

Parent Handbook 2021

Thank you for choosing Adventure Camp to be part of your camper's summer experience. We are very excited and look forward to a great summer. We spend a whole year preparing for camp. While we hope you won't need that long, we do realize there is a lot for parents to do before they bring their child to camp. This acceptance packet should answer many of your questions, if you have additional questions, please do not hesitate to call.

In addition to bringing the equipment and clothing on the list for each camper, we ask campers to come prepared for the community we build at camp. Campers are expected to participate in building that community in all of the following ways:

- Sleep in a cabin, dorm, or yurt with 4-20 similarly aged campers and 1-8 staff, making their bed and maintaining their personal living areas responsibly, sharing in the housekeeping task of that cabin, and participating in camp and trip activities.
- Assume responsibility for personal hygiene and for safe personal behavior.
- Demonstrate acceptable behavior without requiring an unusual amount of guidance or attention.
- Understand and respond to group instruction during camp activities.
- Join community building activities such as singing, campfires, and meals in the dining hall and on the trail.
- Follow directions and respond appropriately in an emergency.
- Communicate concerns to a responsible adult.
- Contribute positively to camp spirit and community.

Please keep this acceptance packet as your reference before, during, and after you child arrives at Adventure Camp.

Sincerely,

Matt Caliendo
Adventure Camp Director

General Parent Information

Refund Policy

A refund, minus \$250 deposit, is given if written notice of cancellation is received by Sargent Center at least six weeks prior to the camp session your child is registered for. If illness occurs within the six-week deadline, a written request for a refund, accompanied by a doctor's note stating that camp attendance is medically inadvisable, must be received by Sargent Center before a refund (less \$75 processing fee) is issued. No refund or reduction in fee will be made for a child who arrives late, leaves early or attends only part of a session. Campers not accepted because of lack of space are notified, and all payment, including the \$250 deposit, is returned. In all other cases, the \$250 deposit is non-refundable.

Camper and Parent Commitment

Each person in our community plays an important role in creating a successful experience through appropriate behavior and attitude. Therefore, all campers and parents should read, discuss, and sign the "Camper Commitment" on the Parent Information Letter.

Visiting Days

Please plan to visit Sargent Center on the first or last day of your child's session. We do not have visiting days during sessions due to the busy schedule of camp. Another opportunity to visit camp is during our Fall and Winter Family Camps. Please contact camp for more information. If you would like to visit our site at another time, please call to set up an appointment.

Lost and Found

Please label everything with your camper's name. We do our best to ensure that your camper returns home with all their belongings, but Sargent Center is not responsible for items lost or damaged at camp. After Labor Day, all unclaimed items will be donated to worthy causes.

Arrival

Check-in is between **12:30 and 1:30pm on Sunday**. The check-in schedule gives campers time to settle in, get to know their fellow campers and counselors, and still have lots of time for activities! The staff will be busy preparing for your campers until 12:30pm. We will not be able to check any children in until that time. Note: Our first meal of the session will be dinner, please plan to have lunch before arriving at camp.

Departure

Please plan to check-out your child at **5:00 pm on Friday**. We finish the last day of each session with a High Ropes experience. At 5:00 all departing campers will join the staff at the Stone Bench for a final ceremony celebrating the close of the session. Parents are encouraged to observe the closing ceremony. All campers must be picked up by 6:00 pm. *Remember: For the safety of your child we require that the person picking up a camper shows identification at our Check-Out table. If there is a change in who will be picking up your child please call us. We cannot release a child to someone who is not listed on our records*

Pets

Incoming and outgoing days are busy with many people in camp. For safety sake, please remember if you do bring a pet with you, your pet must be leashed at all times. Camper check-in is in our dining hall. Pets are not allowed in this building or any of our cabins.

Dietary Needs

Our nurse works with the kitchen staff to meet special dietary needs of campers including food allergies and lactose intolerance. We also provide an option for vegetarian campers. Indicate any special dietary needs (including a vegetarian diet) on your camper's health form. Contact our nurse at 603-525-3311 ext.19 at least 2 weeks prior to arrival in order to be sure that we can meet these needs and to clarify dietary information.

Prescription Medications

If your child is bringing a prescription medication it must be in the original pharmacy container with the child's name, dosage instruction, and physician's name. Complete directions with a physician's signature must be on the Health Form. By law, these directions must match the dosage and administration instructions on the container. Any instructions by the parent or guardian must match the container and those given by the physician. Label each medication container with your child's name and place in a clear plastic bag.

Medications Non-Prescription (over-the-counter)

Non-prescription medications must be in their original packaging with the administration directions intact. Label each medication container with your child's name and place in a clear plastic bag. The appropriate section of the Health Form must be completed and signed by a parent or guardian so that an Adventure Camp staff member may administer these medications. By law, loose medications in a baggie or daily pill dispenser or mixed medications in a single container cannot be accepted for administration.

Medication Vacation?

Sargent Center supports the American Academy of Pediatrics position that camp is not an appropriate time for a "drug holiday" from behavior and/or mental health drugs. A new environment, a changing schedule, and the need for a longer concentration span during the camp day are reasons a medication change at camp is not timely.

Communication with Parents

We will call if we have a concern about your child's health or physical wellbeing at camp, such as child is ill or running a fever, or needs to stay in the Health Center for a good portion of the day or overnight. We will also call if we have questions about your child's medications, his or her response to their medication, or if your child becomes ill or injured. We want to discuss care planning or perhaps the need for other medical attention.

Health Changes

Your child must be kept home for at least 24 hours if showing signs of a contagious illness when he or she is scheduled to come to Adventure Camp. If your child has been ill for 2 days before attending Adventure Camp or has had a serious injury, please keep your child at home. A doctor must give written permission, including any limitations, before your child will be admitted to camp if he/she has been treated for illness or injury immediately prior to the session. If there are other changes in your child's health that are not included on the Health Form, please contact our nurse. If you have a child with any special physical, emotional, behavioral, mental, or medical needs, please contact us directly. We are committed to providing a wonderful camp experience for a wide range of children.

Your Address or Phone Number

If your summer address or phone number differs from your home or business, please let us know in advance or at Camper Check-In.

Mail

Please write cheerful letters to your camper. If possible, save bad news until your camper arrives home. If it is necessary to include bad news, please inform us so we can support your camper. If your camper wants to write letters, be sure to send along stamped envelopes.

Mailing Address: (Camper's name and cabin)
Nature's Classroom at Sargent Center
36 Sargent Camp Road
Hancock, NH 03449

Telephone

The telephone at camp is for business and emergency use only. Campers cannot receive phone calls but if you would like to speak to a member of the Administrative Team (603-525-3311), we will gladly relay an important message to your child. Camp is a busy place and we are often out with campers. We do check messages a few times a day, and in the evening around 8:30pm. If we need to get in touch with your child or check in on them we typically do that the next time the group gathers. Usually, this is at meals or at bedtime. If you have an emergency during business hours (8:30am to 5:00pm, Monday to Friday), please let the person answering the phone know that you need immediate assistance. If our voice mail system is in use, please indicate the nature of the emergency in your message so we can attend to the situation. If you have a critical emergency, follow the directions on our voice mail system to page an administrative staff member.

Email/Fax

Since we have very limited office fax and e-mail capability, we request correspondence be handled via the U.S. mail.

Questions?

Matt Caliendo

Adventure Camp Director

603-525-3311 ext. 31 matt@naturesclassroom.org

Fax: 603-525-4151

Concerned about Homesickness?

One of the common questions we receive is; “What happens if my child is homesick? Can they call me?” We consider homesickness a common and completely natural situation most people experience at some point in their lives. We train our staff to help your child deal with these normal feelings of missing their home and family. In the vast majority of situations, the camper will work through their homesickness through fun activities, new friends, and support from their counselors. If a child is having a more challenging time with homesickness, our counselors enlist the aid of our nurse and/or one of the camp administrators. If this happens, we will talk further with the camper. Typically our action plan will include a call to you so we can update you on how your child is doing and to give you a message from them. We don't have campers call directly because we have found through many years of experience that if the camper and parent talk on the phone, despite their best intentions, it usually defeats all of their efforts to work through the homesickness. It's also very hard on the parent! We suggest you share this information with your camper so they do not expect to call home or immediately leave camp if they experience some homesickness.

Electronics

Please leave all electronics including Radios, iPods, Tablets, Kindles, Cell Phones etc. at home. Adventure Camp offers campers the unique ability to unplug for the time they are at camp and connect with counselors, other campers, and the natural world. This concept is the foundation of our camp (K.E.Y. to Adventure) and electronic devices distract from this purpose. **Campers who are found to have electronic devices after the 1st day of camp cabin orientation may be sent home without a refund!**

Transgender Policy

Our community is a very welcoming and understanding community and while we don't have a specific policy for transgender campers, we are happy to discuss this and make a plan to help your camper have a safe, comfortable, and enjoyable experience at Adventure Camp.

PLEASE DO NOT BRING OR SEND TO CAMPERS!!

- **Pocket knives/Jack knives/knives of any kind**
- **Electronic Equipment (Radios/Walkmans/Cell Phones/Pagers/Ipods/Blackberries/Electronic games/etc.)** Our aim is to provide your camper with a unique and exciting experience that is different from what they can do at home. If campers bring or receive electronic equipment, our staff will collect it and keep it safe until your child leaves camp.
- **Food, snacks, candy, gum, soda, etc.** Please do not allow your child to bring any snacks to camp, or send any care packages containing candy, gum, or snacks to your camper. Food and gum in the cabins attract unwanted insects or animals, and some campers may have food allergies that can be triggered by other's snack foods.



Driving Directions

–Boston Area (Option A) –

- ☞ Route 2 West to Exit 24B, Route 140 North (Ashburnham, Winchendon)
- ☞ Route 140 North to Route 202 North (Follow the cutoff just before downtown Winchendon labeled “To North route 202”)
- ☞ Route 202 North into Peterborough
- ☞ Go straight through traffic light onto Grove Street
- ☞ At the end of Grove Street, turn left onto Union Street (or Main Street) - continue on Union (Main) for 1.6 miles.
- ☞ *Now follow the directions in the box***

– Boston Area (Option B) –

- ☞ Route 128 to Route 3 North.
- ☞ Route 3 North to Exit 8 West, 101A (Marked to Milford, Peterborough and the Monadnock Region)
- ☞ Route 101A to Milford where 101 turns left to bypass the city
- ☞ Route 101 West into Peterborough
- ☞ Just past the Peterborough Shopping Plaza turn right at the traffic light (Grove Street)
- ☞ At the end of Grove Street, turn left onto Union Street (or Main Street) - continue on Union (Main) for 1.6 miles.
- ☞ *Now follow the directions in the box***

- Central and Western Connecticut and Massachusetts –

- ☞ North on Route 91 to Brattleboro, Vermont. Exit at Route 9 East (towards Keene, NH)
- ☞ Route 9 East to Keene where Route 9 runs into 101 East
- ☞ Route 101 East to Peterborough. At the traffic light in Peterborough turn left (Grove Street)
- ☞ At the end of Grove Street turn left onto Union Street (or Main Street) - continue on Union (Main) for 1.6 miles.
- ☞ *Now follow the directions in the box***

– Northern Vermont and New Hampshire –

- ☞ Route 89 to Exit 5 (Routes 9/202 West)
- ☞ Continue on Route 202 West through Hillsborough, Antrim, Bennington and into Peterborough
- ☞ Turn right after the library onto Main Street (Union Street) for about 2 miles
- ☞ *Now follow the directions in the box***

– Western and Southern Vermont –

- ☞ Rte. 101 East to 137. There is a blinking light and a gas station at intersection.
- ☞ Left onto 137 North
- ☞ 137 North takes a sharp left curve. You should continue straight onto Spring Road.
- ☞ Continue on Spring Road until it ends at Windy Row.
- ☞ Make a left onto Windy Row.
- ☞ Continue on Windy Row to Sargent Camp Road, make a left.

➡ Continue down the hill. The parking lot is on your left.

****You're almost here...**

- At the SARGENT CENTER sign turn onto Windy Row. Drive 3.4 miles on Windy Row.
- At the Nature's Classroom sign on your right, turn left.
- The entrance to the parking lot is at the bottom of the hill (.1 mile). Please park in the parking lot and follow directions to Camper Check-In.

Nature's Classroom at Sargent Center

36 Sargent Camp Road, Hancock, NH 03449

(603) 525-3311