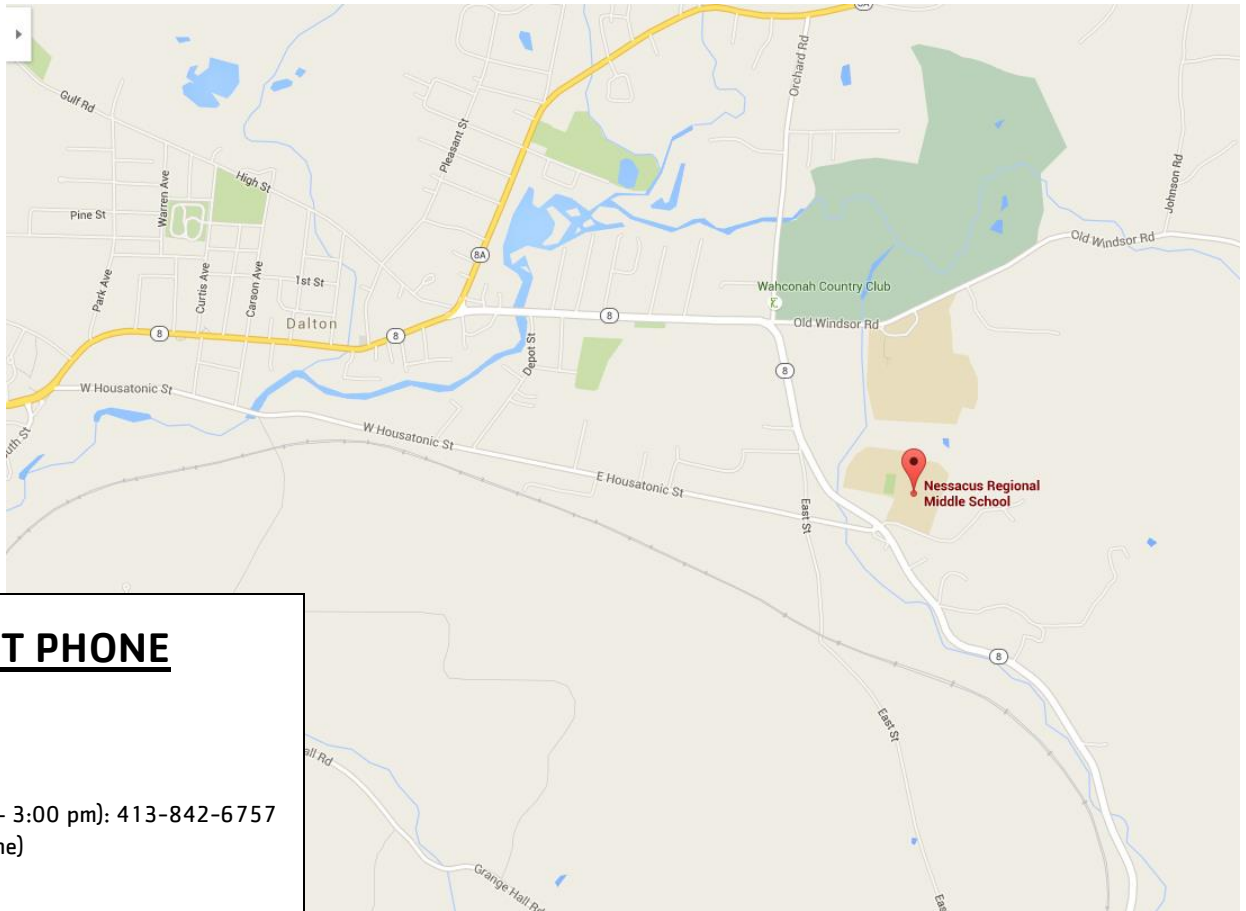


NESSACUS SUMMER LEADERSHIP PROGRAM PROGRAM GUIDE 2017



IMPORTANT PHONE NUMBERS

After June 13th :

Nessacus (9:00 am – 3:00 pm): 413-842-6757
(Director's Cell Phone)

Bus Phone:
413-251-0149

Year round:

Registrar: 413-623-8991 ext 110
(registration and payment only)

MEET OUR DIRECTORS!

Nessacus Summer Leadership Program is happy to introduce the Director and Assistant Director for this summer. Christina Kollisch is a Massachusetts native who graduated from U-Mass Amherst with a degree in Sustainable Food and Farming and Italian Language studies. This is her fourth year working with our Summer Leadership Program and she is excited to be working at Nessacus. When she's not writing or doing arts and crafts, she's listening to Beyoncé and making friends.

Siddhesh Barale did his Master's in Clinical Psychology and discovered his passion for the outdoors through his training in Experiential Education. He recently has been in Australia working with children doing adventure journeys to get them to think about themselves, others and the natural world. When he is not reading he is listening to music and playing guitar.

PROGRAM GOALS

Nessacus Summer Leadership Program (NSLP) encourages children to grow socially, physically and intellectually. Our programs key mission is to promote civic-minded engagement within the community, preventing summer learning loss, and a nurturing of individual leadership styles. Participants will be empowered to identify issues in their community and create practical solutions to implement. On top of our learning goals, we will take plenty of time to play in the sun, throw water balloons, sing songs and have regular summer day camp fun.

DAILY SAMPLE SCHEDULE

Nessacus Summer Leadership Camp's daily schedule will be slightly different for each camper group. A sample schedule is as follows:

8:45am	Camper Drop-off Time
9:00am	Opening Circle
9:30am	Group Activities*
12:00pm	Lunch
1:00pm	Journaling & Reading
1:30pm	Camper Choice Activities
2:15pm	Snack
2:45pm	Closing Circle
3:00pm	Camper Pick-up Time

ACTIVITIES

Activities may include hiking, nature, sports, performance games, team building, hands-on science, arts and crafts and more. These activities will vary from week to week.

FIELD TRIPS

Field Trips are included in the program costs. Field trips are not compulsory but recommended your child attend. Field Trip destinations will include Berkshire Outdoor Center in Becket. While at Berkshire Outdoor Center campers will have the opportunity to participate in swimming, boating and challenge course activities. Please speak to the NSLP Director if you have questions about any of these activities.

Trained and certified American Red Cross Lifeguards are on duty at the Waterfront. Our waterfront Buddy System requires "buddy checks" every 5 minutes for campers in the swim area. In order for campers to swim beyond the designated shallow end, they are required to pass a swim assessment without a PFD. This assessment is designed to evaluate swimming ability and endurance. All swimmers at the Red Tag Level (non-swimmers or those who are assigned to the shallow section) will be fitted for a PFD. We provide Coast Guard approved PFDs in a range of

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sizes. You may send a Coast Guard approved PFD from home for your child to wear. If you send a PFD, your camper will be required to wear this PFD at all times when swimming. This PFD must be free from tears, holes or mold, fit your camper properly and be inspected by a Becket Day Camp or NSLP Lifeguard.

LUNCH AND SNACKS

Please send your child to camp with a healthy lunch and a drink in a bag or lunchbox with their full name clearly written on the bag. Please try to send non-perishable items, as refrigeration space is limited.

Your child is welcome to bring snacks to eat throughout the day. Please inform your child that they are not allowed to share snacks with other campers for food allergy reasons.

OUTSIDE TIME

Please be sure your child is "Sun Smart". Your child must have adequate sun protection every day. Sun protection should include a full-brim hat and SPF30+ water-resistant sunscreen. A child's skin is more vulnerable to the harmful effects of excessive sun exposure. Campers may be prohibited from specific activities if sun protection is inadequate.

RAINY DAYS

Sometimes it rains in Dalton. In the event of rain, we try to keep the schedule running; however sometimes the rain causes us to run indoor activities. Certainly the welfare of our campers and staff is paramount, and everyone at Nessacus Summer Leadership Camp remains inside during the event of a thunderstorm. Please be sure that your child carries waterproof clothes, such as a rain coat.

WHAT TO BRING

Nessacus Summer Leadership Campers get dirty! Please do not dress your child in clothing that you do not want to get dirty or stained. Plus, kids often lose things! Please make sure everything is labeled with the child's name.

Please do not send anything of significant value to camp. Don't bring money, phones, sports equipment, electronics, pets, games or jewelry. BCCYMCA is not responsible for these valuables.

Sneakers must be worn at camp. Socks must be worn at camp.

Make sure you bring:

- Non-perishable lunch (labeled with name)
- Water bottle (**required**)
- Day pack
- Dry change of clothes
- Swimsuit
- Towel
- Rain coat
- Sun hat
- Sunscreen SPF30+ (**required**)
- Sun shirt
- Insect repellent
- Water shoes (optional, recommended for water games and activities. We often have water activities outside on the blacktop)

LOST AND FOUND

We do not want campers' things to get lost and stuff can end up everywhere! It is best to label all of your child's things with the child's name. If items are found that are labeled, they are returned to the rightful owner. If items are found that are not labeled, they are placed in the "Lost Items" box at the Nessacus Summer Leadership Camp check-in station. Unclaimed and unlabeled items are donated to Goodwill in early September.

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RESTRICTED ITEMS

As part of our American Camp Association accreditation, we must inform you that no one (including campers, parents and staff) may bring the following items to camp: pets, illicit drugs, alcohol, tobacco, firearms, ammunition, fireworks, weapons, and sports equipment. Campers are not allowed to drive vehicles to camp or leave cars parked on camp property. Travel in a non-passenger vehicle (eg. the back of a pick up truck) is prohibited.

DROP-OFF AND PICK-UP

Drop-off time for all day campers is from 8:45am to 9:00am. All campers must be picked up by 3:10 pm.

Please drive carefully during drop-off and pick-up. Campers are present during these arrival and departure times and we want everyone to be safe and happy at Nessacus Middle School. Please be sure that there is an adult signing the child out who is on the pre-approved list for adult pick-ups. Children cannot be released to any adult other than those on the list without prior approval from the Directors. Children riding the school bus will need to be signed out at their stop by a pre-approved adult.

CAMPER RELEASE PROCEDURE AND REQUIREMENTS

Campers must be signed out each day by a parent/guardian or authorized adult as listed on that camper's registration form. The following procedures are in place for campers' safety:

1. Until staff members know designated adults, all adults responsible for picking up campers will be asked for photo identification by the staff member signing out campers.
2. Parents must notify the camp in writing if any changes occur pertaining to the release of their child, including adults authorized to pick up a child, or special circumstances such as early pick-up.
3. In the event that an individual not named in writing by parents attempts to pick-up a child, the parent(s) or emergency contact will be called immediately to determine if the child can be released.
4. If a child appears distressed or does not know an individual listed on the registration form, the child will be offered the opportunity to call their parent to see if all is "normal" and the individual should indeed be picking them up.
5. Please notify us if there is a restraining order in place.

HEALTH AND SAFETY OF DAY CAMPERS

Medication - All medication, including non-prescription medication, must be in its original container and must be labeled with the child's name, correct dosage, and the name of the drug. The Camp Director or designated staff member will administer the medication. If your child rides the bus, please send one container with enough medication for the entire week. This will help ensure that there is the correct dosage at camp each day. Please hand all labeled medication directly to Nessacus Summer Leadership Camp staff member who is supervising the bus. Please do not leave medications with your child.

Health Form - State law requires that we have a completed up-to-date health form including immunization history for your child. Day campers must have had a physical examination within one year of coming to camp. This form does **not** need to be signed by a health care professional; however, your physician, if necessary can forward immunization history to us. In order to attend NSLP Day Camp we must receive immunization history prior to your child's session.

Health Policy - If a camper goes home sick - or is sick when not at NSLP Day Camp - then the camp requires the child to stay home from NSLP Day Camp for at least 24 hours. This will reduce the chance of infection to other campers.

Please do not send your child to camp if they are sick and/or have a fever. A camper will be sent home if they are too sick to stay at camp. Symptoms may include vomiting, having a fever over 100, diarrhea, or any other signs of serious illness. If a child becomes ill or is injured and needs to leave camp, the Camp Director will contact the parents or emergency contact to pick up the child. If a child sustains a minor injury during the day, the parent or guardian will be notified at pick-up unless it is an emergency that requires an ambulance. (HW-10.1)

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Special Medical Needs– While we can accommodate a wide range of special needs, we recommend speaking with our Registrar or Camp Director prior to enrollment if you have any concerns. We have a nurse that visits camp regularly, but the majority of our staff are only first aid and CPR trained. Campers need to be able to follow safety directions given by our staff. Our program may need to be modified for campers with mobility issues. Campers who attend school with a one-to-one aide must also attend camp with a one-to-one aide.

The State of Massachusetts mandates that we distribute the following information.

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. In the US, about 1,000-1,200 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 11-19% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. People who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are not considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, quadrivalent meningococcal polysaccharide (Menomune) and meningococcal conjugate vaccines (Menactra and Menveo) protect against 4 serotypes (subgroups), A, C, W, and Y, of meningococcal disease. Meningococcal serogroup B vaccines (Bexsero and Trumenba) protect against serogroup B meningococcal disease.

Should my child receive meningococcal vaccine?

Meningococcal vaccine is not recommended for attendance at camps. However, these vaccines may be recommended for children with certain high-risk health conditions, such as those described above. Parents of children who are at higher risk of infection, because of certain medical conditions or other circumstances (see above, “Who is most at risk?”), should discuss vaccination with their child’s healthcare provider.

How can I protect my child from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don’t have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.

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If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick. You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or toll-free at (888) 658-2850 or on the MDPH website at www.mass.gov/dph.

Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219.

CAMPER CONDUCT

Each of our campers will enter into a verbal Full Value Contract with our staff on Monday. The Contract is simply an agreement to do the right thing, treat each other well and have a ton of fun while they are at camp. Ultimately however, the Contract encompasses the following behavior guidelines.

- Campers must be cooperative and helpful
- Campers must follow all the camp rules
- Campers must stay within the physical boundaries set by staff
- Campers must respect the camp and the environment
- Campers must wear shoes and socks

So what exactly are the “camp rules?” The camp rules are simply things that make sure that all of our campers are healthy and safe, and that our camp and its environment is protected from harm. Campers must follow all camp rules in order to remain a camper at Nessacus Summer Leadership Day Camp.

- Be respectful
- Stay within eyesight/earshot of staff at all times
- Follow instructions from staff members
- Use appropriate language and be polite
- Do not bring restricted items to camp
- Solve issues diplomatically, without fighting
- Show care for the buildings and property

LEAVING MESSAGES AND CONTACTING CAMP

You may phone Nessacus Summer Leadership Day Camp on the Camp Director’s Cell Phone 413-842-6757. Inquiries about fees and registration should be directed to the Administration Center at (413) 623 8991.

ABSENTEES

If your child is going to be late or absent, please notify the staff by 8:30 AM by calling NSLP Day Camp on 413-842-6757. If a child does not arrive by 9:30AM, a NSLP Day Camp staff member will attempt to contact the parents via the phone numbers provided on the original registration form.

FEES, PAYMENTS AND REFUNDS

Fees must be paid in full by the due date, prior to the start of every session. We will refuse to accept campers who still owe a balance for the current session.

Please make checks payable to *Becket-Chimney Corners YMCA*. Invoices showing a balance due will be sent out before the session starts. Your child’s space may be canceled and given to a child on the waiting list if the balance is not received by the due date. **Please do not send payments with your camper on the bus or give payments to the staff at Nessacus Summer Leadership Camp.** Payments should be mailed or delivered to the Administration Center at 748 Hamilton Road, Becket, MA 01223 or made online at bccymca.org.

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Refunds of camp fees will be given up to 2 weeks prior to the session you wish to cancel.

Cancellations less than 2 weeks prior to the start of the session will result in a credit. This credit is good for 1 year and may be applied toward any Becket Day Camp Program or Berkshire Outdoor Center program. In the case of illness or injury which occurs before the child's session begins, all paid fees will be refunded upon receipt of a written notice from the child's physician.

There is no pro-rating of fees for days missed during a session, or substituting days in another session for any reason. If the camper is a no-show (camp was not contacted prior to noon on the 1st day of the session), all fees are non-refundable.

ACCREDITATION AND LICENSING

Berkshire Outdoor Center is accredited by the American Camp Association and licensed by the MA Department of Public Health. Parents have the right to review upon request Nessacus Summer Leadership Program policies including background check procedures, health care and discipline policies, and grievance procedures (MA State regulation).

DIRECTIONS TO NESSACUS MIDDLE SCHOOL (35 Fox Rd. Dalton, MA 01226)

From Route 8 - Windsor

Travel south on Route 8Aa until you reach Orchard Rd. Turn left onto Orchard Rd. and follow it until the intersection with Route 8. Continue straight onto Route 8 and travel about a half a mile until you reach Fox Rd. Turn left onto Fox Rd. and then left into Nessacus Middle School parking lot.

From Dalton /Pittsfield Area

Follow Route 8 South through Dalton until Fox. Rd. Turn left onto Fox Rd. and then left into Nessacus Middle School.

BUS PICK-UP AND DROP-OFF SERVICES

Route #1

Phone: 413-251-0149

Becket-Washington School

12 Maple St. Becket, MA 01223

Pick-up: 8:15am

Drop-off: 3:45pm

Washington Town Park

500 S Washington State Rd.

Pick-up: 8:20am

Drop-off: 3:40pm

Kittredge Elementary

95 Maple St. Hindsdale, MA 01235

Pick-up: 8:30am

Drop-off: 3:30pm

Peru Town Hall

7 E Main Rd. Peru, MA 01235

Pick-up: 8:35am

Drop-off: 3:25pm

Windsor Fire Department

Rt 9 Windsor, MA

Pick-up: 8:50am

Drop-off: 3:10pm

Bus service is provided for both sessions. Campers must pre-register for this bus service. The cost is \$20 per session.

Nessacus Summer Leadership Camp staff will travel with the campers between the Pick-up/Drop-off locations and will require a signature from an approved adult in order to release a child. Any camper not met by an approved adult will be transported back to Nessacus Middle School and will need to be collected by a parent or guardian. Staff will enforce all safety rules including the requirement to remain seated, use seat belts when available, not distract the driver, and remain in the vehicle until a staff member says they can exit. If a camper does not obey all safety rules, their parents will be contacted.

Please stay with your child until you have signed them in with Nessacus Leadership Camp Staff and your child has boarded the bus or van. Help your child to be aware of other vehicles in the parking lot and use caution moving between vehicles.

If the bus will be more than 20 minutes late, staff will contact parents/guardians using the numbers listed on the registration form.

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