



FOOTHILL HORIZONS SUMMER CAMP

PARENT INFORMATION

FRIENDSHIP. FUN. INDEPENDENCE. IMAGINATION.

A magical experience awaits children age 8-18. Children are welcomed as friends into the Foothill Family, to explore their imagination, experience a sense of adventure, gain independence and have fun!

Videos, program description, forms, packing list found on our summer camp page

http://www.stancoe.org/SCOE/iss/outdoor-ed/summer_camp/index.html

STAFF

Foothill Horizons Summer Camp staff specialize in bringing the magic of summer camp together for a fun, safe week full of adventure. All of our staff members are college-age adults or older, who have experience working with children. Staff prides themselves in making every child feel comfortable and part of the Foothill Family.

REFUND POLICY

All cancellations due to any reason are subject to a \$75 camper cancellation fee.

Cancellations 21 days or more before the first day of your reserved session, you will be charged the cancellation fee, then you will receive a refund of the remaining funds paid.

Cancellations 8-20 days before the first day of your reserved session, you will be charged the cancellation fee, then will receive a 50% refund of the remaining funds paid.

Cancellations 7 days or fewer before the first day of your reserved session, you will not receive a refund.

Refunds will not be issued retroactively for campers who miss periods of the camp due to illness, injury or conflicting activities.

FOOD

Students receive classic camp meals that are served "family-style." We encourage students to eat all they want but not to waste food. If your child has food s/he cannot eat or is allergic, please write the details during the registration process. If your child has a serious allergy or limited food options please contact the kitchen directly: 209-532-6673.

CHILDREN'S MEDICATION

If your child needs to take ANY KIND of medication (including over the counter drugs like Tylenol, Benadryl, vitamins, Tums, cough drops, etc.), you must have your doctor fill out our "Request for Administration of Medication" form available by going to our website.

One month before your child attends, start completing the medication form. You will need to:

1. Read and complete the form accurately.
2. Get it signed by your doctor.
3. In a labeled Ziplock bag, place the medication and form. Give the bag to a Foothill staff member

HEALTH CARE PROVIDED

We strive to provide exceptional care for every student who attends the program. During registration, please list all health needs. Our health office staff is available to serve students 24 hours a day. All staff are trained in CPR and First Aid.

If your child becomes illness or injury while at Foothill Horizons, you will be notified and/ or called to pick up your child.

BEHAVIOR

All campers should strive to be respectful, fun and include everyone in all the activities.

The following behaviors are not tolerated:

- Raiding other dormitories
- Going into the opposite sex's dormitory
- Stealing someone's belongings
- Using foul or abusive language
- Hazing or bullying another camper in any way.

Campers who break the rules will be counseled and may be restricted from some activities; those who commit a serious offense will be sent home immediately. Campers sent home for discipline will not receive a refund.

CONTACTING YOUR CHILD AT FOOTHILL

Summer Camp provides an excellent opportunity for students to gain independence in a supportive, safe environment. Children are discouraged from using electronics to maximize the camp experience. As always, we will contact you in the event of an emergency, illness or injury.

TELEPHONE: Please do not call your child except in case of real emergency. Due to the number of campers who attend the program we discourage campers from calling home; however, if there are any concerns a staff member will call you

FAX: You may fax your child a message at 209 532-0019. or 209 533-1390 Please do not send a cover page.

MAIL: Send your child a letter!

Write on the envelope/package:

Your Child's Name, Session your child is attending
Foothill Horizons
21925 Lyons Bald Mountain Rd.
Sonora, CA 95370-8770

TRANSPORTATION

For an additional fee, students may ride a bus from Modesto area or from East Bay area. Campers arriving by car can be dropped off at 9:45 am on Monday and picked up on Friday at 1:45 pm. More information is provided on the website.

BED BUGS

More than 7,000 people visit Foothill Horizons during the course of a year, and occasionally they unintentionally bring bed bugs with them. We are contracted with Clark Pest Control to treat and inspect for Bed Bugs monthly. Every weekend and during your child's stay, our staff inspects all dorms. We believe in honesty and will notify you of any suspicion of bed bugs.

For best practice, we strongly encourage families to:

BEFORE AND AFTER your child's trip:

1. Visually inspect items for bugs.
2. Tumble dry bedding and luggage in a clothes dryer on high heat for 30 min.
3. Spray all non-washable luggage with alcohol-based spray (such as Lysol).

For more information about and pictures of bed bugs <http://www.extension.umn.edu/garden/insects/find/bed-bugs-in-residences/>.

PACKING LIST

Pack clothes that can get dirty!
Your child will be exploring and learning in an outdoor setting.
Please **label items** with your child's name.

ESSENTIAL ITEMS:

- | | |
|---|--|
| <input type="checkbox"/> 2 pairs of close-toed shoes | <input type="checkbox"/> Sleeping bag OR 3 blankets and 2 sheets |
| <input type="checkbox"/> 1 pair of flip flops/sandals | <input type="checkbox"/> 1 pillow with case |
| <input type="checkbox"/> 5-7 T-shirts | <input type="checkbox"/> 1 pair pajamas |
| <input type="checkbox"/> 5-7 pairs shorts | <input type="checkbox"/> 5-7 pairs of socks |
| <input type="checkbox"/> 2 pairs of pants | <input type="checkbox"/> 5-7 underpants |
| <input type="checkbox"/> 1 warm shirt or sweater | <input type="checkbox"/> Cap or sun hat |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> 1 wash cloth |
| <input type="checkbox"/> 1 large bath towel | <input type="checkbox"/> 1 large beach towel |
| <input type="checkbox"/> Body wash/soap | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Hairbrush | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Sanitary napkins, if needed | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Letter writing materials | <input type="checkbox"/> 2 large heavy-duty trash bags |
| <input type="checkbox"/> Water bottle! | <input type="checkbox"/> Flashlight |

OPTIONAL ITEMS

- | | |
|---|--|
| <input type="checkbox"/> Camera | <input type="checkbox"/> Letter writing materials |
| <input type="checkbox"/> Outfits for buddy dinner | <input type="checkbox"/> Journal, books |
| <input type="checkbox"/> Costume items for weekly theme | <input type="checkbox"/> Nice outfit for dress up dinner, Thursday |
| <input type="checkbox"/> Bathrobe | <input type="checkbox"/> Hand lotion |
| <input type="checkbox"/> Water Shoes | <input type="checkbox"/> Musical Instrument |

ITEMS THAT MAY NOT BE TAKEN

- Money
- Candy/ gum
- Weapons
- Food, Snacks

Cell Phone Policy

Campers may bring cell phones to assist with pick and drop off times on Monday and Friday. During camp, children are discouraged from using electronics to maximize the camp experiences. Phones will not be replaced if lost broken, stolen. Send a phone at your own risk!

Care packages

Please DO NOT send food to campers. Food attracts ants, mice and other pests. Thank you for keeping our sleeping area clean and sanitary.