



Hand in Hand

May 2024

Nature Announces Summer Arrival

One only has to spend a moment in nature to see how it announces the arrival of summer. The later sunsets, Blue flag irises blooming, the large moths hatching, and arrival of the warblers are proof enough for me that summer is just around the corner.

Take a moment to read the attached parent handbook for summer camps. There is space to sign up your kids for camp and financial assistance is available.

Summers are also for families! Come sail for a day in August, join one of the family camps, or attend a family event next fall.

Summers go so fast and before you know it the leaves will be falling again. Make sure Fall Break Day Camp dates are on your calendar.

For the moment though, absorb everything summer has to offer and take the time to see what nature will announce to you.

-Jessie K, Program Director



Now Booking Fall Outdoor Education (OE) Groups!



We had so much fun learning with our spring OE groups! Come again soon!

United Christian School 5th/6th

St. Bernard 6th

Madison 6th

Eisenhower 5th/6th

Northwood 7th

Jimtown

***Inquire about OE programs by emailing
hunter@campmack.org***

Homesickness at Camp



Feelings of missing home (homesickness) can cause anxiety leading up to a week of camp and can ruin a week of camp when extreme. In reality, homesickness is extremely common, affecting up to 95% of children and adults. Using strategies below, feelings of missing home may not be eliminated, but feeling better is probable.

Before Camp:

- Schedule a tour of camp
- Discuss coping strategies
- Prepare for camp by letting your child bring a favorite item or book. Involve them in packing and talk with them about what they are looking forward to.
- Send preaddressed, stamped envelopes and stationary to camp so they can write home
- Bring a journal, a favorite stuffed animal, or photos of family or pets to camp
- Send a prewritten card or letter to camp. If you bring them to registration, you can even write on the envelope the day you would like them given out.
- Invite a friend to come to camp

During Camp:

- Encourage them to talk about it with a friend or leader
- Leaders use debriefing tools with campers each day. One example is Rose, Thorn, and Rosebud. What is something you enjoyed today? What wasn't your favorite thing today? What are you looking forward to doing tomorrow?
- Eat well, hydrate, get adequate rest, wear sunscreen and bug spray, try new things

Avoid:

- Pick up promise. This may look like..."If you get homesick, just give me a call and I'll pick you up".
- Send a phone to camp with your child
- Call your child because you are homesick for them. Allow them to have this week at camp to grow in confidence, try new things, and make new friends.

**In cases of severe homesickness, you may be contacted by the Program Director to discuss coping strategies, whether a shortened time at camp may be advised, or other solutions. We are here to create the best experience for you and your camper.*

<https://www.acacamps.org/parents-families/planning-camp/coping-homesickness-camp>
<https://www.acacamps.org/press-room/how-to-choose-camp/homesickness>

Summers are for Family!



COLONY FAMILY CAMP

August 16—18

SAILING 101

August 17

ADVANCED SAILING

August 24

LABOR DAY FAMILY CAMP

August 30—September 2

FAMILY REUNIONS/GATHERINGS

For more information:

Email info@campmack.org

Call Deanna at 574-658-4831



Fast Forward to Fall



HOMESCHOOL DAYS RETURN!

Ages 7—14

Sept 16/18 Let's Explore!

Oct. 7/9 Can You Dig It?

Nov. 11/13 Out of this World!

Dec. 9/11 Awesome Adaptations!

FALL BREAK– 2 CHOICES

Kindergarten—5th Grade

October 14—18

October 21—25

FAMILY EVENTS

Camp Mack Festival– October 5

Father Son Weekend: October 12—13

Watch for more information on the **Camp Alexander Mack Outdoor Education** and **Camp Mack** Facebook pages and at www.campmack.org .

Sign up for camps today at www.campmack.org .