



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Sherman Lake YMCA



Integrated Education School Program

Information Packet

Welcome to the Sherman Lake YMCA Integrated Education School Programs

Welcome!

We have put together this School Programs Information Packet to help answer any questions that you might have about the School Programs at Sherman Lake YMCA. Inside you will find a packing list, what to do with your student's medicine, our behavior policy, our health/illness policy and most importantly the health form you and your student need to fill out and return to your teacher.

The goal of the Integrated Education Program is to form a partnership between your school and the Sherman Lake YMCA. Together, we are integrating the best of YMCA Character Development with the current school curriculum. We have created a unique opportunity for schools to enhance academic performance through experiential learning and character development. Our programs are designed to reinforce the four principles of Honesty, Caring, Respect, and Responsibility through all of our activities and interactions with the students.

We look forward to meeting your student(s) and helping to create some lasting memories they will remember for years to come. If you have any questions or concerns, please call either Lorrie at 269-731-3022. Together, we build strong kids, strong families, and strong communities.

Sincerely,



Lorrie Syverson
Director of Camping & Education

Please keep this information handy for future reference throughout the school program.

Program Philosophy

We take a holistic approach to building capacity in people by nurturing the Spirit, educating the Mind, and promoting a healthy Body. The focus of the school programs is to enhance four principles of Honesty, Caring, Respect, and Responsibility. By focusing on these character concepts, a student learns greater self-esteem and self-reliance while increasing one's emotional intelligence. Each school district works hand-in-hand with the Sherman Lake YMCA staff to develop a curriculum that provides an experiential component to the current classroom curriculum. Through active participation, each student can achieve a greater understanding of the concepts presented by their teacher, while enhancing three essential elements: Character development for the spirit (Honesty, Caring, Respect, Responsibility), Education for the mind, and Recreation for the body.

Registration and Health Information Form

At the end of this School Information Packet is a Registration and Health Information Form that is required of every student who attends the school programs at Sherman Lake YMCA. ***Your child may not attend without this form signed and returned.*** This form must be returned to your student's teacher two weeks prior to the school's camp dates. Each school is responsible for returning these forms to Sherman Lake YMCA prior to arrival at camp. Please contact your student's teacher for the exact due date.

Medication

Your student's school is responsible for medication distribution, but the following are some safety guidelines regarding medications:

For safety reasons, students shall give all medication to their teacher prior to arriving at camp. These medications include vitamins, cough drops, and other medications that some people may not consider to be a big deal. However, we cannot risk the medications getting lost, getting into other students' hands or being taken at the wrong dosage. Please fill out the permission to dispense medication form and send only the medication needed for your student's time at camp.

1. **Medication must be in its original container** with the student's name, the name of the medication, the dosage and the time to be distributed clearly marked.
2. Camp stocks such medications as acetaminophen, ibuprofen, Tums or calamine lotion on an emergency basis and your student's teacher will be able to administer it, but please send them if your student is especially susceptible to frequent aches and pains. Please indicate on the health form if it is permissible for a teacher to administer these medications.
3. Camp counselors may keep inhalers or Epi-pens for the students, if needed, so they are not misplaced or lost.

Behavior Response Policy

Prior to attending camp, the students will meet the Sherman Lake YMCA staff at their school and receive a complete orientation of what to expect at camp. Upon arrival, each student is placed in a cabin group and will be given the task of helping develop their community. Our YMCA Camp works hard to create an environment for everyone to succeed within the boundaries of safety and our four principles of Honesty, Caring, Respect and Responsibility. When that set boundary is broken, it is essential to provide some form of understanding and consequence. Our counselors follow these procedures:

1. Planning and Preventative
 - Counselor establishes clear boundaries and works with students to establish behavior expectations.
 - Students agree to boundaries.
 - Counselors and all staff must continually communicate and encourage student behavior within boundaries. Keep the focus on positive behavior of the group.
2. Questioning (What is the student reality?) and refocus.
 - Counselor looks at his/her behavior first.
 - Were the boundaries clear? Did my actions escalate or encourage negative response?
 - Student looks at his/her behavior.
 - Can the student identify boundaries in their own words?
3. Action: Disruptive or negative behaviors.

If there is an issue that cannot be resolved by the student or the counselor, appropriate action is taken. Safety of all of all students and staff is central to the HCRR philosophy. Sherman Lake YMCA will work within a restorative practices framework when resolving conflicts. The actions involved will include:

 - Verbal warning and positive redirection
 - Parents, teachers and the school will be notified and the student will be given last warning
 - If the issue is so serious that it cannot be resolved to ensure the safety of the students and the staff, the student will be removed from camp (*Parent/Guardian is responsible for picking the student up. There will be no refund for a student who leaves camp due to a behavior issue.*)

Bullying Policy:

When a student chooses to threaten, intimidate, ostracize, or ridicule another student, they will be warned 1 time and a camp director will talk with the teachers and call the parents, the student will talk to the parents.

If bullying behavior continues the student may be removed from camp.

Any act of violence or aggression that jeopardizes the safety of the camp or any participants, teachers or staff may result in immediate dismissal.

Questions? Call 269.731.3030

Health Concerns

Along with our four character principles of Honesty, Caring, Respect and Responsibility, the health and safety of all our participants are the primary concerns in all camp activities. Staff is trained in Red Cross First Aid and CPR. All campers have routine health checks on opening day. During the week, counselors and other staff watch for signs of fatigue, improper eating, etc. that may indicate illness. If a staff member or camper expresses a health concern, that person is escorted to the Program Directors. Safety is our #1 priority.

If at any time a student has a temperature above 99.5 degrees or vomits they must be picked up from camp (for the safety of the others students, staff and teachers), however they may return to camp after they are free of the fever or vomiting for 24 hours. *(There is no refund for a student who leaves camp due to a health issue.)*

Clothing and Equipment List

The following is a list of clothing and equipment your student may need for the school experience at Sherman Lake YMCA. This is a *suggested* guideline, pack the appropriate amount of each item based on the length of your students stay at camp. **PLEASE WRITE YOUR NAME ON ALL ITEMS AND ADJUST THE LIST ACCORDING TO THE LENGTH OF YOUR SCHOOL'S STAY.** *(The camp will not be responsible for loss of articles. Campers are encouraged to leave valuable items at home)*

Suggested Clothing and Equipment (The older the better.)

- sleeping bag & pillow
- pajamas
- towel, wash cloth, shower sandals & toiletry items
(toothpaste, toothbrush, soap, shampoo, brush, lotion, etc.)
- socks & 2 pairs of tennis shoes (old)
- underwear
- warm clothing – lots of things to layer for weather changes
- towel, swim cap (If you would not like to get your hair wet),
swimming suit
- T-shirts, long sleeve t & sweatshirts
- jacket (for cool nights) & rain jacket or poncho
- flashlight
- insect repellent, sunscreen & sunglasses
- water bottle
- plastic (garbage) bag for dirty/wet laundry *(Please mark the bag with your student's name, a duct tape name tag works great)*
- backpack
- pencils and notebook – optional
- camera (disposable kind) – optional
- book – optional
- Seasonal Winter Clothes (coat, boots, mittens/gloves, hat, wool socks, long underwear, snow pants, chap stick)

*****PLEASE DO NOT BRING*****

Please do not bring to camp any *fireworks, tobacco products, illegal drugs, knives, or guns*. **Being in possession of any of these items could result in the student's immediate dismissal from camp.** If it comes to the attention of the staff that any of these items are in the possession of the student, the student may be asked to unpack their bags in front of a staff member. *Food, candy, gum, soda, junk food, toys, ipods/mp3 players, cell phones, laptops, tablets, curling irons/blow dryers, or video games* are not allowed and may be taken away for safekeeping while the student is at camp.