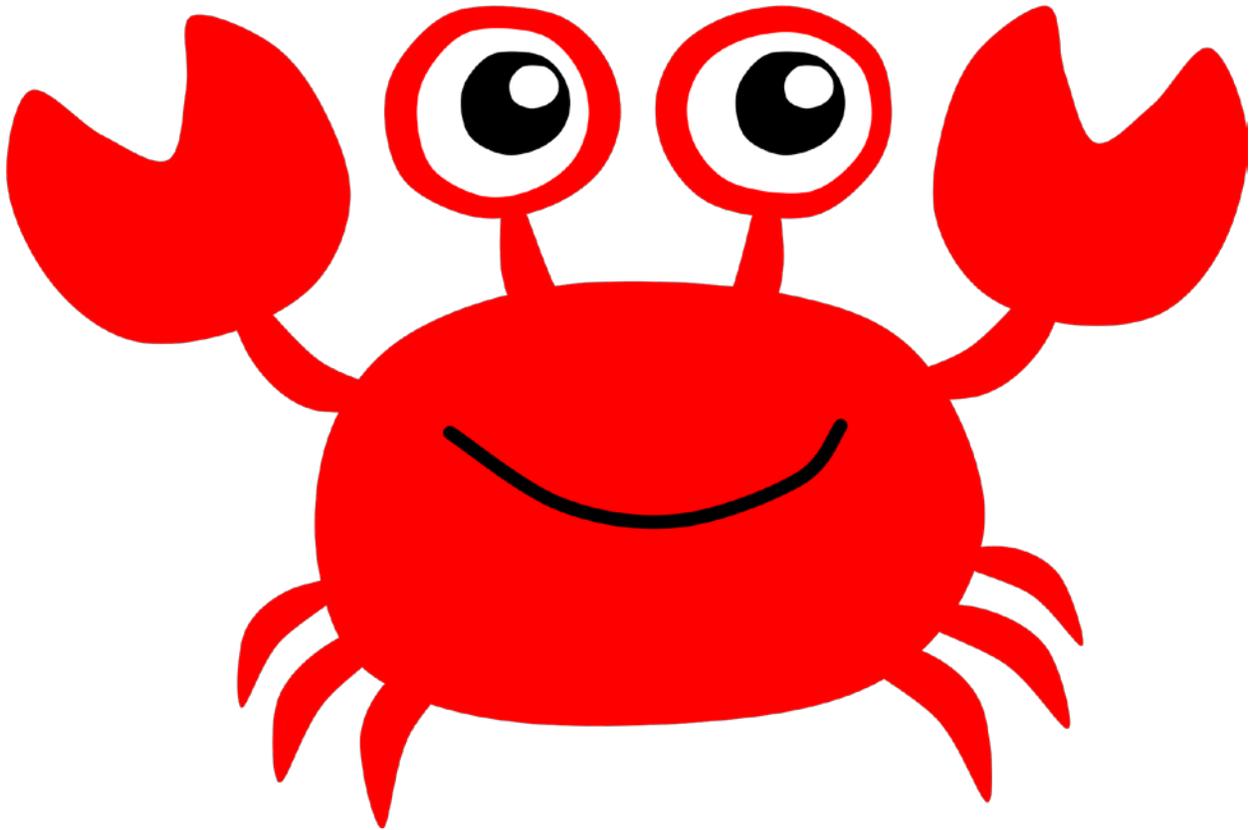


# **Sydenstricker School**



## **Summer Camp 2019 Information Packet**



Dear Parents and Guardians,

Welcome to Summer Camp at Sydenstricker! We can't wait for all the fun and exciting things happening this summer. I wanted to take this opportunity to introduce myself and to explain some of the exciting new activities we will be participating in this summer!

My name is Abby Clark and I have been working at Sydenstricker since August 2016. I was the lead older 3's teacher for two years and now I am the summer camp director. Currently, I work at Sterling Middle School during the school year as a Resource Teacher while I finish up my degree. I am a student at Western Governors University and will have my Bachelors in Special and Elementary Education in 2020.

Our staff this year consists of some returning summer staff, some returning school year staff, and some new faces as well. I can't wait to show you all of the cool things we have been working on to get ready for summer!

Each week this summer will be a new theme filled with games, activities, crafts, snacks, and more! If you have any questions, comments, or concerns, feel free to email me or call the school during regular business hours (7am-6pm).

I look forward to a wonderful summer with all of you!

Abby Clark  
Summer Camp Director  
[aclark@sydenstrickerschool.com](mailto:aclark@sydenstrickerschool.com)  
School Phone: 703-451-4141





# Overview

At Sydenstricker's Summer Camp, your camper will be offered plenty of opportunities to let their imagination soar! With a new theme each week, campers will participate in a variety of activities that will keep their minds engaged and their bodies moving.

<b>Day</b>	<b>Activity</b>
Monday	Art- Theme based art activities.
Tuesday	P.E- Theme based group based activities.
Wednesday	Art- STEAM based crafts and activities.
Thursday	Music- Theme based musical activities.
Friday	Water Play- Theme based water activities (not involving bathing suits or swimming)

On days that are too hot or too rainy to go outside, we may watch a theme related movie that will be announced ahead of time.

Waterplay days will involve water-based activities that could be done inside or outside. They will involve activities such as melting ice, washing toys, using spray bottles, and more! If there is a day where your child will need a bathing suit, we will let you know ahead of time.

Your campers will be kept in a routine similar to the school's academic year. The goal of summer camp is to continue to learn and grow, but also enjoy all that summer has to offer.





# Daily Schedule

(subject to change based on weather)

Time	Activity
7:00- 7:50	Breakfast
7:00- 8:15	Arrival/Free Play
8:15- 9:15	Playground
9:15- 10:15	Centers: Activities (P.E/ ART/ MUSIC)
10:15-10:45	Snack/ Bathrooms/ Story
10:45 - 11:30	GAMES: Themed activity
11:30 - 12:00	AM dismissal/ Free play
12:00 - 12:45	Lunch
12:45 - 1:00	Bathrooms/ Story/ Clean Up
1:00 - 2:15	NAP/ Read and Rest
2:15- 2:30	Wake Up/ Snack
2:30 - 3:00	Freeplay/ Bathrooms
3:00 - 4:00	Large Play Centers (PM 1 Dismissal)
4:00 - 4:30	Freeplay/ set up snack/ bathrooms
4:30 - 5:00	Snack/ Story
5:00 - 6:00	Free play (Final Dismissal)





# Things to Remember

- Payments are due at the beginning of the week or monthly! (NO EXCEPTIONS!!!). We don't want to turn anyone away!
- A light breakfast will be served daily from 7:00 AM-7:50 AM.
- Please pack your camper a lunch every day
  - Please remember- NO glass and NO nuts or nut derivatives.
  - We are a **nut-restricted** school and we have a few friends with nut allergies so please be mindful!
- We will provide three snacks a day for your campers.
  - If they are on a special diet or have allergies and you do not wish for them to participate in summer camp snack please fill out the opt-out form and provide snacks for your camper. We will keep them in a separate container labeled with their name.
- We will rest from 1 - 2:15.
  - If your child is going into the 3's program or is not yet 4, they will sleep upstairs in the nap room. No nap roll is needed.
  - If your child is going into the 4's program or is 4 years or older, they will be downstairs in 'campfire'. Please send a nap roll in with your camper.
  - If your child is going into Kindergarten (regardless of age) they will do read and rest for 30 minutes and then have quiet recess for the rest of the time.
  - All nap rolls and stuffed animals must be labeled and will go home on Fridays.
- Please send your camper to summer camp each day with a lunch box and a bag (backpack, school bag) both **labeled clearly with their first and last name**.
  - Please include one set of extra clothes, also labeled with their name.
- We encourage that you apply sunscreen to your camper prior to their arrival. Our play area is generally shaded, but it's always good practice to wear sunscreen.





- If you would like us to reapply sunscreen to them throughout the day please provide sunscreen with your camper's name clearly labeled on it.
- We will be putting bug spray on your camper when we get outside in the morning (9 am ) and the afternoon (3 pm). We use Off Skintastic Family Care. It contains 7% Deet and repels most mosquitoes that may carry the West Nile Virus.
  - If you do not want your camper to have bug spray, or would rather use your own type of bug spray, please fill out the opt-out form and provide an alternate spray labeled with their name.
  - Just because they have bug spray on doesn't mean they won't get bit!
  - Our property is treated weekly by Mosquito Authority to help keep the bugs away.
- There is also the possibility of ticks when you are outdoor.
  - This can be from your home, walking outside, or from just about anywhere! Just remember to check your camper during bath time to be extra careful.
- We will conduct 2 fire drills and 1 shelter-in-place drill so we are prepared for emergency situations.
- Our doors will remain locked while we are inside the building. Please ring the bell if you need to enter during the day.
- We have qualified, trained, and certified members on staff and we follow all rules and regulations set in our registration information.
  - All staff members are CPR/First Aid certified.
  - There will be at least one MAT (Medication Administration Trained) certified staff member **on site at all times**.
  - A Daily Health Observer will be on the premises **at all times**.
  - We enforce our Infection Control Policy (see registration info).





# Weekly Themes

## Week 1

Dr. Seuss

## Week 2

Community Helpers (4th of July)

## Week 3

STEAM Week

## Week 4

Space Exploration

## Week 5

Lights, Camera, Action!

## Week 6

Disney

## Week 7

Safari Adventure

## Week 8

Under the Sea





# Week 1: Dr. Seuss

Come and explore the wonderful world of Dr. Seuss! From Yertle the Turtle to Hop on Pop, we'll read every book, we just can't stop!

“You’ve got brains in your head and feet in your shoes, you can steer yourself in any direction you choose!”

Monday: THEME Art (Cat in the Hat-Hat, Lorax Mustache, thing ½ straw art)

Tuesday: Movement (Hop on pop/ Dr. Seuss games)

Wednesday: STEAM Art (Yertle the Turtle stacking, Oobleck)

Thursday: Music (Green Eggs and Ham, Sneetches)

Friday: Water Play





## Week 2: Community Helpers

Come celebrate our everyday heroes with us! This week we will explore different jobs that are important in our community. It is also Fourth of July week, so be prepared to celebrate!

Monday: THEME Art - Helpers in our community:

Police/Fire/EMT/Doctor/Construction/Transportation/Teachers/etc.)

Tuesday: Movement (Train to be a firefighter/police)

Wednesday: STEAM Art (Construction/Cooking)- 4th of July Celebration

Thursday: **NO CAMP- Fourth of July!**

Friday: Water Play (Putting out fires w/ spray bottles- hose/Sprinkler- water art- water balloons to put out 'fires')





## **Week 3: STEAM week**

Science, Technology, Engineering, Art, and Math! This week we'll explore different ways to move, build, create, and compute! We will build simple machines and create new experiments.

Monday: THEME art (Maker Space/ 3D structures/ Moving parts paint)

Tuesday: Movement (How your body moves/ Body math)

Wednesday: STEAM art (Puffy paint/Tesselations/bubble art/ Volcanoes)

Thursday: Music (Using everyday objects to make music/ Music about STEAM)

Friday: Water Play (Melting ice, Giant bubbles, color lab-mixing colors/experiments, sink or float)





# Week 4: Space Exploration

Campers in space! This week we will blast off on a great adventure, exploring our solar system and surrounding galaxies. Join us on our journey through the stars!

Monday: Theme Art (Make your own constellation/solar system mobile/  
Alien spaceship)

Tuesday: Movement (Trip to the moon/ Walk like an astronaut/ Alien hop)

Wednesday: STEAM Art (Build a rocket/Galaxy bottle)

Thursday: Music (Kalien the alien/ space songs/ Songs about stars)

Friday: Water Play (Melting Ice)





# **Week 5: Lights, Camera, Action!**

This week will take a look behind the scenes and learn what it takes to create large scale productions. We will film action scenes, make backdrops, learn choreography, and more!

Monday: Theme Art (Star on the walk of fame, costume design, classroom backdrop)

Tuesday: Movement (Walk the red carpet/Film an action scene/ Be a superhero)

Wednesday: STEAM Art (Make a movie camera/Make a stage with characters(felt)/Build a movie set)

Thursday: Music (Learn group choreography/ Freeze dance/ Fance along songs)

Friday: Water Play (Marble Maze water play, giant bubble photo shoot)





## **Week 6: Disney**

It's Disney week! This week we will work our way through the magic-filled works of Walt Disney. Come explore these timeless tales with us!

Monday: Theme Art (Mickey Ears/ Watercolor castle/etc)

Tuesday: Movement (Movie themed movement)

Wednesday: STEAM Art (Build/Bake/Experiment)

Thursday: Music (Disney music singalong/Musical Chairs)

Friday: Water Play (Nemo/Ariel themed water play)





# Week 7: Safari Adventure

Join us as we head out on a safari adventure! We will don our gear and explore the wilderness to learn about all the plants and animals that live there.

Monday: Theme Art (Animals on a safari/Animal masks/ Plant art)

Tuesday: Movement (Going on a lion hunt/ Move like an animal/ Follow the footprints)

Wednesday: STEAM art (Make binoculars/ Paper bag explorer vest/Paper plate hat)

Thursday: Music (Walking in the jungle/Animal action)

Friday: water play (Matching ducks with colors on the bottom, safari animal sensory bin)





## **Week 8: Under the Sea**

Who's ready to go to the beach! This week we will explore the Ocean and all that inhabit it. Get ready to dive into the magical underwater world!

Monday: Theme Art (Watercolor ocean/ Rainbow fish/ Class ocean displays)

Tuesday: Movement (Sharks and Minnows)

Wednesday: STEAM Art (Octopus w/Paper chains/ Bubble wrap fish/Cardboard tube fish)

Thursday: Music (Goldfish song/ Hole in the bottom of the sea/Under the sea)

Friday: Water play (Under the sea animals, boat races)

