



# Tamarack Nature Center

## Day Camp Newsletter

### 2022 Summer Camp Adventures

## Welcome to Tamarack...

Your 2022 Summer Camp Adventure is about to begin! Tamarack's summer camps are jam-packed with hikes, games, songs, stories and, of course, KIDS!

## Communication

We want summer camp to be a great experience for everyone. Please make sure we have your current email addresses and phone numbers (cell, work, home), so we can reach you in case of emergency. Let us know if your child:

- Has a severe allergy. Remember to download and submit the ***Epinephrine and Benadryl Medication Order & Consent Form*** from our website before the first day of camp. [This form needs to be signed by a physician.](#)
- Has any particular fears, allergies or physical limitations that would affect his/her experience.
- Will be carpooling with another family.
- Is taking any medication we should know about or has stopped taking medication that could affect behavior.

We will make every effort to inform you of your child's activities at camp. Please do not hesitate to come to us with any concerns or questions along the way.

## Drop-Off & Pick-Up

**Sign-In/Out:** As a safety measure, parents are required to sign-in and sign-out each child every day.

**Grade School & Full-Day Camps:** Sign-In/Out is in the grassy area to the north of the Summer Camp Parking Lot.

**PreK & Half-Day Camps:** Sign-In/Out is in the grassy area to the east of the building and circle drive.

**Rain Plan:** If it is raining, Sign-In/Out may be inside. Please look for signage to direct you on these days.

**Mondays:** Be on the lookout for staff assistance if you don't know how to find your child's camp location.

**Drop-Off/Pick-Up Times:** We cannot accommodate children arriving early or being picked up late, as this is important prep time for our camp staff. If your child is not picked up in a timely manner, we will transfer him/her to After Camp Care and a fee will be assessed.

**Parking:** Please park in the Summer Camp Lot, which is the first lot on your right. Walk your child(ren) to their designated sign-in location. For convenience, parents of PreK and half-day campers are welcome to use other lots, Tuesday through Thursday. Please do not park in the circle drive in front of the building.

## Before & After Camp Care

Before and After Camp care activities include Naturalist supervised activities emphasizing nature play and child-centered activities. This service is available most camp days from 7:30 a.m. – 9 a.m. and 4 p.m. - 5:30 p.m. Space is limited. Advanced online registration is required.

FEE: \$9.75/session/day

*NOTE:* Care is not available between the half-day camps.

## Behavior Guidelines

Our goal is for every child to have a positive experience at camp. Tamarack Nature Center staff will identify and enforce clear, reasonable limits for child behavior. Our staff reinforces positive behavior, while attempting to redirect negative behavior. Staff will remove a child from any activity where that child's behavior is harmful to him/herself or others.

In the case of extreme behavior issues, Tamarack Summer Day Camp Staff reserves the right to remove any child from camp. For more information, see the Day Camp page of our website.

## What to Bring to Camp Each Day

Please mark all belongings with your child's full name and send them along in a backpack or bag each day.

- **Half-Day Camps:** Healthy snack and beverage for each camper (refrigeration not available).
- **Full-Day Camps:** Substantial lunch, 2 healthy snacks and beverages for each camper (refrigeration not available).
- Refillable water bottle (filled with water).
- Hat to protect from sun and insects.
- Light jacket or sweatshirt for cool mornings.
- Extra set of clothing and closed-toe shoes are recommended (no flip flops).
- Sunscreen and insect repellent (no spray).
- Rain gear, as necessary.
- Face Covering, as desired

**Please leave all items of sentimental or monetary value (including toys) at home.**

## Health and Safety Guidelines

All programs will follow public health guidelines to slow the spread of COVID-19 and are subject to change or cancellation based on the status of the pandemic.

- Report illness by calling Grace Fey at 651-266-0364
- Students showing signs of illness while at camp will be isolated and pick up will be requested as soon as possible.
- As of March 1, 2022, masks are no longer required in Ramsey County buildings. Masks are recommended for those who are unvaccinated, immunocompromised or at high-risk for complications associated with COVID-19. Masks are available for those who need them.

Additional COVID 19 Program modifications can be found here: <https://www.ramseycounty.us/residents/parks-recreation/tamarack-nature-center/visit-tamarack-nature-center/modified-tamarack-procedures>

## Lunch and Snacks

Due to the increasing frequency and potential severity of nut allergies, **please avoid sending any peanut or nut-related food items.** We ask that you send food and beverages in a travel-safe, insulated container marked with your child's name. Supervision during snack and lunch is provided. Refrigerated storage space is not available.

**PreK & Half-Day Programs:** Please send a healthy snack and beverage.

**Grade School & Full-Day Camps:** Please send a substantial lunch, plus 2 healthy snacks and beverages to sustain your child's energy throughout the day.

**Before & After Camp Care:** Meals are not provided during this program. If think your child will be hungry, please send a labeled snack.

**Water:** We take frequent water breaks during the day. Please send a refillable water bottle, filled each day.

## Insect Repellent/Sunscreen

Please apply insect repellent and sunscreen to your child each day before camp. For campers staying all day, we will remind everyone to reapply protection after lunch. Please mark your repellent/sunscreen with your child's name. For safety reasons, we discourage spray applicators, in favor of wipes or lotion. As an extra precaution, we recommend you check your child for ticks every evening after camp.

## Camp T-Shirts Available

Tamarack Nature Center Summer Camp T-Shirts are available in youth and adult sizes and in multiple colors throughout the camp week. Show your camp spirit by purchasing a T-shirt for only \$15.


## Weather

Nature never stops, so during light rain or wind, outdoor activities will continue. During severe weather, children will

be moved to a safe location. Children should be dressed in appropriate gear for outdoor fun regardless of the weather!

On days when the heat and humidity are high, we bring out special games and activities designed to keep kids cool while having fun!

In case of severe weather, children will be moved to a safe room inside the building. Off-site groups will be brought to the nearest safe shelter.



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