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## POWER5 CAMP SUMMER PROGRAM 2017

Dear Parents,

We are pleased to provide you with this information package regarding our summer program for 2017. We have been busy planning themes and outings that will be both fun filled as well as educational. Please refer to the calendar of weekly themes and activities to see what we have planned and when our field trips and special outings will take place. We would ask that you look this information over carefully and keep it on hand for future reference.

On field trip days, please be sure to drop your child off at 8 a.m. at our East (Rockland/St. Laurent) and West (Carleton Place/Kanata) locations and no later than 8:30 a.m. at our Carling location. If an emergency arises and you need to contact us while we are away on a trip, please use the following EMERGENCY ONLY number (613) 277-4889.

With the many excursions and activities we have planned, it is important that your children's belongings be kept organized. Please be certain to label the following: sunscreen, water bottle, lunch box, towel, bathing suit/water clothes, water shoes, hat and a full change of clothes in a Ziploc bag. Towels and bathing suits will need to be brought home on Fridays to be washed and returned on Monday.

For our summer program your child will need to bring:

- Backpack
- Sun hat
- Sunscreen: see Sunscreen policy below
- Water Shoes (or shoes that can get wet during water games)
- Towel
- Swimsuit
- Water Bottle (students that do not bring a water bottle will be provided one with an additional cost of \$10)
- Lunch and snacks (please read lunch policy below carefully)

We are happy that the hot weather is finally here and to us summer is about being outside and that is where we spend lots of time. Sometimes it's enjoying sports, games, water play, a walking excursion to a park or nature trail, or a field trip, we are always on the go. When we do spend time indoors the time is packed full of

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activities such as free play, sports, activities on the mats, presentations, guest speakers and board games. No matter whether we are indoors or outdoors, our goals are always the same: explore, discover and have fun with friends.

### **Sunscreen**

We ask that parents apply sunscreen before dropping your child off at Power5 Camp. If sunscreen must be reapplied during the day, your child must reapply the sunscreen themselves. Staff members are there to help younger campers as necessary. Please send sunscreen in a lotion form with a minimum SPF of 30. **Spray lotions are not permitted.**

### **Bug Repellent**

We highly discourage sending bug repellent to Power5 Camp. If there is a medical reason for which your child is required to use bug repellent please send in a towelette form. **Spray repellants are prohibited at Power5 Camp.**

### **Lunches and Snacks**

Children attending Power5 Summer Camp are expected to bring a nutritious nut-free lunch, two healthy snacks and a water bottle daily. This ensures that the children are well nourished and able to maintain their focus. It is necessary to use an insulated lunch box with ice packs as lunches are not refrigerated. We will no longer be offering to purchase a lunch on behalf of your child as we need all staff to remain with the children at all times. Children that attend the program for an extended day may wish to bring extra snacks. Appropriate snacks include items such as fruit, vegetables, yogurt and juice. We are strong believers in fitness and because of the high sugar and salt content; Power5 Camp encourages you NOT to send chips, candy or soft drinks to camp.