

2026 Parent Guide



Program Place Day Camp

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Dear Summer Camp Parents,

Welcome to Girl Scouts of San Jacinto Council's Summer Day Camp. On behalf of our camp staff, thank you for choosing us to be part of your child's summer adventure. We are honored to provide a safe, engaging, and enriching day camp experience where Girl Scouts can learn, explore, and create lasting memories.

Please take a few moments to review this guide with your child. It outlines important camp policies and procedures, along with helpful information about drop-off and pick-up, daily activities, and other details designed to help your family feel prepared and confident for a successful camp experience.

We appreciate the trust you place in us as you choose summer opportunities for your family, and we are grateful that you have chosen Girl Scouts of San Jacinto Council Day Camp. We look forward to welcoming you and your child for a summer filled with friendship, discovery, and unforgettable experiences.

Looking forward to a great summer!

Your Program Place for Girls Leadership Team for 2026

Natalie “Rosie Roo” Jares

Outdoor Experience Manager

Zayn “Snickers” Kabir
Camp Director

Jess “Strawberry” Rubinsky
Assistant Camp Director

Blaire “Mango” Newland
Day Camp Program Director

Meet Our Program Place Team

Natalie “Rosie Roo” Jares - *Outdoor Experience Manager* - njares@sjgs.org

Natalie has worked for the Girls Scouts of San Jacinto Council for several years and oversees the Day Camp program. She is a camp professional with 10+ years of experience in the youth development field including day camp, after school, family camp, and instructional programs. With a psychology background, she approaches camp as a people-first enrichment opportunity for both youth and adults. She is passionate about creating safe spaces for failure and therefore learning.

Zayn “Snickers” Kabir - *Camp Director* - zkabir@sjgs.org - 713-292-0208

Zayn is a youth development professional with extensive experience with after-school programs and summer day camps. His experience includes working as a Lead Summer Camp Counselor at Birons Youth Sports Center and Discover Gymnastics. He has also served as the Assistant Camp Director at Challenge Island, Worlds #1 STEAM Program and Elite Learning as an After School Teacher. Additionally, he has coached gymnastics and been an Instructor for The Little Gym and Romp N Roll Katy.

Jess “Strawberry” Rubinsky - *Assistant Camp Director* - jrubinsky@sjgs.org

Jess "Strawberry" Rubinsky, LMSW, is a trauma-informed educator and youth development professional with extensive experience providing therapy for adolescence. They also have designed and implemented programs that empower young people through health education, violence prevention, and community engagement. Over the past several years, Jess has developed and facilitated over 45 evidence-informed programs focused on reproductive health, consent, bystander intervention, LGBT+ inclusion, and student well-being for college-aged youth and young adults.

Blaire “Mango” Newland - *Day Camp Program Director* - bnewland@sjgs.org

Blaire is a youth development professional with 7+ years of experience in the afterschool and day camp fields. She excels at managing and energizing groups, connecting one-on-one with students and campers, and managing teams of fellow youth development professionals with respect and efficiency. After five years as an afterschool and day camp counselor, she has spent the last three years as a camp director/manager with Girl Scouts and Kidventure.

Girl Scout Promise

On my honor, I will try:

To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

*I will do my best to be honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.*

Camp Mission

*To build girls of courage, confidence and character
who make the world a better place*

Camp Goals

To provide a safe, fun, supportive environment in which campers explore new challenging and educational experiences, learn from positive role models, and have the opportunity to build skills for life year after year.

Camp Outcomes

Value each girl as an individual

Build personal power & self-esteem

Introduce girls to non-traditional roles and activities



Be Prepared

Health & Safety: Our #1 Priority

Your camper's well-being comes first. All our summer camps meet rigorous standards for health, safety, facilities, programming, and staffing set by the State of Texas, Girl Scouts of the USA, and the American Camp Association.

We maintain a 1:6 staff-to-camper ratio for every program. All camp staff are CPR/AED/First Aid trained, and our programs are overseen by a Health Supervisor. Local hospitals and first responders are always on call. When planning for snack and cooking activities, we consider special diet accommodations which are managed with care, and in the event of an emergency, parents are notified immediately.

American Camp Association

Girl Scouts + ACA: A Standard of Excellence



Every GSSJC summer camp is accredited by the American Camp Association (ACA) — the gold standard in camp safety and quality. Our ACA accreditation was renewed in 2025 and means our camps meet rigorous national requirements for camper health and safety, staff training, program excellence, and emergency preparedness. When your camper joins us, you can feel confident they're in a safe, well-supervised environment designed for fun, growth, and adventure. Learn more about [American Camp Association \(ACA\)](#)

No Tobacco, No Pets

Thank you, in advance, for respecting our facilities when you visit. We ask that you leave your pets at home, do not use tobacco while on the property and please do not litter on the site.

Camp Fees

All camp registration fees are due in the office at least two (2) weeks prior to the start date. If you registered less than four weeks before camp, full payment is required at the time of registration.

Extended Day

For the 2026 summer camp season, we have updated our camp day schedule and are excited to offer a new extended day option. Our standard camp day will run from 8:30 a.m. to 4:00 p.m. Families may choose to enroll in extended day for an additional fee of \$100, with drop-off available as early as 7:30 a.m. and pick-up as late as 5:00 p.m. All key program activities and badge work will take place during the standard camp day. During extended day, campers will enjoy games, simple crafts and unfinished projects. Payment for extended day is due with your camp registration fees.

Buddies

Campers are welcome to sign up for camp with a friend who is within the same Girl Scout level and interested in the same session of camp. **Buddies must both select the same camp session.**

Even the best of friends need time to explore their individual interests and make new friends while at camp, and many girls come to camp without a buddy. Camp is a wonderful place for girls to make new friends, and our annual outcomes survey tells us that 99% of girls make new friends at camp!

T-shirts, Patch, & Badge

Each girl will receive a camp T-shirt, patch, and the badge they earned during the week included as part of the registration fee.

Cancellation

Please contact the Customer Service team if for some reason your camper cannot attend camp. Prompt notification will allow another camper to take her place.

Refund Policy

The \$50 deposit is non-refundable and transferable only to other 2026 GSSJC Summer Camp programs (Overnight Camp and Council-sponsored Day Camp.) If you cancel in writing more than four weeks before your session's start date, a full refund of all camp fees paid, minus the \$50 non-refundable deposit, will be made.

Should a medical issue or family emergency arise prior to check in, your camper can be rescheduled into a later session, if available. Please review the "Camper Health and Wellness" section for more information about the session cancellation protection available in the registration portal.

Should your camper need to change to another session or week due to non-medical reasons, requests will be accommodated based on availability.

Photos

Pictures of campers having fun throughout the camp day will be posted daily on the website. These pictures are password protected and available only to parents/guardians of campers in that week's session. Instructions for viewing these photos are listed in your Camp Welcome Email.

Parents/guardians will be able to log in and view pictures using their UltraCamp credentials. Parents/guardians may also choose to opt out, in which case no photos of their child will be taken.

Lost and Found

The Girl Scouts of San Jacinto Council is not responsible for any items left at camp. At the close of each session, all lost and found items are sorted and stored. Parents/guardians may contact the Camp Director / Assistant Camp Director and arrange a time and date to pick up the items. At the end of the summer, all remaining items will be donated to charity.

Visitors

For the safety and security of all campers, camp is closed to visitors, including parents, during camp sessions. If you need to pick up your camper early, please notify us in writing in advance so we can have her ready when you arrive. Facility doors remain locked throughout the camp day. To enter the building outside of drop-off / pick-up hours, please ring the doorbell to let staff know you are at the facility. For everyone's safety, staff review visitors by video before granting access, so there may be a brief delay before entry.

If your plans or pick-up time change during the day, please contact your Camp Director so they can plan accordingly.

Camp Staff

We welcome all qualified individuals to apply as camp staff, including those with a passion for mentoring youth in the Girl Scout tradition. Camp staff are recruited from the local Girl Scout community, colleges, and web-based employment services. Our team includes homegrown Girl Scouts with many years of experience, students from local universities who are excited to be part of the Girl Scout organization, and educators who spend their summers making a difference. After references are verified, all staff are required to participate in a personal interview with the Outdoor Experience Manager and must pass a criminal background check and drug screening before working with campers.

Campers are always supervised in accordance with strict safety protocols that include staff-to-camper ratios, “rule of three” supervision practices and camp duty assignments that are appropriate based on the staff person’s gender. The safety, comfort, and wellbeing of our campers is our highest priority. Our entire staff is trained to uphold the values of respect, inclusion, and care in every interaction.

Prior to camp, all staff members complete intensive pre-camp training covering topics such as behavior management, working with different age groups, specific activity instruction, child abuse prevention, first aid/CPR, camper supervision, and more.

During staff training, each camp staff person may choose a “camp name.” Camp names are nicknames used at Girl Scout camp for several reasons. A camp staff person holds a unique role in gently guiding your camper, and their camp name helps distinguish them from teachers, parents, or other authority figures. It also helps avoid name duplication—no confusion between multiple “Sarah’s” or several “Amandas”! And most importantly, camp names add to the magic of Girl Scout camp – a tradition passed down for generations. So don’t be surprised when a staff member introduces themselves as “Sunflower” or “Mermaid.”

Screen-Free Camp:

Camp is a screen-free and cell phone free zone. Cell phones, video games, iPads, etc., become disruptive to camp life and detract from the camp experience. Electronic devices that come to camp will be collected and placed at the camp desk until pick up. Please contact GSSJC if there is an

emergency in which you need to contact your child. Girl Scouts of San Jacinto is not responsible for lost electronics.

Snack and Lunch:

We provide morning and afternoon snacks for campers. Your camper must bring a sack lunch that does not require refrigeration.

Morning Snack: 9:30 AM – 9:45 AM

Lunch: 12:00 – 12:45 PM

Afternoon Snack: 2:15 PM – 2:30 PM

GSSJC Day Camp is a *Nut Aware zone.*

Please do not provide food or drinks that contain peanuts, tree nuts, peanut butter, or tree nut butter. Staff are trained in what it means to have a life-threatening allergy as well as how to help administer an EpiPen if necessary. Please be sure to list all allergies on your camper's health form and discuss any concerns with the camp director. If anyone brings in an item that is not nut free, that item will be kept in the office, and the person(s) who handled the item will immediately wash their hands.

Program Aides and Counselors in Training (CITs)

Each week, we will have up to five Program Aides and/or Counselors in Training at camp. These are older girls (Cadettes, Seniors, or Ambassadors) who have completed special leadership training, and who will help lead some camp activities under the guidance of the camp staff. If your daughter is attending camp in a leadership capacity this year, she may earn up to 40 leadership or service hours per week.

Camp Theme Days:

Each day of camp will feature a special theme to help guide campers' attire. These theme days are meant to encourage creativity and self-expression, and participation is completely optional.

Monday is Get to know the Counselor/Camper Day. Counselor and Camper will bring a favorite thing to carry with them that can be used as a conversation sparker.

Tuesday is Crazy Hair and or Hat Day. On this day there will be no such thing as "a bad hair day." Campers can color, tease, or shape their hair as wild as they'd like or wear the goofiest hat imaginable.

Wednesday is Crazy Socks. Campers are encouraged to wear the wildest socks possible.

Thursday is camp shirt day. Wear your camp shirt and be ready to take your camp session group picture!

Friday is Neon Day! Wear something colorful and fun as we wrap up our fantastic week of activities. Please note that some sessions may ask campers to wear something different for any end of session special activities.

Outdoor Sessions:

Campers will have an opportunity to enjoy outdoor activities each day, so please be sure your camper brings sunscreen, bug spray, and a hat daily. Below is our schedule for outdoor activities.

Monday: Chalk the Walk – Campers will spend time outdoors using sidewalk chalk to decorate the back walkway leading to the Program Place.

Tuesday–Thursday: Walking field trip to the splash pad at Levy Park. Campers should bring a modest swimsuit that fully covers the midriff, water shoes that are different from their dry shoes, and a towel. Campers are encouraged to arrive with their swimsuit on under their clothes; those who do not will be given time to change before the trip. Please note that Crocs and flip-flops may not be worn at camp or to the splash pad. Water shoes are required so campers can safely participate in water activities. After returning from the splash pad, campers will have time to change into

dry clothing. We also recommend packing a plastic bag for wet clothes to help keep the rest of your camper's backpack dry throughout the day.

Friday: Outdoor games - Girls will play outdoor games led by counselors.

Evaluations – Parent Online Surveys

We want your feedback! The week after your camper attends summer camp, please watch for an online parent evaluation. Camp staff value your feedback and review these evaluations throughout the summer. Your comments help improve the program for you and your camper.

Camper Health and Wellness

Let Us Be Your Parenting Partner

The Health History form in UltraCamp includes a place to share important information about your camper. We understand that some families may feel hesitant to include personal details about their child's behavior, needs, or past experiences. You may worry that the information could be misunderstood, or that your child could be labeled or treated differently. Like you, we want every camper to have a positive start to their day camp experience.

As experienced camp professionals, we truly value your trust. We also know how helpful this information can be in making your child's transition to camp as smooth, safe, and happy as possible. Knowing ahead of time helps us respond with patience, understanding, and reassurance—especially during those important first few days at camp. Examples of things to share may include, but are not limited to, learning differences, ADHD, a medical condition, a challenging previous camp experience, a recent loss, or any major life change.

Our goal is to partner with you early so we can plan for a safe, successful summer. If a camper's needs cannot be fully met at a Girl Scout camp, we want to have that conversation with families so there is time to make the best possible plan together. The more we know about your camper, the better we can help her grow, thrive, and feel at home at camp.

Camper Essential Functions

In order to attend Girl Scouts of San Jacinto Council's summer day camps, campers must meet the following essential functions:

- Move independently from place to place.
- Interact effectively in a group based on program content.
- Be able to meet personal needs (toileting, dressing, diet management, etc.)
- Capable self-manager of chronic illness. (In other words, a camper is aware of her own dietary needs, medication requirements, and potential restrictions on physical activity, and can alert counselors when she needs additional attention.)

Health Exams

A physical examination is not required to attend day camp, although it's always helpful to have your doctor evaluate the general status of your daughter's health before she embarks on her camp adventure.

All health history forms must be completed online in UltraCamp before the session's start date. Your child cannot be left at camp if these forms are not complete. No refunds will be given for failure to complete the proper paperwork. Additional help on completing your camper's health profile and uploading required documents is in UltraCamp.

Medication Administration

If possible, please try to time medications so that they can be taken at home, before or after camp. If your child needs medication during camp hours, be sure to list all medications on the Health History form, including over-the-counter medications, and bring them to check-in.

All medications for campers and staff are stored in the first aid station for safety purposes.

- Any medication to be dispensed must be listed on your camper's profile.
- All medications must be in the original container and marked clearly with the child's name and directions for use. Only the dosage listed on the original container will be followed at camp.
- Medication can only be dispensed to the person listed on the original prescription container.
- After a discussion with the Healthcare Team, it may be determined that a camper who uses a fast-acting medication such as an inhaler or

epi pen on an as needed basis may carry the medication in her backpack. The parent and Health Supervisor will determine if the camper can take on this responsibility.

Please disclose other health related concerns on the Health History form so we can best meet the needs of your camper.

Head Lice Policy

During check-in on Mondays, all campers will be checked for head lice. Any campers found to have head lice and/or nits will not be allowed to remain in camp. Campers may be treated off site and may return to camp when lice and nit-free. GSSJC will not provide lice treatment or a place for campers to be treated. No refunds are given if a camper cannot attend camp due to lice.

Prevention is key. Please discourage your camper from sharing hairbrushes, combs, headbands, scarves, hats or any other items that may contact another girl's head and/or hair. Please check your camper for head lice and nits before camp begins. For more information, please visit www.headlice.org.

Wellness Tips

Remember these three steps to a happy, healthy camper:

1. Hydration – Help your camper bring a water bottle, and staff will remind her to drink throughout the day. Please talk with your camper about the importance of drinking three to four bottles of water a day at camp. With increased activity, campers can easily become dehydrated.
2. Sunscreen – pack SPF 15 or higher sunscreen. Encourage your camper to apply sunscreen at least 10 minutes before going out into the sun. Camp staff will remind campers to apply sunscreen before outdoor activities. Other sun protection items include hats and swim shirts.
3. Rest – at camp, girls may be doing a lot more activities than they are used to. Everyone is excited about the start of a new adventure. After the first day, encourage your camper to get to bed early and dream the night away.

Expected Behavior

We expect girls who attend GSSJC Day Camp to participate in all aspects of camp. This includes engaging in activities, sharing daily responsibilities and being a sister to every girl scout. Each camper will be assigned to a Kaper Team that will change daily and may include sweeping the area, wiping counters, putting away supplies, etc. We encourage everyone to leave the space better than they found it.

The Camper's Behavior Agreement Form must be filled in online in UltraCamp and signed by the parent and the camper prior to camp starting. We encourage families to read this together with their camper to understand the expectations of camp. Should a behavior or a discipline problem arise and become serious or disruptive, parents will be notified at the discretion of the camp director, and further action may be required. No refund of the camp fee will be given.

Behavior Management will be based on a two-anchor system; structure and choice. Staff guides campers toward governing themselves and taking responsibility. The two anchors allow campers to move from dependence to independence. Each Camper's choice will be accompanied by either a positive or negative consequence.

Each Monday, campers and staff will work together to create a Community Agreement that states guidelines for the space and ties into the Girl Scout Promise and Law.

Consequences for making choices outside of the Community Agreement will include:

1. Warning/Reminder
2. Reflection Time (Short Sit-Out Time)
3. Meeting between Day Camp leadership team, camper and caregiver to create a Behavior Contract

When Do We Contact Parents?

We will contact the parent or guardian if a camper:

- Atypical homesickness (*this may look like needing constant attention, clinging to adults, being unable to separate from staff, disrupting camp activities, or crying frequently*).
- Significant behavioral challenges. The type of behavior challenges a parent will be contacted for includes, but is not limited to:
 - Hitting, biting, et al (any deliberate physical violence)
 - Running away
 - Bullying
 - Severe inappropriate language
 - Stealing
 - Possessing alcohol, drugs or weapons
 - Sexual harassment
- Has an acute, sudden illness.
- Has a temperature of 100 or higher.
- Has an active case of head lice.
- Needs to be taken to Urgent Care or the hospital.

A camper will be sent home (on a case-by-case basis) for the following behaviors:

- Running away.
- Bullying another camper.
- Sexual harassment of another camper or staff.
- Severe fighting.
- Possessing alcohol, drugs or weapons.

Drop-Off & Pick-Up

Drop-off and Pick-up procedures are for the safety of all Girl Scouts. It is important for all girls to have the appropriate documentation prior to attending camp.

- Day one: Caregivers will be asked to provide a picture ID to confirm their identity before being given a pickup code. Adults not on the authorized pick-up list will not be given a pickup code, so please ensure your authorized pick-up list is up to date.
- Camp Director or Assistant Director will assign a code specific to each camper which will be used for pick up. The paper with the code does not need to be present at pick up if the pickup adult has the code.
- Parents or guardians must bring their camper inside the Program Place to check in during morning drop-off and come inside to check them out during pick-up each day.

Morning drop-off will begin at 8:30 AM and end at 9:00 AM. No girls should be dropped off early, as we do not have staff available to ensure the safety of your child. Please **do not** allow your child to walk into day camp alone.

Afternoon pick-up starts at 3:30 PM and ends at 4:00 PM. Please ensure that you arrange to pick up your child on time. If you need to pick up your child early, please let us know, in writing, during check-in.

This summer, the extended day option has been added in which parents may drop off as early as 7:30 AM and pick up as late as 5PM. For the 2026 summer camp season, we have updated our camp day schedule and are excited to offer a new extended day option. Our standard camp day will run from 8:30 a.m. to 4:00 p.m. Families may choose to enroll in extended day for an additional fee of \$100, with drop-off available as early as 7:30 a.m. and pick-up as late as 5:00 p.m. All key program activities and badge work will take place during the standard camp day. During extended day, campers will enjoy games, simple crafts and unfinished projects. Payment for extended day is due with your camp registration fees.

Carpooling is a great way to build lasting relationships with other Girl Scouts. If your child is part of a carpool, you will need to ensure caregivers in the carpool are on the authorized pickup list.

The Program Place Day Camp is located at 3000 Southwest Fwy next to the Girl Scouts of San Jacinto headquarters. Large green signs will be posted to direct caregivers to drop off/pick up locations.

Program Place Day Camp

The Program Place Day Camp is located at 3000 Southwest Fwy Houston, TX 77098.



FAQs

What should my camper bring to camp?

Please have your camper bring a water bottle, sack lunch, insect repellent (if needed), a hat for sun protection, and sunscreen. Campers may also bring their own snacks to have in addition to or instead of the snacks provided. Pack everything in a backpack with her name on it.

What shouldn't my campers bring to camp?

Do not bring cell phones, video games, expensive jewelry or watches, new or expensive clothes, money, toys, games, weapons, alcohol and/or drugs, personal sports equipment, vehicles, or animals (other than service animals). GSSJC is not responsible for any items that are broken, lost, or stolen.

How will I be notified if my camper becomes injured or ill?

If your camper becomes ill or injured during the camp day, the Camp Director or Outdoor Experience Manager will call the parent or guardian. If we are unable to reach you, we will begin calling the emergency contact person(s) listed on the campers' registration.

What if an emergency happens at camp?

If an emergency arises during the camp day and all campers are safe, parents will be notified about the incident and the steps the camp took to ensure their camper's safety during check-out. If your camper is involved in an emergency, we will call as soon as it is safe to do so.

Should my campers bring money to camp?

No. There is nothing to purchase at camp.

What should my campers wear to camp?

Children should wear clothing suitable for an active day at camp such as shorts, T-shirts, a light jacket (it can get cool with the air conditioning), and **tennis shoes** (Closed toe and closed toe shoes are required. Crocs, flip flops, and sandals are not permitted.). Please label all items sent to camp with the child's full name. Discovery and play are a major part of our camp program, and we encourage you to dress your child in clothing that you do not mind getting dirty or stained with art materials while your child engages in fun activities.

What shouldn't my child wear to camp?

Flip flops, crocs, clothing that can't get dirty, or uncomfortable clothes.

What if my camper forgets her lunch?

We will ensure that your child gets something to eat. If needed, we will purchase lunch for your child, and you can reimburse camp at pick-up.

Does the camp provide a snack?

Yes. We provide morning and afternoon snacks. All snacks are nut free. Please share any allergy concerns with camp staff and UltraCamp.

Should I pack water for my child?









Please bring a water bottle. We have refillable water stations at our day camp facilities, so girls are able to keep water bottles filled throughout the camp day. We use fun reminders to help girls stay hydrated throughout the day. The best way to stay hydrated is with water so we encourage girls to leave sugary and/or caffeinated sodas and drinks at home.

Thank you for choosing GSSJC day camp.

We are looking forward to the BEST SUMMER EVER!

Program Place Daily Packing List

Use this checklist to help get ready for camp each day!

Pack a backpack with ...		M	T	W	Th	F
Sack Lunch 						
Swimsuit & Water Shoes (Tuesday-Thursday) 						
Towel (Tuesday-Thursday) 						
Insect Repellent 						
Sunscreen 						
Hat 						
Camp T-Shirt (Thursday) 						
Wear ...						
Closed-Toed & Closed Heel Shoes & Socks (no Crocs) 						

Monday is Get to know You Day.
Tuesday is Crazy Hair and/or Hat Day.
Wednesday is Crazy Socks.
Thursday is camp shirt day.
Friday is Neon Day!

Extended Day Drop Off: 7:30-8:30
 Standard Drop Off: 8:30 AM – 9:00 AM
 Standard Pick Up: 3:30 PM – 4:00 PM
 Extended Day Pick Up: 4:00 PM – 5:00 PM