



July 9-13, 2018



The DinoROARS



Questions?

Contact the County your child registered with...

Powhatan County

Cathy Howland
3910 Old Buckingham Rd
Powhatan, VA 23139
(804) 598-5640
chowland@vt.edu

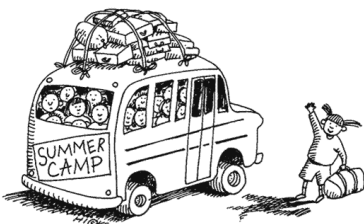
Goochland County

Sarah Crews
P.O. Box 20
Goochland, VA 23063
(804) 556-5873
sarahc89@vt.edu

Hanover County

Rita Schalk
13015 Taylor Complex
Ashland, 23005
(804) 752-4310
rjschalk@vt.edu

If your camper has a disability and desires any assistive devices, services or other accommodations to participate in this activity, please contact the Goochland County Office of Virginia Cooperative Extension at 804-556-5841 between the hours of 8 a.m. to 5 p.m. at least 30 working days prior to camp to discuss accommodations.



Camp Before Time Begins...

Hopefully all your questions will be answered through this newsletter, but if not please don't hesitate to contact the County Extension Office you registered your child with. Families returning to camp, you may notice a few changes for 2018, but we're expecting this to be your child's best 4-H camp week ever!!

Paperwork due May 18 or before!

The following paperwork must be completed, signed & returned by **Thursday, May 18**. Please return to the County Extension Office that your child is registered with. Parent/Guardian: Campers cannot attend camp without these completed forms and required signatures. Please read them carefully and with your camper.

- **Health History** (White form)

Be sure to carefully read, complete and sign where requested. See page 3 for Friday protocol. You and your child must sign the form.

- **Medication Sheet** (Pink form)

Complete only if your child is receiving any medication or therapeutic care. Detailed instructions for turning in the medication on page 3.

- **Code of Conduct** (Blue form)

Be sure you and your child read and understand the Code before you and your child sign.

Get On Board!

Check-in at Goochland Sports Complex Lower Parking Lot begins at 7:45 a.m. on Monday, July 9.

The parking lot is located next door to Taylor's Service Center/Exxon (1922 Sandy Hook Rd, Goochland, VA 23063) adjacent to the Goochland Skate Park. Signs will be placed to help you find us. The bus departs promptly at 8:30 a.m. During check-in, **medication** in its original container must be turned in to camp staff (see page 3 for details). All medication forms must be returned to the Extension Office prior to departure day. You may make changes to the medication form on Monday morning. Campers "deposit" their spending money

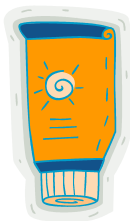
in the bank during check-in.

Friday Return Protocol Goochland buses will return to the Goochland Sports Complex Lower Parking Lot from **12:00-12:30 p.m. on Friday, July 13**. Campers will not disembark the bus until the Health History form is signed by the designated adult. Campers are not be released to anyone not designated on the Health History form or without the signature of that person. Although check-out may be time consuming, it is for the safety of your child.

Packing List

Put names on all possessions including cameras. Please note that camp is not responsible for lost or stolen items.

- ◇ 1-2 pair sweatpants and/or jeans
- ◇ 5-6 pairs of shorts
- ◇ Rain poncho or jacket
- ◇ 6 pair of cotton socks
- ◇ 6-10 pair underwear
- ◇ 2-3 long sleeve shirts
- ◇ 5 t-shirts
- ◇ Hat
- ◇ One piece swimsuit(s), beach towel
- ◇ Closed toe shoes/sneakers for everything!
- ◇ **Water shoes or old tennis shoes required for river classes**
- ◇ Flip Flops (for shower)
- ◇ Bath Towel(s), wash cloth
- ◇ Laundry Bag



- ◇ Pillow/pillow case
- ◇ Sleeping bag and/or twin sheets /blanket
- ◇ Pajamas
- ◇ Water Bottle
- ◇ Personal products (shampoo, tooth brush/paste, soap, lotion)
- ◇ Sun block, chap stick, insect repellent
- ◇ Reading material
- ◇ Stationary, pre-addressed stamped envelopes
- ◇ Goggles, swim caps, or ear/nose plugs (as needed)
- ◇ Picture of family (if you feel this will help your child)
- ◇ ***Please write your child's name on their belongings!***
- ◇ ***Whatever your child brings, they must carry***



Do NOT Bring:

- *Anything expensive. Cell phones/iPods, tablet or laptop computers, video games, expensive cameras, jewelry. Also, knives, weapons or explosives, vehicles, fireworks, aerosol sprays/perfume/hairspray, wheeled shoes, skateboards, inline skates, toys, or other valuables.
- *Inappropriate clothing. Clothing should follow school dress codes.
- *Shirts with suggestive, violent, alcohol-related or otherwise inappropriate messages
- *NO FOOD/CANDY-attracts ants!!

Camp is not free!

**Think carefully before sending your child's irreplaceable sentimental stuffed animal or blanket. Consider sending a similar comfort object which could be replaced if lost or damaged at camp.*

*****Inappropriate items will be confiscated by the Camp Director until the end of the week. Please call us if you have any questions or concerns about this policy.**

No Cell Phones at 4-H Camp!

It may be your instinct to send a cell phone to camp. In a culture where we expect to be in constant contact with our loved ones, a week away at camp can be a challenge for parents. Your camp staff understands this. We encourage you to send emails and letters to your camper. Remember, when you registered your child for camp you hoped he or she would develop independence, self-esteem, learn new things, and have fun! This is difficult for campers to do if they are receiving daily calls and texts from home. For severe homesickness, an illness or accident, we will contact parents. In an emergency at home, you may call (757) 253-4931 during business hours or (434) 265-2897 after hours to have a message relayed to your child. Please call us with any questions. Please see cell phone guidelines on separate sheet.



To write your child at camp

Please make sure to include the county you registered with on the outer envelope and use the following address:

Jamestown 4-H Educational Center
3751 4-H Club Road
Williamsburg, VA 23185

**Do NOT send
PACKAGES!**



To e-mail short messages, send to the following email address: fourhcampmail@yahoo.com. Place your child's name and the words "DinoROARS" in the subject line. Messages sent after noon on Thursday may not be delivered.

Camp \$tore/Bank

Campers can deposit money in the bank during the bus check-in on Monday. **Please do not send more than \$20** in small bills and quarters. The balance is refunded on Friday on the bus. Items for sale include 4-H attire, water bottles, snacks, craft supplies and more. Campers are responsible for money kept in cabins.



Medications



Campers taking any kind of medicine must turn in a pink medication form to the Extension Office by **Thursday, May 18**. Only campers taking medication need to return the pink form.

Campers taking medication to camp must put the **original prescription** container in a sealable plastic bag, such as a Ziploc. **Medication will NOT be accepted if it is not in an original prescription container.** No exceptions. Using a permanent marker, label with the camper's name and county with whom they are registered. It is collected during check-in on Monday morning. Unused medication is returned during check-out on Friday. **All medications are given as prescribed on the original container.** Be sure your medication

sheet and container prescribe the same dosage protocol. A schedule is set to monitor use of the medication. Campers are **not** allowed to keep or carry any medication during the week including over the counter drugs. Pain relievers such as Tylenol are in stock in the camp dispensary. Do not send these over the counter medications to camp. Be sure to note if your child uses items such as an Epi-Pen or asthma inhaler, and the frequency of use. If your child must carry a medical item such as an inhaler with them, please send a second one to be held at the camp clinic. *Before stopping medication for the summer, please remember camp is a structured environment. If your child has any behavioral needs, note it on the health form. With a little notice we can be prepared to provide the best possible experience for your child.*

First Aid/Emergency Care

All campers must submit a white Health History form completed, signed and with the parent or guardian's Medicaid information or insurance company with policy number clearly shown. If the parent or guardian is uninsured, that information should be clearly indicated. In an emergency, 911 is called first, before contacting a parent or guardian. Emergency care is provided by Williamsburg Community Hospital, Urgent Care or First Med of Williamsburg. The parent or guardian is contacted before a camper is sent for non-emergency off-site treatment.

For non-emergency care, parents are given the option to take their child to their personal physician for treatment. A doctor's written recommendation is required for the child to return to camp. A staff person trained in CPR and first aid accompanies a camper for off-site treatment. If treatment is necessary at an off-site facility, the parent or guardian's insurance or Medicaid information is given as the responsible party for billing. All expenses relating to off-site medical treatment are billed to the parent/ guardian's insurer. All expenses related to off-site treatment are the responsibility of the camper's parents or guardian.

The camp has an on-site health care facility for treatment of minor sickness and injury. The facility is not available for overnight care. Campers must return to their cabins or be picked up by parent/guardian.

Missing Home

Attending a residential camp program for a week can positively change the life of a child, but it may be the first time your camper has spent a week away from home. We recommend you talk with your child about this new adventure prior to attending our program.

Please reinforce the positive aspects of camp, such as new friendships, new experiences, and independence.

Missing home is natural and our counselors are there to help. Be assured, our staff are well-trained to identify and handle issues relating to missing home.

We discourage you from telling your camper that he or she can come home from camp after a few days. We've found that this can actually encourage homesickness and make a child less happy. We will do everything we can to make sure your child's experience at camp is a positive one, and if homesickness continues, we will contact you.



Get Ready to Be Part of Ancient History **4-H Camp Talent Show**



*Start planning
now for the big
night!*

Campers may
sign up to be
in the show on

Monday during rotations.
Rehearsals are Wednesday
afternoon and later that
night...*it's all about you!*

4-H Camp Classes

This year, camp class signups will be held at camp! To make things simpler, we've enclosed a list of potential camp classes that will be available with descriptions for parents and campers to review prior to signups. If for any reason you do not want your camper to participate in a certain activity, please let your Extension Agent know prior to camp!

**The pool, archery, arts and
crafts, fishing & MORE will be
open during Free Rec time too!**



Find us on
Facebook

Follow **Goochland 4-H** on Facebook!

4-H Camp 2018 Meet our Counselors!



- Teen Counselors from Goochland, Hanover, and Powhatan complete 24 hours of training hours prior to attending camp.
- Adult volunteers complete an annual 4-H Volunteer training and background check prior to attending camp.
- Jamestown 4-H Center hires and trains a camp staff team of 20+ adults who teach classes and lead camp activities.

A few more reminders...

- While at camp, youngsters live in a group atmosphere with communal living and learning areas. Campers help maintain a clean, healthy environment. Chores include sweeping cabins, wiping tables, leaving the bathroom neat and picking up litter. They are expected to keep their belongings and bunk area tidy. There are daily inspections.
- Discuss with campers the importance of checking for ticks when they shower or change clothes. Remind them to use sunscreen. Our staff will remind campers throughout the week.
- Suggest they change clothes and shower with soap regularly during the week. *Getting in the swimming pool does not count!*
- **Unclaimed Items...**underwear, socks and anything nasty are trashed before leaving camp. Other articles are held in the Goochland Office for two weeks then discarded or donated. To find lost items you must make arrangements to visit the Goochland Office at (804) 556-5841.
- We recommend bringing old clothes and towels! Do not send anything that is irreplaceable to camp. Label EVERYTHING that you want your child to come back home with. Initials or last names help us identify misplaced towels, shirts, goggles, etc. at camp and prevent mix-ups in the cabins.
- If your child experiences occasional or frequent bedwetting, sleep walking, night terrors, etc., please note this on their health history forms.



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