

Brantwood Camp
Since 1904

Summer 2021
Handbook

(ACA logo)

Brantwood Camp
PO Box 3350
Peterborough NH 03458
603-924-3542

info@brantwood.org www.brantwood.org

Message to parents and sponsors from the Executive Director

Welcome to the camp season!

As we prepare for the return to hills of New Hampshire, I am excited welcome new and returning campers and staff members. It has been very quiet at camp. However, soon it will be filling with songs, cheers, and laughter. The Brantwood share are looking forward to creating the magic that camp offers.

Since 1904 Brantwood has continued to grow, evolving and improving each year, yet never losing sight of its core mission to provide “a fun, positive camping experience for boys and girls...who would not otherwise have had the opportunity...” This summer is no different. Covid as required us to reimagine and adjust the look and feel of camp. We have had the time to think, plan, re-think, and plan again. There will be added procedures and guidelines this summer. Please know, these are in place for the safety and health of our campers and staff members.

What makes Brantwood so special? You. Brantwood Families, campers, staff members, board members, donors, and support make Brantwood special. We painted, cleaned, added structures, and repaired infrastructures but camp was missing you. We look forward to the sports, hiking, swimming, singing, and community that Brantwood Camp provides campers and staff members.

This handbook provides you with all the information about Brantwood Camp you’ll need as you prepare your child for camp. Please use it as a reference to guide you right up to and through your child’s term at Brantwood; it contains details that are crucial regarding Covid, transportation, packing, mail, and directions to camp, etc.

If you have any questions or concerns about Brantwood or the registration process, please feel free to contact me.

Together We Stand-
Doug Sutherland
Executive Director
Brantwood Camp

Registration Information

Details	<ul style="list-style-type: none"> • The total fee for attending one term at Brantwood is \$250. • Campers receiving scholarships must make any agreed-upon parent contribution by 2 weeks before the start of your child’s session. • Families who have not completed their registration, including the health paperwork, and made their final payment by 2 weeks before the start of their session, will lose their spot at camp. • Campers may only register for one term of camp per summer. • Campers are registered in the order that their applications are completed.
Refund Policy	<ul style="list-style-type: none"> • Cancellations within two weeks of your camper’s term are subject to forfeiture of the entire \$250. • Families must provide written documentation for a medical cancelation. Once proper documentation is received, camp may issue a refund.
Early Dismissal	<ul style="list-style-type: none"> • Brantwood reserves the right to send a child home early if deemed necessary by the camp administration. • It is the parent/guardian’s responsibility to provide the necessary transportation or to pay the camp for transporting the child home.
Summer Food Service Program	<ul style="list-style-type: none"> • Brantwood participates in the Federal SFSP which reimburses camps for food expenses. Please complete and return the SFSP form when you receive it.

Camper Expectations

We find it helpful to make sure that campers and their families are aware of Brantwood’s expectations before they arrive. First and foremost, it is crucial that each camper wants to come to Brantwood and is ready to approach our program eagerly. We ask that our campers strive to live up to and respect Brantwood's Ideals: **Honesty, Loyalty, Cooperation, Good Sportmanship, and Unselfishness.**

Camper Rules	<ul style="list-style-type: none"> • I will use polite language when talking with others • I will keep my hands and feet to myself • I will accept diversity as part of the camp experience • I will not fight or be disruptive • I will follow directions • I will wear shoes at all times • I will stay with my group • When riding in camp vehicle, I will sit in my seat facing forward, keep my hands and feet in the bus, and follow instructions from the driver or Brantwood staff.
Camper Responsibilities	<ul style="list-style-type: none"> • I will have fun • I will ask for help when I need it • I will be respectful of others • I will be open-minded to new experiences • I will help other campers • I understand that if I do not follow the rules I may be asked to leave camp

Transportation

Due to Covid guidelines, we will not be offering bus transportation this summer. If you need assistance getting your camper to camp and home, please let us know. Contact the Relationship Manager, info@brantwood.org or brantwoodcamp@gmail.com

If someone other than the parent/guardian is picking a camper up from Camp, the Camp office must be notified in writing. They must be prepared to show picture identification to the Camp's representatives.

Parent Transportation	<ul style="list-style-type: none"> • Campers will have a schedule arrival time. Due to Covid testing, a limited number of campers may arrive during a time slot. We will have time slots available 2 weeks prior to arrival to choose drop off. At drop off, you will be able to sign up for a pick time. • Drop-off will start at 1:00pm and end at 5:00 pm. • Pick-up times will start at 11:00 am and end at 1:00pm. • For your GPS use: 127 Brantwood Camp Road, Peterborough NH 03458
GPS service	Brantwood is in a very rural area; depending on who your carrier is there may be spotty or non-existent service. Download your directions or print them out or bring a map.
Approximate travel times	Boston: 2½ hours Concord, NH: 1 hour Keene, NH: 45 minutes Jaffrey, NH: 20 minutes New Jersey: 5 hours

Directions to Brantwood

From Boston and Eastern Massachusetts	Take I95 (Route 128) north to Route 3 North to Exit 8, Route 101A West to Amherst and the Monadnock Region. Travel 7.5 miles west until you reach Route 101 West in Milford. Take a left onto Route 101 West toward Wilton/Keene. Continue on Route 101 West until you enter Peterborough. Turn right onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road (across from the Jack Daniels Inn on your left). Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left.
From Concord, NH and points northeast	Take Route 202 West through Hillsborough and Antrim toward Peterborough. As you near the town of Peterborough, turn left onto Sand Hill Road (across from the Jack Daniels Inn). Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left.
From Keene, NH and points West	Follow Route 101 East to Peterborough. In Peterborough turn left onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road (across from the Jack Daniels Inn). Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left.
From Jaffrey, NH and points South	Follow Route 202 east/north to Peterborough. Take a right at the light to stay on Route 202, passing the shopping center with the NH State Liquor store. Turn left onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand

	Hill Road. Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left.
From Worcester, MA	Follow Route I90 to Route 2-West. Follow Route 2-West to Gardner, Mass. From Gardner take Route 140 North to Route 12 North. In Winchendon, Mass. take a right onto Route 202 North and follow it into Jaffrey, NH. From there follow the directions above
From NYC and New Jersey	Take Route I95-N to New Haven, CT. In New Haven take I91-N through Connecticut and Massachusetts until you reach exit 3 in Brattleboro. Take exit 3 and follow NH 9-E and NH 101-E to Peterborough. Go through the lights in Peterborough, turn left onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road. Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left.

Health Related Information

<p>Health Documents</p>	<ul style="list-style-type: none"> • Brantwood requires that a child submit a health history, which includes a permission to treat form so that the camp nurse can administer over-the-counter drugs if necessary. • The camper must submit a physical (done within the past 24 months), a copy of the front and back of their insurance card, and a copy of their immunization record. These documents must be received by June 20th. No camper will be fully registered until these documents have been received. If the child is due for a physical in the summer, please send the most up-to-date physical and send the new physical as soon as it is completed.
<p>Insurance</p>	<ul style="list-style-type: none"> • Parents/guardians will be responsible for all health-related charges incurred while their child is at Brantwood. A copy of the insurance card must be submitted with the application.
<p>Health facilities and staffing</p>	<ul style="list-style-type: none"> • Each camp has their own health facility on site, staffed by a full-time nurse (RN or LPN) who is responsible for the health care of our campers. • Monadnock Community Hospital is just minutes away from camp in case of emergency or a needed office visit. • Camp staff are certified in CPR and First Aid.
<p>Emergencies</p>	<ul style="list-style-type: none"> • If your child requires care from the local hospital or the camp doctor you will be notified by phone by the camp nurse or the camp director.
<p>Medications while at camp</p>	<p>The camp nurses administer medication according to the written directions provided by the camper's health care provider.</p> <ul style="list-style-type: none"> • In order for your child to receive either prescription or over-the-counter medication while at camp you must complete the medication form. • Drug holidays are generally not appropriate or successful at Brantwood. Please discuss any plans for a medication holiday with the Executive Director before camp. • Medications must be sent in the original pharmacy bottle with the child's correct name and correct instructions on the label. • If the instructions have been changed from what is written on the bottle, we require new, signed instructions from the child's health care provider. Otherwise, the medication will not be given. • All inhalers must have your child's name on them. • All medications must be kept in the infirmary and dispensed by the camp nurse. NH law prohibits keeping medication in the camper cabins. The only exception to this is asthma inhalers and epi-pens, which may be carried by the child only if the necessary form is signed by both physician and parent/guardian. • At the end of each term, assigned pick up person should collect their children's medications from the nurse. <p style="text-align: center;">Please be sure to send enough medication for the entire term (16 days).</p>

Covid Guidelines

<p>Pre-Camp Behavior</p>	<p>The State of NH is recommending campers and staff members to only engage with low-risk behaviors 10 days prior to arrival at camp. Low risk behaviors are those that can be done outdoors and/or with masking and physical distancing. Campers should only be unmasked with immediate household family members during this time, specifically not eating in restaurants or other eating venues with individuals outside their family unit. Gatherings of groups outside the family household where masking and distancing cannot be maintained are not recommended; this includes weddings, graduations, religious gatherings, and parties. Attending school, where masking and distancing is diligently employed, has not been shown to increase risk of COVID-19 and may be considered a low-risk behavior during this time.</p> <p>Camper must do the following:</p> <ul style="list-style-type: none"> • Complete daily wellness check • Complete a PCR nasal test with results 3 days prior to arrival at camp • If your child has a medical diagnosis that is considered high-risk or that could put them at increased risk of complications with COVID-19, please have your child evaluated by their provider and please send a note from your child’s doctor indicating that they are cleared to participate in camp.
<p>Transportation and Arrival at Camp for Campers</p>	<p>To minimize exposure to and spread of COVID-19, transportation to camp will be limited to personal vehicles only. We will not be offering chartered bus transportation to camp. If families need assistance in getting to camp or returning home, they should let us know. Campers will be scheduled for a time they should arrive at camp. This will limit the amount of wait time for each family.</p> <p>Driving to Camp:</p> <ul style="list-style-type: none"> • While traveling by car, public health procedures (facial coverings, distancing, hand sanitizer) should be used by travelers when outside the vehicle. • Bringing along food for the trip can help reduce exposures as well. <p>Upon Arrival to Camp:</p> <ul style="list-style-type: none"> • The camper and family member will remain with their vehicle until approached by a staff member for directions. • A health professional will approach the vehicle and administer the Covid Test(s), take the camper’s temperature, and perform a wellness check. <i>(Covid Test will include a rapid antigen test (15-20 minutes for results) and a nasal PCR test (24-48 hours for results)).</i> • If the rapid antigen test is negative for Covid, the camper may remove luggage from their vehicle. • If the rapid antigen test is positive for Covid, the camper will not be allowed to remain at camp. The camper should get a PCR test in the community; should that test be negative, the family should contact Brantwood to discuss the possibility that the rapid test was a false positive. • Campers should say goodbye in these areas; staff can help campers bring their belongings to their cabin.
<p>Physical Distancing and Cohorts</p>	<p>Campers will be assigned to “Cabin Cohort”. Keeping campers in consistent groups with limited mixing between groups throughout the camp program will help keep communicable diseases from spreading. While in their cabin or eating, campers and staff</p>

	<p>members will be allowing to remove their masks. A Cabin Cohort will consist of at most 7-8 campers, 1-2 permanent counselors, and 1 Junior or Middle Counselor. This cabin cohort will spend the first 6-7 days together with minimal interactions with other groups.</p> <ul style="list-style-type: none"> • Activities such as a Camp Fire, are allowed only if outside, masked, and Cabin Cohorts are distanced from each other. • Activities will take place within Cabin Cohorts until we gain confidence through testing that camp is Covid-Free. • All camp gatherings will be outside, masked, and grouped by cabin. If weather or program design necessitates an indoor activity, we will ensure cabin groups are spread out and masked. <p>Cabin Cohorts will be assigned a mealtime to limit the number of people in Commons and provide for social distancing. For example, if the Cabin Cohort is on the Junior Side of camp, they will have an earlier mealtime.</p> <ul style="list-style-type: none"> • While in cabins and at tables during meals in Commons, campers will be able to be unmasked. • If a bag/box meal and outside, the whole camp may have the same mealtime. Cohorts must be distanced. Staff members will pick up bag/box meals from the Commons entrance. Campers will not be allowed into the Commons during the meal. <p>Should we become comfortable--through testing and other information--that our camp is free of COVID-19, then we will consider increased interactions between households. For example, we may allow cabins to interact with others in their group (Junior Boys, Junior Girls, Senior Boys, Senior Girls) without distance and masks.</p>
<p>Visiting Days</p>	<p>Brantwood does not have Visiting Days for families. In addition, any visitors to Brantwood Camp must have the permission of the Executive Director.</p> <p>An essential visitor would be anyone spending a significant amount of time on camp property working with campers or staff members. Examples of essential visitors would be facilitators for staff training, camp licensing personnel, and Brantwood board members.</p> <p>Essential Visitor Requirements</p> <ul style="list-style-type: none"> • Complete a wellness check upon arrival • Wear a mask and other PPE equipment as needed • Interaction with campers or staff members must be outside • Will only use designated toilet facilities • Will not be allowed into any building • May only visit camp for a specific reason approved by the Executive Director
<p>Covid Testing</p>	<ul style="list-style-type: none"> • Pre-Camp - Campers must be tested for Covid-19 with results received at least 3 days prior to arrival. Depending on the amount of time it takes to process samples in your area, please plan accordingly. If you are having difficulty finding a testing site or testing materials, please let us know. • Arrival Day – We will be using 2 tests. A Rapid Antigen which give results in approximately 15-20 minutes. Also, a PCR test which takes about 24 hours to process. This test will be taken to a testing lab with results in the next 24-48 hours. • Day 5 Testing – We will do another PCR test for each Cabin Cohort.

	<ul style="list-style-type: none"> • If Needed Test – If camper is exhibiting signs or symptoms of Covid-19, we will conduct a rapid antigen test and/or PCR to rule out Covid. The camp nurse will do this in consultation with our Medical Director. • If your camper is vaccinated, they will not need to be tested for Covid-19. They must still wear a mask, socially distance, and following our Covid guidelines. • Per State of NH guidelines, we will contact New Hampshire State officials with any positive Covid test.
<p>Healthy Practice at Brantwood Camp</p>	<p>Hand Washing - Campers and Staff Members will be required to wash their hands after using the toilet facilities and prior to meals. They must use soap and water for a minimum of 20 seconds. They should also use a paper towel to dry off their hands.</p> <p>Hand Sanitizer - Campers and staff members will use hand sanitizer before and after activities, leaving and entering their cabin, and when hand washing facilities are not available. If a camper would rather not use hand sanitizer, they must wash their hands the next earliest convenience.</p> <p>Masks - Masks should be worn at all times other than within cabins or while eating when campers are with people other than their immediate cohort. The Permanent Counselors will provide mask breaks throughout the day. There will be designated areas where campers can take mask breaks however, they must remain 6 feet from others.</p>
<p>First 6 Days of Camp</p>	<p>Cabin Cohorts will participate in activities primarily in their cohorts. Activities such as sports will be more skills based and involve team building. Large camp gatherings will be masked, distant and outside, weather permitting.</p>
<p>After the First 6 Days</p>	<p>After the first 6 days, (if testing and general health are looking good) activities with other cabin cohorts will be considered. Masks and outdoors will still be the focus. The use of hand washing and hand sanitizer prior and after activities will be required.</p>
<p>Non-Covid Related Issues</p>	<p>Health Professional will assess and treat injuries (bumps, scraps, etc.) outside of the Health Center.</p>
<p>Potential Covid Issues</p>	<p>Daily wellness and temperature check will help us stay on top of potential issues. If a camper has symptoms associated with Covid-19, the camp nurse will assess and determine the need of a rapid antigen test with consultation of our Medical Director. Potential symptoms include:</p> <ul style="list-style-type: none"> • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea

**A Positive
COVID
Camper**

If a camper test positive for Covid, the camper will be isolated in the designated Covid room of the Health Center. The room will have an air filtering device and a radio.

- The camper must leave camp within 24 hours of a positive Covid test.
- Meals will be brought to the Health Center for the camper.
- The radio is to notify the nurse if they need to leave the room.
- The Camp Director and/or Executive Director will contact the family to arranging transportation. Staff members will gather the camper's belonging.
- The camper's "Cabin Cohort" will remain or returning to single cohort activities and be monitored for symptoms. We will also conduct contact tracing of the camper and their cohort.
- The camper will not be allowed back to camp for 10 days. After which, please contact the Executive Director for details.

Thank you for helping us provide camp this summer.

Packing Information

Cabins have limited space so only bring what is necessary. Also, the weather at camp is quite variable: days can be very hot, evenings chilly, and it **will** rain.

<p>Packing List</p>	<ul style="list-style-type: none"> ○ Sleeping bag or blanket ○ 2 Twin size fitted/flat sheets ○ Pillow and 2 pillowcases ○ 2-3 towels (bath and beach) ○ Underwear and socks for 8-16 days ○ 5 pairs of shorts ○ 3 pairs of long pants ○ 8 T-shirts ○ 1-2 sweatshirts ○ 1 rain jacket and other desired rain gear (i.e. rain boots) ○ 2 bathing suits ○ 1 pair sturdy sneakers suitable for sports ○ 1-2 pair sandals or flip-flops (pool and/or shower) 	<ul style="list-style-type: none"> ○ 1 dress-up outfit for Prize Night (optional) ○ Toiletries (Toothbrush, Toothpaste, body soap, shampoo, hygiene products, etc.) ○ Flashlight and batteries ○ Day pack ○ Water bottle ○ Baseball or softball glove (if you own one) ○ Hat ○ Bandana ○ Insect repellent ○ Sunblock ○ 3 or more masks
<p>Optional Items</p>	<ul style="list-style-type: none"> ○ 1-2 books ○ Letter Writing supplies (include stamps) ○ Writing Journal 	<ul style="list-style-type: none"> ○ Water Shoes ○ Pens and pencils ○ Extra glasses (if worn) ○ Bandana
<p>Camp Store</p>	<p>The store sells candy and soda on movie nights and Brantwood-themed items at the end of the term. There is a \$25 (cash) limit. We will set up an account and any money not spent will be returned to the camper at the end of the term.</p>	
<p>Please Leave at Home (Do Not Bring to Camp)</p>	<p>Chewing gum Cigarettes, cigars and/or vaping supplies Chewing tobacco Electronics of any kind including:</p> <ul style="list-style-type: none"> ● Cell phones ● iPod ● Video games ● iPad <p>If these items are brought to camp, they are subject to confiscation for the whole term or the camper will be sent home.</p>	<p>Matches or lighters Fireworks (including sparklers) Jewelry (especially if it's meaningful) Expensive or important clothing Make-up, hairspray, perfume Hairdryers/curling irons Aerosols Alcohol Drugs</p>
<p>Laundry Service</p>	<p>We are looking into the possibility of offer laundry service this year. If successful, each cabin will have a laundry bag. The laundry will go off-site to be washed, dried, and folded.</p>	

Campers are not required to use this service. However, if you choose to use the service, please do the following:

- Laundry will be done halfway through the term. It will be picked up and returned the next day. If campers are not participating in the laundry service, they should have enough clothing items for 16 days.
- Label everything (socks, underwear, shirts, shorts, etc.) *There are a lot of white socks in the world and most of them end up at camp.*
- Use their initials or a symbol they will recognize
- If there are items you would rather not be laundered, please make sure the camper is aware. (Be sure to label anyway.)
- There is no cost for this service.

Parent Communication

Mail and care packages	<ul style="list-style-type: none"> • One of the best ways alleviate homesickness and show your camper that you are thinking about them is to send mail. We encourage you to send letters and postcards frequently while your child is at camp. • One great idea is to plan ahead and have a letter waiting for your child on the first day of camp – make the letter optimistic and encouraging. • You may send your camper a care package of candy or treats while they are at camp. Care packages should be no larger than a shoebox. If you wouldn't allow the camper to eat a lot of candy at home, please do not send a lot of candy to camp. • Please note that your camper will only have access to a food package during designated times in an effort to reduce the risk of unwanted critters in the living cabins. • Please be sure to include your child's name on the care packages and letters. • To encourage your camper to write home, please send them with writing materials including pre-addressed, pre-stamped envelopes. 	
US Postal Service address:		UPS/FedEx package address:
Camper's name Brantwood Camp or Brantwood for Girls PO Box 3350 Peterborough NH 03458		Camper's name Brantwood Camp 127 Brantwood Camp Road Greenfield NH 04037
Telephone Policy	Campers are not permitted to use the telephone to make or receive calls. If a camper is sick or is facing a problem other than a typical level of homesickness we will call you. In the event of a family emergency, call the camp's main office telephone at 603-924-3542 and we will work with you to convey necessary information to your camper.	

Other Important Details

Cell Phones	<p>Cell phones are not permitted in camp. A residential camp experience is a unique opportunity for your child to become more confident and independent in a safe and supervised environment. An important part of our commitment to your child is to minimize distractions so that each camper can fully focus on the Brantwood program, activities, and opportunities to build relationships with the staff and the other campers.</p>
Communication	<p>A member of the camp's staff will contact you via phone if there is a need to communicate anything about your child that is out of the ordinary (extreme homesickness, an illness, etc.). While your child is at camp Brantwood's priority is engaging your child in safe and fun activities and providing supervision. If you have a particular concern, you may call the camp's main office and we will call you back during a time that does not disrupt programming.</p>
Photographs and Media	<p>Unless you indicate on the camper application, Brantwood Camp may take and use photographs, videos, or other media of your camper for its records or public relations (brochures, website, newsletter, presentations). Brantwood Camp does not approve or condone the use of any photographs, videos, or other media representation of campers anywhere outside of the authorized Brantwood Camp publications or presentations.</p>
Cabin Assignments	<p>Campers are assigned to cabins based on age and number of years at Brantwood. We welcome but do not guarantee cabin requests.</p>

Lost and Found	All personal items should be marked with the camper's name in permanent marker. Every effort will be made to return lost or misplaced clothing or belongings. However, the camp is not responsible for campers' personal belongings.
Facebook	Brantwood takes many photos during the course of each term and we do our best to post photos on our private Facebook page every day.
Camper Behavior	<p>Brantwood Camp staff are trained to set clear expectations for camper behavior within their cabin group and at each activity. Campers are encouraged to do their best in all aspects of the camp program and to work to make positive contributions to the camp community. There are times when the difficult decision must be made to have a camper leave the program before the end of the session. The directors will make the decision when a camper is:</p> <ul style="list-style-type: none"> ● Demonstrating dangerous or aggressive behavior ● Threatening their own safety or the safety of others ● Has difficulty following safety rules ● Has difficulty living in a cabin setting ● Lack of participating in activities or otherwise disruptive to the camp community <p>Parents of a dismissed camper are responsible for transportation home for the camper. If Brantwood staff are requested to transport camper, the family of the camper will be charged for round trip mileage and staff time.</p>
Items left at Camp	Brantwood Camp will make every effort to return items left at camp. However, Brantwood is not responsible for these items nor is Brantwood able to incur the cost of shipping them back to their owner. Shipping costs must be paid for in advance. Found items will be held a maximum of three days after a term.
Visitors	Brantwood Camp does not have a parent visiting day. Due to Covid guidance, all visitors must have the permission of the Executive Director prior to visiting camp. Visitors will be extremely limited and based on the need of program operation.
D.E.I (Diversity, Equity, and Inclusion)	Brantwood is a diverse environment. We welcome campers and staff members of different races and ethnic groups, LGBTQA+ community, socio-economic status, etc. We work every day to support our camp community. Our campers and staff members are important to our mission and desire to help everyone feel like they are a part of something amazing. If you have any questions about your camper and their place at Brantwood, please reach out to the Executive Director.

Typical Daily Schedule

7 a.m.	Rising bells
7:15 a.m.	Morning exercises at flagpole
7:45 a.m.	Junior Breakfast / Senior Duties
8:15 am	Junior Duties / Senior Breakfast
8:45 a.m.	Daily cabin clean-up
9:30 a.m.	Chapel: inspirational talk by counselor
9:45 a.m.	Activity Period 1
10:45 a.m.	Activity Period 2
11:45 a.m.	Activity Period 3
1 p.m.	Lunch (split or outside bag lunch)
1:45 p.m.	Rest hour: quiet activities in cabin
2:45 p.m.	Activity Period 4
3:45 p.m.	Activity Period 5
4:45 p.m.	Activity Period 6
6 p.m.	Dinner (split or outside bag lunch)
7:00 p.m.	Evening program or free time
8:30 p.m.	Campfire: sing-alongs, skits, games
9:30 p.m.	Lights out

Parent Tips

Preparing for Camp	<p>Summer camp is often a new experience for parents as well as children. There are many ways to support your child as your camper prepares for sleep-away camp.</p> <ul style="list-style-type: none">• Talk positively about camp. Due to the pandemic and the amount of time campers may have spent in front of a screen, you may want to stress the importance of being outside, meeting new friends in-person, hands-on activities. Camp may be a break for parents/guardians, but it should also be seen as a great opportunity for campers. Focus on their experience at camp, not your experience without them home. Stress “going” to camp rather than being “sent away to camp.”• Try not to say “we’re going to miss you terribly.” Camp is a wonderful experience for children, try not to make them feel bad about going away.• Build up your camper’s enthusiasm by talking about some of the activities and the opportunities to make new friends.• NO PICK-UP AGREEMENTS. Avoid saying “If you don’t like camp, you can come home.” Children who are experiencing difficulties adjusting to camp sometimes just give up and focus on going home.• While painting a picture of camp, don’t forget to mention some of the less glamorous realities: bugs, rain, communal living. Also acknowledge that new situations can be difficult. Discuss the positive ways your child can benefit from being away from home.• Speak openly about homesickness before camp and let your camper know it is a natural feeling for everyone. Children who have the opportunity to work through feelings of homesickness feel a tremendous sense of pride and accomplishment. Camp is all about being on your own, enjoying the outdoors, and having new experiences.
Homesickness	<p>Feeling homesick is a natural part of every child’s experience at summer camp. Parents or guardians can have a tremendous impact in helping a child work through homesickness. Brantwood finds these things helpful:</p> <ul style="list-style-type: none">• Send plenty of mail – but make sure the letters have a happy tone.• Supply your child with stamps and addressed envelopes so they can write home.• If you receive a homesick letter from your child don’t be alarmed. Many campers complain because others are doing so, because they need reassurance, or because they feel guilty for having such a good time. A homesick letter is a snapshot of a particular moment for your child: by the time you receive the letter chances are excellent that the moment has been forgotten.• A parent missing a child is just as common as a child feeling homesick. If you are feeling “kidsick” talk to other parents or friends about your feelings, but don’t share them with your child.• Before your child leaves for camp emphasize that you are glad they have the opportunity to go to camp. Acknowledge that you will miss them, but don’t emphasize your unhappiness. Tell them your plans for when they are away – but don’t make them too exciting! <p>For some campers, it is harder to overcome homesickness. If this happens, the camper’s counselor sits down with the camper and offers some concentrated personal attention. One of our primary goals is encouraging children to become independent. Homesickness is a feeling children learn to manage, not eliminate completely. By working together – parents, staff, sponsors – we can help each child have fun at camp.</p>