

Welcome to Lutheran Hills!



FIRST DAY OF CAMP

Registration: 3:00-4:00 pm

Opening Kickoff Program: 4:15 pm

LAST DAY OF CAMP

Pick Up: 2:00 pm

Closing Parents Program: 2:00 pm

Registration & Departure. No child can be left off at camp before being registered by a parent or other adult. At week's end, a "Closing Program" for parents is held at the times listed above. **Campers cannot be supervised by camp staff before registration or beyond the session-ending parents program.**

Health Form. All campers must have a completed health form. A physical for camp is not needed so long as information on the health form is correct, complete, and that your child has had a physical within the past 24 months. As camper health insurance is NOT provided, please provide insurance info.

Medications. All medications, prescription and non-prescription (except inhalers), are collected upon arrival. Please provide written instructions for their dispensing. Be sure camper's name is on non-prescription medications.

Special Needs. Any special arrangements (diet, early pickup, activity limitations, release of camper to someone other than legal parent, etc.) must be communicated in writing at Sunday registration.

The Camp Store. Campers should have extra money for items at the camp store and canteen. Suggested daily canteen allowance: \$4 per day. Items include pop, candy bars and sno-cones. Also available are T-shirts (\$12) and sweatshirts (\$22), and other items in the \$5-\$10 range.

Getting Ready For Camp. Our advising camp physician suggests before coming to camp, kids should become acclimated to the summer heat and humidity by playing outside (eg. riding a bike, kicking a soccer ball around) at least an hour a day, two weeks prior to coming to camp.

What NOT to Bring to Camp. Please do not allow your child to bring expensive items as they can get lost or damaged and the camp cannot be responsible. Do not bring: Cell phones, I-pods, CD players/radios, hair dryers, curling irons, candy or snacks, fireworks, jewelry, pets, alcohol/illegal drugs, pocket knives or anything else that could be construed as a weapon.

Living Accommodations. Campers stay in cabins with bunk beds. Each cabin is supervised by a college-aged counselor with 5-10 campers. Bathrooms are located at a central location within short walking distance of the cabins.

The Camp Staff. Lutheran Hills has a college-aged program staff who serve as counselors, waterfront staff, kitchen workers, and activity directors. They are a responsible, fun, enthusiastic bunch with special training and skills to conduct camp activities. They come highly recommended by their pastor and other adults who comment on their character. They are good students with high-energy and possess a positive, appreciative attitude towards life. They use good judgment in the care of themselves and others, their Christian faith is factor in their everyday lives, their words and actions make them good role models, and they work well as a team.

Is Camp Safe? Yes! Lutheran Hills meets comprehensive health and safety standards and is accredited by the American Camping Association. Program leaders are certified in American Red Cross First Aid & CPR. Nearly half of the summer camp staff hold YMCA Lifeguard certification.

Medical Services. A certified staff person serves as camp health officer and oversees the camp infirmary. The camp has arrangements with a local physician, hospital, and 911 service. Parents will be notified of any illness, injury, or professional medical attention given to their child.

Homesickness. Most children adjust to camp quickly. Usually, extra attention from counselors and cheerful letters from home are all it takes to overcome homesickness. However, if a camper is not adjusting, the camp's Program Director will notify parents and decide together what to do. Experience has taught us that phone calls to and from homesick campers are not helpful. Parents concerned that their child will become homesick can do the following to help prepare them for camp including: 1) Visit camp beforehand on "Children's Day"--the annual open house Saturday in early June—check details at www.lomik.org ; 2) Involve the child in packing for camp, that way they know their favorite stuff has been packed and they don't feel so disoriented-- when they get to they know where things are; 3) Talk about camp—not all at once, but a little at a time—reminding them about how much fun they'll have doing camp activities and making new friends; 4) Coming with a friend or a sibling; 5) Receive mail from home.

Camper Mail. Campers love getting mail from home. "MAIL CALL" takes place each day at dinner. Mail can be sent via regular mail or through the "Camp Post Office" system. Parents can write letters or postcards ahead of time and either drop them in the camp post office slots at the time of registration or send them in a packet early in the week. A letter marked "Monday" will be delivered on Monday, a letter marked "Tuesday" will be delivered on Tuesday, and so on.



Lutheran Hills

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Camper Name _____

CAMPER INFORMATION

From Parent-To-Counselor

BRING THIS FORM TO CAMP. It is important that this form be filled out in a straight-forward manner. This will help your child's cabin counselor better care for your child and be held confidential.

1. Did your child come to camp voluntarily? Yes No
2. Has your child been to camp before? Yes No
3. If "yes," did he/she enjoy it? Yes No
4. If "no," please share why he/she did not enjoy it?

5. Might your child wet his/her bed this week? Yes No
6. Might your child might become homesick? Yes No
7. Is your child hyperactive or have ADD? Yes No
8. If you said "yes" to any of these, what suggestions you have to your child's counselor?

9. Are there any home situations that the camp staff should be sensitive to while your child is at camp? (Eg. divorce, accidents, deaths, illness, loss of a pet)

10. Do you have any other information or suggestions that would help your child's counselor?