



**Parents' Guide 2019**



Dear Parents;

Below you will find the expectations of a Camp Arrowhead camper. These expectations are the basis of our Code of Conduct or the "Arrowhead 10 Commandments". Even if your child has been at Arrowhead for many years, please take some time to review and discuss these with your camper(s) prior to this summer.

## Code of Conduct: The Arrowhead 10 Commandments

- 1. I will** participate in all camp programs to the best of my ability
- 2. I will** use appropriate language.
- 3. I will** respect my cabin mates and counselors.
- 4. I will** care for my belongings, camp property and equipment.
- 5. I will** be an inclusive member of my cabin grouping and unit.
- 6. I will** follow camp safety rules
- 7. I will** wear a hat, sunscreen and appropriate footwear each day.
- 8. I will** wash my hands frequently when eating and using the bathroom.
- 9. I will** have fun, be a good sport and have a positive attitude.
- 10. I will** leave all electronics (including phones) at home or on the bus.

# What does my camper need at camp?

This checklist will help you pack your camper's backpack for each camp day. It is very important that your child arrives each day with all the items on this checklist to ensure full participation in camp activities.

- ☐ Insulated Lunch Bag with Ice Pack (including lunch and 2 snacks).
- ☐ Water bottle
- ☐ Sunscreen
- ☐ Hat
- ☐ 2 Bathing Suits
- ☐ 2 Towels
- ☐ Water Shoes
- ☐ Running Shoes

\*In order to reduce the amount of lost and found generated at camp, please clearly label all articles with the camper's name using a label or indelible marker.



## Waste free Lunch Guidelines

A **waste free lunch** contains no throwaway packaging. Food and drinks are packed in reusable containers within a lunch bag or box. All containers are re-sealable, so that leftover food and drink can be consumed (or composted) later.

Camp Arrowhead tries to practice a '**boomerang**' lunch program (all uneaten food and waste material is returned home) which reduces waste and lessens our environmental impact..

## Other lunch tips!

An occasional surprise (a sticker or special note) adds interest and enjoyment for your camper

*Have your camper get involved in planning & preparing snacks and lunches to increase the likelihood of the foods being eaten!*

*Please label all food containers and water bottles.*

*If your child takes the bus to camp, please send them an additional snack for the way home. For younger campers, it is helpful to label the end of the day snack!*

## Camp Arrowhead is an allergy sensitive and aware environment.

Camp Arrowhead encourages all of our campers and families to be allergy aware when packing snacks and lunches for camp. Peanut and tree nut allergies can be severe and even fatal. Everyone's cooperation is needed to help prevent a tragedy. This means making the environment as nut-free as possible. Even a tiny amount of peanut or tree-nut particle or residue can cause a child with an allergy to have a life-threatening allergic reaction.

### Why has Camp Arrowhead requested parents to avoid sending peanut and tree-nut products?

Asking the allergic camper to avoid these products is not enough because peanuts and tree-nuts can leave residue on utensils, containers, table tops, hands, toys & games. An allergic camper who unintentionally sniffs peanuts or tree-nuts or touches something with even a trace of these residues can have a fatal reaction.

### How can peanuts and tree-nuts be avoided?

Avoiding peanuts and tree-nuts means not sending any food from home for snacks & lunches that contain these products. Always read the labels on food packages to see if peanuts or tree-nuts are present before you send the food to camp.

### **Read Labels Carefully**

**Remember...Don't take chances.**

**Check all ingredients. When in doubt, leave it out!**

For more information check out [www.foodallergycanada.ca](http://www.foodallergycanada.ca)

### Foods containing or made from peanuts and tree-nuts

- Peanut butter
- Nutella
- Peanut sauce
- Peanut meal
- Ground nuts
- Mixed nuts
- Peanut oil
- Peanut flour

### Some foods to always check.....

- Candy
- Baked goods (cookies & macaroons)
- Potato chips (& fried snack food)
- Cake icing
- Canned fish in oil, sardines
- Packed olives
- Fried foods
- Ice cream
- Granola bars & chocolate bars
- Margarine

### Nut Free and Healthy snack Ideas: Remember to check labels first!

- Yogurt
- Fresh fruit
- Unsweetened cereal
- Canned fruit (juiced packed)
- Homemade muffins
- Bagel & cream cheese
- Cheese & crackers
- Soy nut butter and jam sandwich
- Veggies & dip
- Milk pudding
- Plain popcorn
- Hard cooked egg
- Milk or juice

Before preparing food, ensure all cutting boards, food preparation utensils, counter tops & containers are clean

# Camp Arrowhead 2019: Just a bus ride away!

We are excited to once again to offer bussing this summer to share our amazing camp with new campers and to allow families, who can only stay at their cottage for a few weeks in the summer, the opportunity to send their kids to Arrowhead for any week, even if they are back in the city!

A different staff member will accompany campers each day on the bus. Staff will be there to engage and care for the children on the bus ride. Our bussing company, Landmark Bussing, prides itself in ensuring the safe and personal touch to alleviate any questions or apprehensions parents may have. Parents can contact Landmark dispatch (905-856-4363) at anytime to find out about route development, so communication is never an issue. If your child will not be on the bus in the morning, please call Landmark dispatch so that they can inform the driver.

Although we encourage social interaction, if parents wish, campers can bring items to help entertain themselves on the bus ride (books, activities, eReaders, iPods, iPads, etc). When the campers arrive at camp, the bus counselor will collect these items in a bag and store them in the camp office safely during the camp day. The items will be returned to the campers when they board the bus in the afternoon. Please be sure to label any items sent to camp.

Remember, if a friend of yours signs their children up for camp and sends them on one of our busses based on your recommendation, you can save the \$60 Admin fee. So help us spread the word!

If you have any bussing related questions, please contact our Camp Director.



## Bus Routes\*:

### **Bus 1: South Bus**

Bus Stop:   Faywood ABC  
                  95 Faywood Blvd, Toronto  
Pick-up      8:15am  
Drop-off     5:25pm

### **Bus 2: North Bus**

Bus Stop 1: Bathurst St./Rutherford Rd. Plaza  
                  (laneway behind What a Bagel  
                  and Second Cup)  
                  9360 Bathurst Street, Thornhill  
Pick-up      8:15am  
Drop-off     5:15pm  
Bus Stop 2: Woodland Court Plaza  
                  10815 Bathurst St, Richmond Hill  
Pick-up      8:25am  
Drop-off     5:05pm

\*pick-up/drop-off times and locations will be confirmed the week before your camper(s) start Camp\*

# Bus Pick-up Instructions

Please note that parents are required to show photo identification to the bus counsellor before picking up their kids.

Additionally, if there are any non-parents who are authorized to pick-up your kids, we will require you to please send us an email ([info2019@camparrowhead.ca](mailto:info2019@camparrowhead.ca)) with their full name and relationship to your camper. They will also be required to show photo identification at the bus stop.

If it is easier for you, please feel free to take a picture of your ID on your phone to be shown to the bus counsellor. To speed up the process, please have your ID ready when the bus arrives at the stop. If you authorize your child to walk home on their own, please let us know via email for us to note on the bus board.

Please call Landmark dispatch (905-856-4363) anytime to find out about route development in case of bad traffic.

Thank you for your help in ensuring the safety of our campers!



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# Some General Information about Camp ...

## What is the camp address?

684 The Sixth Line, Innisfil, Ontario, L9S 4R6 (at the 6th line & the lake!)

## What is the camp phone number?

Summer: (705) 456-2938 Fall/Winter/Spring: (416) 432-8258

## How long is the camp day?

Chickadee 1/2 9:30 a.m.—12:15 p.m.

Full Day Campers: 9:30 a.m.—4:15 p.m.

## When is drop off and pick up for full-day campers?

Drop Off: A.M. drop off is between 9:15 a.m. & 9:30 a.m.

Pick up: P.M. pick up is between 4:15 p.m. & 4:30 p.m.

\*Bus pick-up and drop-off times are listed on page 5

## What if I need to pick up my camper(s) early?

In order to minimize disruption to the camp day, parents are asked to let the office know (on the particular day) their intent for early pick up.

## Can I drop off and pick up by boat?

Yes. Please be patient and wait your turn, as we can only accommodate one boat at a time.

## What if someone else needs to pick up my campers?

For safety reasons, we would ask that parents advise us by email (info2019@camparrowhead.ca) of any non-parents who have your permission to pick up your campers.

## What if I give my camper permission to walk home at the end of the day?

Again we would request you let us know in writing that your camper is allowed to walk home at the end of the camp day from either camp or the bus stop.

## How many periods are there a day?

There are six periods a day. Cabins rotate through the following activities each week: arts and crafts, pottery, land sports, tennis, canoeing, kayaking, sailing, water skiing, wake boarding, drama/dance, stand-up paddle boarding, pontoon, and music. There is instructional swim every regular camp day.

## It's my child's birthday. Can I bring cabin treats?

If you wish to do so, you must contact the camp office ahead of time. Please note that all treats must be Kosher and Nut-Free.

## What happens on rainy days?

Rain or shine, camp is in session!! Please dress your camper appropriately.

## I have to drop something off to my child. How can I do this?

We would ask that parents abstain from walking onto the field during the camp day. If you have to drop something off to your camper, please bring it by the office and we'll have it delivered to your camper.

## Are there dress up days at camp?

Of course! We have several dress up days at camp and all campers are invited to participate along with our staff. To help you get prepared for the summer, each week will be theme oriented and dress up days will be related to the themes. Our themes are listed on our website and on the calendar found on the following pages.

## Are there evening programs at camp?

Yes! Arrowhead families are invited to join us for all evening programs listed below:

July 5 Oneg Shabbat

August 2 Oneg Shabbat

August 15 Talent Show

August 23 Closing Ceremonies

## Are there other events we should know about?

Yes! Mark the following dates on your calendar!

June 30 Meet the Staff 11 a.m. to noon on the main field

July 18th Staff vs Parents Baseball Game

August 1st Carnival (4:30-6:30pm)

## Do your staff offer any after-camp swimming, sailing or skiing lessons?

If there is enough interest, you may be able to sign up your campers for private after camp swimming, sailing or skiing/wakeboarding lessons weeks 2 through 7. Lessons are booked and paid for at the office. If you are interested in getting more info or booking lessons for your kids, please email: info2019@camparrowhead.ca.

## What about over-nights/late-nights?

Sparrows & Hawks/CITs will be invited to sleep over with their cabin groups on July 9th and 10th On August 7th and 8th, there will be late-night programs for Sparrows and Hawks/CITs, respectively.

## How are Cabins determined?

Campers are placed in groups according to grade completed in school.

## Will I receive notes from camp?

Periodically (typically Monday and Friday), your camper will be bringing home notes letting you know how they are doing at camp, or about upcoming events. Please check your camper's knapsack for notes each day. We will also be sending out emails regularly throughout the summer.

## Does the camp do Lice Checks?

Yes! All campers and staff are checked on the first day of camp to the best of our ability. Anyone suspected to have nits and lice will be sent home to be checked and treated before returning to camp.



# July 2019

## Week 1

Countries of the  
World Week  
Ski Specialty Week

## Week 2

Superhero Week

## Week 3

Sports Week

## Week 4

Animal Week

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>Countries of the World Dress-up Day (rep your country!)</i>	4	5  <i>Oneg Shabbat 6:30pm</i>
8	9	10  <i>Sparrow Overnight Superhero Dress-up Day</i>	11  <i>Hawks/CIT Overnight</i>	12
15	16  <i>Sports Dress-up Day</i>	17	18  <i>Staff vs Parent Baseball Game 7:00pm</i>	19
22	23	24  <i>Hawks Camping Trip</i>	25  <i>Hawks Camping Trip</i>	26  <i>Hawks Camping Trip</i>
		<i>Animal Dress-up Day</i>		





# August 2019

## Week 5

Arrowhead Geek Week

## Week 6

Survivor Week

## Week 7

Western Week

## Week 8

Arrowhead Week

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	Aug 1	2
	Special program with Lake Simcoe Region Conservation Authority		Carnival 4:30-6:30pm	Oneg Shabbat 6:30pm
5	6	7	8	9
AGM @ 9:45am		Sparrows Latenight	Hawks + CITS Latenight	Survivor Dress-up Day (dress in the colour of your favourite Survivor)
12	13	14	15	16
	Western Dress-up Day		Talent Show 7:00pm	
19	20	21	22	23
		Arrowhead Dress-up Day  Swim the Lake		Closing Ceremonies

## How To Drop Off & Pick Up Your Camper

### Camper Drop Off & Pick Up By Car

When you are dropping off your camper, please form a queue on the 6th Line and let your camper off in sequence as you approach the intersection at Houston Ave. & the 6th Line. Please do not get out of your car. Counsellors will be there to help your children. When you are picking up your camper by car, please form a queue on the 6th Line; a staff member will take your name and radio for your camper to be ready for you at the Main Gate. When arriving at the main gate we again ask that you do not get out of your car. Counsellors will be there to help fasten campers into vehicles and car seats. Cars will then continue driving north on Houston Ave. to ensure a continuous flow of traffic.

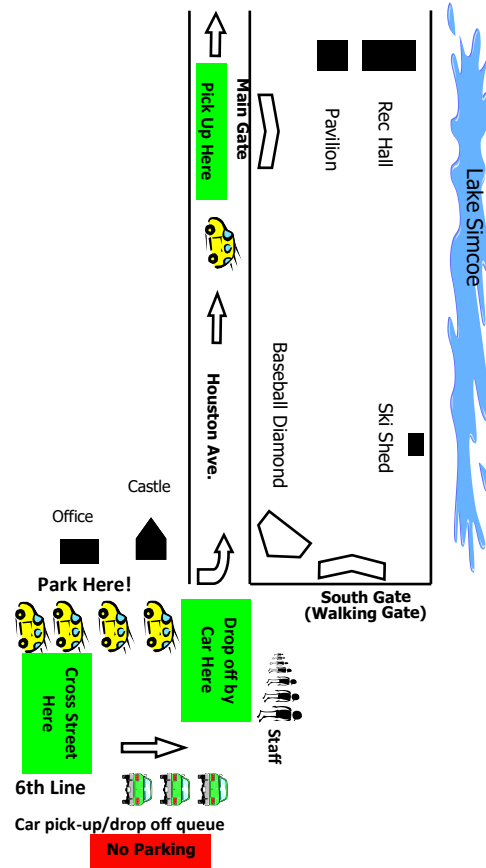
### Walkers/Bikers

All campers arriving/leaving camp on foot or by bike are to enter/exit the campgrounds through the South Gate (walking gate) at the end of the 6th Line.

### Parking and Escorting Campers into Camp

Parking at camp is at a premium. If you wish to park your car & escort your camper into camp, please park your car in front of the office or tennis courts, if there are no available spots parents must park on the north side of the 6th Line closer to St. John. Cars parked elsewhere could be ticketed. At drop off or pick up parents and campers are asked to walk down the south side of the 6th line, crossing the street near the office.

*We greatly appreciate your co-operation!*



Campers and Parents should walk along the south side of the 6th when entering or exiting camp property.