



POLESTAR GARDENS
spirit, community, life-long learning.

Welcome to Polestar Youth Summer Day Camp! Here's what you can expect during your child's time with us:

- ❑ **What to Bring:** Ensure your child has a backpack with essential items such as a water bottle, hat/sunglasses, sunscreen, swimsuit, towel, lunch, and a preferred snack, if needed. (We provide healthy snacks like fruit, nuts, sugar-free granola, etc.)
- ❑ **Daily Routine:** We'll start each day with a connecting morning circle featuring music, movement and a light meditation, along with an overview of the day's activities. Since we'll be outdoors all day and sometimes hiking, comfortable close-toed shoes are required.
- ❑ **Safety Measures:** We'll provide a handwashing station, hand sanitizer and wipes for the children to use as needed and before eating. If your child requires emergency medications, please discuss this with us before camp starts. Ensure the meds are available in the backpack or with our staff. (It's also a good idea to have an extra dose at home just in case.)
- ❑ **Weather Preparedness:** On questionable weather days, it's wise to pack an extra change of clothes and a light jacket for your child.
- ❑ **Communication:** Please inform us of any conditions where your child might react adversely, such as during long hikes or physical exertion. Your insights are invaluable in ensuring we provide the best experience for your child during their time at camp.

Each week's theme offers a unique and immersive experience, keeping campers engaged and excited throughout their days!

Week 1 (June 10 – 14): Creativity Campers become architects for a week, observing and learning about different animal habitats and using their creativity to design and build miniature versions.

Week 2 (July 15 – 19): Spirit By integrating universal yoga and dance activities with elements of mindfulness, creativity, and community, this week offers campers a holistic experience aimed at nurturing their body, mind, and spirit.

Week 3 (August 5 – 9): Nature Dive into the great outdoors with activities focused on nature including hiking and survival skills like orienteering, shelter construction, fire building and safety/first aid.

We're excited to have your child join us for a week (or more!) of fun, learning, and adventure at Polestar Youth Summer Day Camp! If you have any further questions or concerns, feel free to reach out to our staff.

NOTE:

The guidelines outlined by staff must be adhered to for a safe and respectful environment. Failure to comply with these basic safety rules not only jeopardizes the well-being of individuals but also disrupts the experience for others. It's important for campers to understand these rules and the potential consequences of repeated non-compliance, which may result in termination of the camp experience with no refund provided. 1) Using the sanitation facilities instead of outdoor areas helps maintain cleanliness standards. 2) Following staff directives ensures smooth operations and effective management of activities, contributing to a positive camp experience for everyone. 3) Respecting staff, fellow campers, and materials fosters a sense of community and mutual respect, enhancing the overall atmosphere of the camp.

See you soon! Your friends at Polestar Gardens