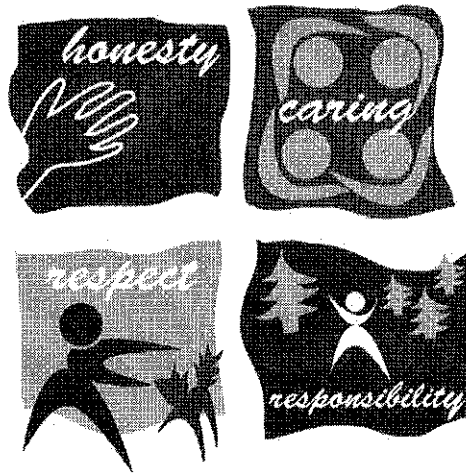




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sherman Lake YMCA



Integrated Education School Program

Information Packet

- * Please complete & return health form (back page/two-sided) by Monday, September 25th.
- * Parent meeting w/ camp staff will be Tuesday, September 26th at 6pm in room 115/116.

Welcome to the Sherman Lake YMCA Integrated Education School Programs

Welcome!

We have put together this School Programs Information Packet to help answer any questions that you might have about the School Programs at Sherman Lake YMCA. Inside you will find a packing list, what to do with your student's medicine, our behavior policy, our health/illness policy and most importantly the health form you and your student need to fill out and return to your teacher.

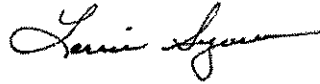
The goal of the Integrated Education Program is to form a partnership between your school and the Sherman Lake YMCA. Together, we are integrating the best of YMCA Character Development with the current school curriculum. We have created a unique opportunity for schools to enhance academic performance through experiential learning and character development. Our programs are designed to reinforce the four principles of Honesty, Caring, Respect, and Responsibility through all of our activities and interactions with the students.

We look forward to meeting your student(s) and helping to create some lasting memories they will remember for years to come. If you have any questions or concerns, please call either Karen at 269.731.3041 or Lorrie at 269-731-3022. Together, we build strong kids, strong families, and strong communities.

Sincerely,



Karen Christopherson
Associate Camp Director



Lorrie Syverson
Director of Camping & Education

Please keep this information handy for future reference throughout the school program.

Program Philosophy

We take a holistic approach to building capacity in people by nurturing the Spirit, educating the Mind, and promoting a healthy Body. The focus of the school programs is to enhance four principles of Honesty, Caring, Respect, and Responsibility. By focusing on these character concepts, a student learns greater self-esteem and self-reliance while increasing one's emotional intelligence. Each school district works hand-in-hand with the Sherman Lake YMCA staff to develop a curriculum that provides an experiential component to the current classroom curriculum. Through active participation, each student can achieve a greater understanding of the concepts presented by their teacher, while enhancing three essential elements: Character development for the spirit (Honesty, Caring, Respect, Responsibility), Education for the mind, and Recreation for the body.

Registration and Health Information Form

Questions? Call 269.731.3030

At the end of this School Information Packet is a Registration and Health Information Form that is required of every student who attends the school programs at Sherman Lake YMCA. ***Your child may not attend without this form signed and returned.*** This form must be returned to your student's teacher two weeks prior to the school's camp dates. Each school is responsible for returning these forms to Sherman Lake YMCA prior to arrival at camp. Please contact your student's teacher for the exact due date.

Medication

Your student's school is responsible for medication distribution, but the following are some safety guidelines regarding medications:

For safety reasons, students shall give all medication to their teacher prior to arriving at camp. These medications include vitamins, cough drops, and other medications that some people may not consider to be a big deal. However, we cannot risk the medications getting lost, getting into other students' hands or being taken at the wrong dosage. Please fill out the permission to dispense medication form and send only the medication needed for your student's time at camp.

1. **Medication must be in its original container** with the student's name, the name of the medication, the dosage and the time to be distributed clearly marked.
2. Camp stocks such medications as acetaminophen, ibuprofen, Tums or calamine lotion on an emergency basis and your student's teacher will be able to administer it, but please send them if your student is especially susceptible to frequent aches and pains. Please indicate on the health form if it is permissible for a teacher to administer these medications.
3. Camp counselors may keep inhalers or Epi-pens for the students, if needed, so they are not misplaced or lost.

Behavior Response Policy

Prior to attending camp, the students will meet the Sherman Lake YMCA staff at their school and receive a complete orientation of what to expect at camp. Upon arrival, each student is placed in a cabin group and will be given the task of helping develop their community. Our YMCA Camp works hard to create an environment for everyone to succeed within the boundaries of safety and our four principles of Honesty, Caring, Respect and Responsibility. When that set boundary is broken, it is essential to provide some form of understanding and consequence. Our counselors follow these procedures:

1. Planning and Preventative
 - Counselor establishes clear boundaries and works with students to establish behavior expectations.
 - Students agree to boundaries.
 - Counselors and all staff must continually communicate and encourage student behavior within boundaries. Keep the focus on positive behavior of the group.
2. Questioning (What is the student reality?) and refocus.
 - Counselor looks at his/her behavior first.
 - Were the boundaries clear? Did my actions escalate or encourage negative response?
 - Student looks at his/her behavior.
 - Can the student identify boundaries in their own words?
3. Action: Disruptive or negative behaviors.

If there is an issue that cannot be resolved by the student or the counselor, appropriate action is taken. Safety of all of all students and staff is central to the HCRR philosophy. Sherman Lake YMCA will work within a restorative practices framework when resolving conflicts. The actions involved will include:

 - Verbal warning and positive redirection
 - Parents, teachers and the school will be notified and the student will be given last warning
 - If the issue is so serious that it cannot be resolved to ensure the safety of the students and the staff, the student will be removed from camp (*Parent/Guardian is responsible for picking the student up. There will be no refund for a student who leaves camp due to a behavior issue.*)

Bullying Policy:

When a student chooses to threaten, intimidate, ostracize, or ridicule another student, they will be warned 1 time and a camp director will talk with the teachers and call the parents, the student will talk to the parents.

If bullying behavior continues the student may be removed from camp.

Any act of violence or aggression that jeopardizes the safety of the camp or any participants, teachers or staff may result in immediate dismissal.

Health Concerns

Along with our four character principles of Honesty, Caring, Respect and Responsibility, the health and safety of all our participants are the primary concerns in all camp activities. Staff is trained in Red Cross First Aid and CPR. All campers have routine health checks on opening day. During the week, counselors and other staff watch for signs of fatigue, improper eating, etc. that may indicate illness. If a staff member or camper expresses a health concern, that person is escorted to the Program Directors. Safety is our #1 priority.

If at any time a student has a temperature above 99.5 degrees or vomits they must be picked up from camp (for the safety of the others students, staff and teachers), however they may return to camp after they are free of the fever or vomiting for 24 hours. *(There is no refund for a student who leaves camp due to a health issue.)*

Clothing and Equipment List

The following is a list of clothing and equipment your student may need for the school experience at Sherman Lake YMCA. This is a *suggested* guideline, pack the appropriate amount of each item based on the length of your students stay at camp. **PLEASE WRITE YOUR NAME ON ALL ITEMS AND ADJUST THE LIST ACCORDING TO THE LENGTH OF YOUR SCHOOL'S STAY.** *(The camp will not be responsible for loss of articles. Campers are encouraged to leave valuable items at home)*

Suggested Clothing and Equipment *(The older the better.)*

- sleeping bag & pillow
- pajamas
- towel, wash cloth, shower sandals & toiletry items
(toothpaste, toothbrush, soap, shampoo, brush, lotion, etc.)
- socks & 2 pairs of tennis shoes (old)
- underwear
- warm clothing – lots of things to layer for weather changes
- towel, swim cap (if you would not like to get your hair wet),
swimming suit (1 piece or 2 piece w/ a synthetic blend t-shirt) for girls,
swim trunks/shorts (no Speedos) for boys
- T-shirts, long sleeve t & sweatshirts
- jacket (for cool nights) & rain jacket or poncho
- flashlight
- insect repellent, sunscreen & sunglasses
- water bottle
- plastic (garbage) bag for dirty/wet laundry *(Please mark the bag with your student's name, a duct tape name tag works great)*
- backpack
- pencils and notebook – optional
- camera (disposable kind) – optional
- book – optional
- Seasonal Winter Clothes (coat, boots, mittens/gloves, hat, wool socks, long underwear, snow pants, chap stick)

*****PLEASE DO NOT BRING*****

Please do not bring to camp any *fireworks, tobacco products, illegal drugs, knives, or guns*. **Being in possession of any of these items could result in the student's immediate dismissal from camp.** If it comes to the attention of the staff that any of these items are in the possession of the student, the student may be asked to unpack their bags in front of a staff member. *Food, candy, gum, soda, junk food, toys, ipods/mp3 players, cell phones, laptops, tablets, curling irons/blow dryers, or video games* are not allowed and may be taken away for safekeeping while the student is at camp.

Attention Parents and Guardians:

Please complete and sign this form. Teachers must return these forms to the Sherman Lake YMCA prior to the group's arrival at camp. ALL INFORMATION IS KEPT CONFIDENTIAL.

Sherman Lake YMCA Outdoor Center

To download the **Integrated Education overnight information packet** please go to the website www.shermanlakeymca.org 1)click on school programs 2)click on programs and activities 3)click on parent packet for overnight school groups

Registration and Health Information Form

School Name: _____ **Grade:** _____

Camper Information:

Name of Student _____ Nickname (if any) _____

Male or Female (please circle one) Age _____ Birth Date _____

Home address _____
Street City State Zip

Custodial Parent _____ Relationship to Camper _____

Phone (_____) _____ Business Phone (_____) _____

Email _____

In an EMERGENCY, please contact parent listed above or:

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Activities and Interests:

What camp activities most interest your camper? _____

Are there any camp activities that the camper should not participate in? _____

Dietary concerns: (Circle only if apply) Diabetic Lactose Intolerance Vegetarian Picky Eater

Behavior concerns: (Circle only if apply) Nervousness Sleep Walking Bedwetting Homesickness Psychiatric

Treatment

Do you have any specific requests that you hope your camper will learn while at camp? _____

Camper's swimming ability: (please circle one) Nonswimmer Fair Good Excellent

Additional information/comments for counselor: _____

Health Information:

Past and/or present medical conditions: _____

Allergies: yes ___ no ___ List _____

Has your child been exposed to a communicable disease in the last three weeks?

yes ___ no ___ List _____

Has your child ever had a seizure yes____ no____ Explain_____

Physical limitations or restrictions yes____ no____ List_____

Special dietary needs or restrictions yes____ no____ List_____

Additional health information, special medical needs, or concerns _____

Are your child's immunizations up to date? yes____ no____

Date of last tetanus shot _____ Date of last physical exam _____

Family Physician _____ Phone (____) _____

Family Dentist _____ Phone (____) _____

Orthodontist _____ Phone (____) _____

In the case of unexpected aches and pains, may over the counter medications (Tylenol, Motrin, Benadryl, etc.) be given to your camper? ___ yes ___ no

Do you have medical insurance? ___ yes ___ no Insurance company name _____

Policy or certificate # _____ Phone (____) _____

Medications: Please send all prescription medication that your child will need at camp, also including any regularly used over the counter medications. Send only the amount of medication needed while at camp. Prescription medication bottle must state the current dosage and schedule.

Permission to dispense medication: (Please list all prescription and non-prescription):

1. MEDICATION: _____ Dose: _____

Days to be given: _____ or circle ONLY AS NEEDED

Circle time to be given: Breakfast Lunch Mid-afternoon Dinner Bedtime

2. MEDICATION: _____ Dose: _____

Days to be given: _____ or circle ONLY AS NEEDED

Circle time to be given: Breakfast Lunch Mid-afternoon Dinner Bedtime

Parent Signature Required:

This health history is correct to the best of my knowledge, and the person herein described has permission to engage in all camp activities except as noted. Authorization for Treatment: I hereby give permission to the medical personnel selected by the camp staff to order X-rays, routine test, treatment, and necessary transportation for my child or me. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp staff to secure and administer treatment, including hospitalization, for my child or me as named above. These completed forms may be photocopied for trips out of camp. In consideration for being allowed to participate in the YMCA's programs, I agree to assume the risk of such activities and programs, and I further agree to hold harmless the Sherman Lake YMCA Camp and its staff members conducting the activities from any and all claims, suits, losses, or related causes of action for damages, including, but not limited to, such claims that my result from injury or death, accident or otherwise, during or arising in any way from the activities. I grant permission for my child or me to participate in all planned camp activities including out-of-camp trips by van or bus, hiking or horseback riding, understanding that competent leadership is provided. The YMCA is not responsible for lost, stolen, or damaged personal articles. I also authorize the Sherman Lake YMCA to have and use photographs, slides, or video tapes of me , my child, or my family as may be needed for its public relations programs. I acknowledge that this General Release of Liability of the Sherman Lake YMCA is binding on me personally and on my heirs, personal representatives, successors, and assigns.



Parent/Staff Signature _____

Date _____

**Anyone under the age 18 must have a parent signature. Over the age 18: This form enables you to be treated in case of emergency.
***Please note: All School Personnel that plan to attend the Sherman Lake YMCA must fill out and sign this form.