cannot track down individual campers for dismissal at this time.

ABSCENSES AND EARLY DISMISSAL REPORTING- To report a camper absence or notify us of an early dismissal please utilize the form linked [here](#) This will save you time and free up our phone lines. If picking up early please fill out the form prior to 11:00am so that we can get the message to your camper's group. If you do not realize you are going to need to pickup early until later in the day please call the office at 860-212-5142.

WHAT TO BRING TO CAMP

Our motto for the summer is to deliver an unforgettable summer experience to our campers and a stress-free summer for our parents. With this said, campers should come to camp each day in their camp t-shirt, shorts and closed toed shoes. In a backpack pack a towel, sunscreen, swimsuit along with goggles, water bottle and bug spray (if desired). We have water stations throughout camp with cups so if you prefer not to send in a water bottle or forget, no worries! For the sunscreen, counselors are able to help apply to your camper. The past two summers we asked to send in spray-which worked great for quick and effective application. Make sure everything you send into camp is labeled with your camper's first and last name. Here is your daily checklist:

| | |
|---|---|
| Camp T-Shirt (On) | Water Bottle (In Backpack) |
| Shorts (On) | Goggles (if desired) (In Backpack) |
| Closed Toed Shoes (with socks) (On) | Sweatshirt/Light Jacket (optional, as needed) |
| Swimsuit (In Backpack) *some campers prefer to wear their swimsuit to camp and pack their shorts, which is fine. | *Label everything! |
| Sunscreen (In Backpack) | *Label everything! |
| Towel (In Backpack) | *Label everything! |
| Bug Spray (In Backpack) | *Label everything! (yes, label everything) |

*Please note that we do have theme days such as "Jersey Day" and on these days it is acceptable to wear the themed costume rather than the camp t-shirt.

WHAT NOT TO BRING TO CAMP

Besides what is noted above, nothing else should be brought to camp. No sports equipment or toys should be brought as we supply everything needed for a fun day. We strongly discourage campers from bringing in any electronics such as phones, portable gaming devices, headphones etc. as there is no time to use these during the camp day. We are not responsible for any lost items and each summer at least one pricey electronic device or other type of item does go missing. Please do not pack your camper with food as we provide all food throughout the day. On any given day we have campers with almost every type of food allergy you can imagine, so our kitchen manager and health team work closely to monitor everything that is being served. Sadly, no pet animals of any kind are allowed on the camp site at any time. In short, just pack what is on the list above and your camper will be golden!

ADDITIONAL INFORMATION

CAMPER INFORMATION: If anything needs to be updated on your registration account, please e-mail the changes to the camp so we can do it on our end. It is easier to handle changes on the backend of the database.

PHOTOGRAPHS – We post hundreds of photos on a weekly basis on our Facebook page. Be sure to follow both our Facebook and Instagram pages for fun content and important updates.

SPECIAL EVENTS – Weekly special events are planned throughout the summer. Our special events calendar can be found [here](#). This calendar is subject to change throughout the summer.

PAYMENTS- Final camper tuition payment should be made by now as it was due June 1st. If you would like to setup a payment plan please contact us through e-mail immediately so that your camper's spot does not go to someone on our waitlist. You can log back into your account and pay by credit card [here](#) or mail a check to PO Box 338 Cheshire, CT 06410.

What Summer Is Meant To Be