

HIGHLANDS COMMUNITY CHURCH

Children's Ministries | 3031 NE 10th Street Renton, WA 98056
425.255.4751 · www.highlandsc.org

ELEMENTARY SUMMER CAMP '18

We are excited about Elementary Summer Camp, July 9-14, 2018, and we are thrilled your son/daughter will be joining us! We are going to have an incredible time of worship, teaching, and summer fun.

DEPARTURE AND RETURN

Please check in on Monday, July 9, at 9:00 am at the HCC Renton Campus Family Life Center. We'll return to the HCC back parking lot around 10:30 am on Saturday, July 14. (Please be prompt in picking up your camper. Your camper will be excited to see you.)

REMEMBER TO PACK THESE IMPORTANT ITEMS:

- Bible, pen and notebook
- Sleeping bag and pillow
- Plastic bag for laundry
- Swimsuit (*modest, one-piece for girls*)
- Swim and shower towels
- Change of clothes for each day
- Long pants
- Sweatshirt or jacket
- No more than \$15.00 for the Snack Shack (\$1.00 a day would be fine!)
- Flip Flops/water shoes
- Disposable camera (optional)
- Soap
- Brush or comb
- Toothbrush and toothpaste
- Flashlight
- Sunscreen
- Insect repellent
- Tennis shoes
- At least 1 pair of closed toe shoes for some activities
- Water bottle with child's name

Label everything with his/her name (even the bag, pillow, sleeping bag and bag for laundry). Once we get to camp, everyone's things look the same!

CELL PHONES:

We discourage sending a cell phone to camp/retreat with your student. An important purpose of our time away is for students to connect face-to-face and be removed from the distractions of social media. Students may always be contacted at camp through the staff contact numbers provided. If a student brings a cell phone we will ask him/her to put it away. Please note that we are not responsible for misplaced, lost or stolen items.

WHAT NOT TO BRING:

Gaming systems, fireworks, weapons, knives of any size, matches, or any items for pranks. These items undermine the purpose of camp and will not be allowed. We appreciate your cooperation with us in creating a fun and safe environment.

MEDICATIONS

If your child will need special medication during camp, please check it in at the table marked "Medical Staff" when you arrive at church for check in. **All medications must be in their original containers.** Parents will be asked to complete a form with instructions that correspond to the one on the containers. For safety, students will not carry their own medications so be sure not to pack them!

PREPARING YOUR CHILD FOR CAMP

We're excited that your child will be attending Highlands elementary summer camp. Below are suggestions of things you can do to enhance your child's experience at camp.

Life Lessons – Summer camp is an excellent place for children to establish life-long friendships, develop respect for the world God created, and practice making good decisions. They will be encouraged to learn how to live for Christ in all situations. Talk with your child about what will happen at camp, including the spiritual emphasis of the activities and teaching. Let your child know that you are interested, and will be waiting to hear what he or she learned. Encourage your child to share any concerns or fears with you, and pray about them together.

Prayer – Remember to pray for your child's spiritual development, his/her safety and health, the friends your child will meet at camp, the counselors, and other camp staff.

Pictures – Photos of camp will help your camper hold onto special memories for years to come. Consider buying an inexpensive or disposable camera for your child's use.

Mail to camp – Be sure to write to your camper. **Containers will be provided at Monday morning check in where you can deposit mail (saving postage). We will make sure it is delivered to your child on the day you designate.** You may send letters and packages for campers to: Lake Retreat Camp, 27850 Retreat-Kanaskat Road, Ravensdale, WA 98051. **Please label all letters and packages with "Elementary Camp, HCC."** *(At the most, please only send one package per week but daily letters are welcome!)* Don't highlight big events your child is missing. Let your child know you love him/her, and can't wait to hear about all the fun at camp and what he or she has learned.

Homesickness – It's best to avoid conversations about this possibility and not risk setting your child up for it. If homesickness becomes an issue for your child, the camp staff will help him or her through it.

Welcome Home – Be aware of pick up times and be prompt! It is disappointing to a child, who is excited to see you, watch other campers being greeted by family and be the only one left behind. Be prepared for your child to be a little tired and out-of-sorts. The sudden change from the excitement of camp to the home routine can be a hard transition. Provide some extra time for rest and adjustment back to "normal life." Don't forget to pick up your child's leftover medications when they return from camp.

Follow up – Listen carefully as your child shares what happened at camp. Ask questions and be interested, but don't probe. A more reserved child may need more time to open up. Good leading questions include, "Tell us about your favorite person...or your favorite activity...or your most difficult day at camp." Be interested in any decisions or commitments your child may have made at camp.