

# CAMP FLETCHER

# Pine Needle Express

## REMINDERS

Don't forget:

- \* **bathing suits**
- \* **water bottles (16-32 oz)**
- \* water shoes
- \* tennis shoes
- \* bug spray
- \* spray sunscreen
- \* an extra change of clothes

## MENU

- \* Breakfast: Eggs, bacon/sausage, fruit & bread
- \* Mon: Chicken Nuggets
- \* Tue: Corn Dogs
- \* Wed: Taco Salad
- \* Thurs: Fish Sticks
- \* Fri: Ham/turkey sandwich
- \* Salad & option of PB&J available each day

## WEEK 4: WHEN I GROW UP...

We are so excited about this week's theme! So much of what we do at camp helps prepare our campers for the future, and this week is a great opportunity for them to begin to dream for their lives once they leave Camp Fletcher!

We know our campers are going to come away from this summer with amazing skills; from communication to team-building, we are helping each and every camper develop character and integrity that will carry them into the future. This week, our campers will be able to learn about different careers, and we can't wait hear all about our campers' hopes and dreams for their lives! We know this week will be a great time for all of our campers to talk about their aspirations, and we're so honored to play a role in each camper accomplishing their dreams.

We asked a few of our campers what they want to be when they grow up, and this is what they said: Makenzie, 8, says she wants to be a counselor at Camp Fletcher; Levi, 15, wants to be a NASCAR driver; and Anna, 12, wants to be a chemist because she says animators don't make enough money.

## RESIDENT CAMP

This week is our first week of Resident Camp for the summer 2015 season! This week, we will have both the Adventure and Explorer resident groups at Camp Fletcher, and we know they are going to have a ton of fun! Campers should arrive at camp between 4pm and 6pm on Sunday afternoon, and parents should plan arriving at camp for pick-up by 5:15 pm on Friday afternoon because closing ceremony starts at 5:30! A comprehensive packing list is available online, and be sure to check out our *A Day at Camp Fletcher* blog post for more info about resident camp!

### Resident Camp Dinner Menu

Sun: Pizza

Mon: Hamburgers

Tue: Spaghetti

Wed: Breakfast for Dinner—Pancakes

Thurs: Chicken Fingers

## CANOE SCHEDULE

- Monday: Resident Campers
- Tuesday: Navajo 1 & Navajo 2
- Wednesday: Pueblo 1 & Pueblo 2
- Thursday: Iroquois & Navajo 3
- Friday: Make-up Day

Remember: your child's tribe number may be different from week to week. Please *check the canoe schedule each week* to verify they have their canoe supplies on the correct day.

## IMPORTANT REMINDERS:

- The **Lost & Found** is getting full. Please take home your items!
- **Camp will be closed on Friday, July 3.** The prorated fee for the week will be \$104 for the 1st child & \$94 for the 2nd.
- Please do not share your belongings with other campers & please label all items with your name!
- **Campers must have bathing suits in order to get in the pool!**

## NURSE'S CORNER

Nurse Erika has some great tips for staying happy & healthy at Camp Fletcher!

### WATER

- With the temperature climbing to almost 100 degrees and heat indexes even higher, it is absolutely necessary that every camper bring a water bottle filled & ready when they arrive at camp.
- Each camper should be encouraged to drink enough to fill their bottle at least 3 times throughout the day.
- Please make sure your camper is staying hydrating at home as well. Water & Gatorade are preferred over sodas, which can actually dehydrate. We don't want that!

### HEALTHY DINNER AND REST

- Your camper is very busy all day. Make sure he/she is eating a good, healthy dinner & getting plenty of rest. This will keep their energy level & spirits up at camp.

### SUNSCREEN

- Counselors do a great job of making sure campers wear sunscreen, but please apply a base coat every morning at home.

### MEDICATIONS

- If your camper takes a medication that we are not aware of at home the night before camp please let us know, especially if that medication makes your child sensitive to sunlight, certain foods, or if it makes them drowsy. This will ensure that we take the best possible care of your camper while here at Camp Fletcher.

**If you have questions or concerns about your child's health at Camp Fletcher, feel free to contact us today!**

## CONTACT INFORMATION

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