



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



From the Desk of the Director

In preparation for the opening of camp this week, I reflected with my Camp Manager, Danielle Probst Rich about where we were last year around this time with preparations. It was all new to us then. We've learned many lessons, but also had many celebrations with how we envisioned our camp should operate from the selection of camp topics to the recruitment of teachers and staff who shared our values.

This year, we were happy to see many familiar faces from teachers, assistants counselors, and of course, campers and their families who chose to return to our program.

With a full heart and much excitement for the upcoming weeks, I would like to say for the first time this year, "Welcome to Friends Community School Summer Camp. Let's have some fun!"

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ACTIVITY PAGES!

THIS WEEK'S PHOTO GALLERY

Written by Support Staff
Produced by Danielle Probst



01A1 - Little Explorers: Animal Planet

Led By: Crystal A. Robinson

Assisted by: Julian Craig

We began our day getting to know each other. The morning was spent in free-play. During lunchtime, Crystal did a read-aloud of the book, "Crinkleroot's Book of Animal Tracking" by Jim Arnosky. Thankfully, our guinea fowl were happy to be tracked during recess!

We all loved making paper snakes with googly eyes, and after all of the fun with crafts and recess, our afternoon nap/quiet time was well-deserved!

01B1 - Summer Blossoms

Led By: Lauren Hill

Assisted by: Ingrid Aguilar

This camp is BUDDING with future gardeners as our week came into full BLOOM!

Our teacher wanted us to know that we can all play a role in protecting and conserving our environment. We explored eco-friendly practices that can assist in creating a greener world.

We were taught the different parts of flowers, plant life cycles, and gardening tips. We all had green thumbs, for a greener tomorrow.



01B2 - Sticky Science & Creative Construction

Led By: Jazlyn Olivera
Assisted by: Lottie Potter

We became scientist-builders and got down and sticky from day one. Some of the projects this week included testing recipes for DIY clay and slime, making puffy paint art, building tabletop volcanos using recycled bottles while exploring baking soda and vinegar, and even made marble runs with homemade playdough!

We also got to explore and play with HexBug mini robots. The tiny bugbots ran under, over and through obstacles charming everyone so much that tiny houses were built for them.



01B3 & 01B4 - Math Early Numeracy & Math Foundational Skills

Led By:
Alexandra Whyte (B3) & Gerry Stewart (B4)
Assisted by: Catherine Cousins

We played and worked on number writing/formation and quantity changing between 1 and 20. We also colored and painted, worked dot-to-dot pictures, counted and sorted and made their own homemade playdough.

Practicing number formation became a tactile experience when using sandpaper to write the number with our fingers.



01C1 - Theatre Arts 3-5

Led By: Kiersten Whitehead

Assisted by: Liya Abebe

LIGHTS! CAMERA! ACTION!

Our young thespians learned about the various aspects of being of an actor but most importantly how to use the actor's tools: the body, voice, and imagination.

After warming up with some fun improv practice throughout the week, the campers then worked to put on a one act play called *Sleepy Bear* by Deborah A. Cole.

01C3 - Wilderness Skills & Archery

Led By: Alex Andrews & Mark Evans

Assisted by: Liya Abebe

This year, the Archery and Wilderness courses were team-taught by Teachers Mark and Alex. Mark handled the archery courses for both the morning and afternoon while Alex taught Wilderness Skills for both sections.

Both cohorts of our wilderness survivors made a camp fire and built a shelter from found branches in the forest. They also learned the appropriate way to handle archery equipment and did a lot of target practice to develop their newly acquired skills.



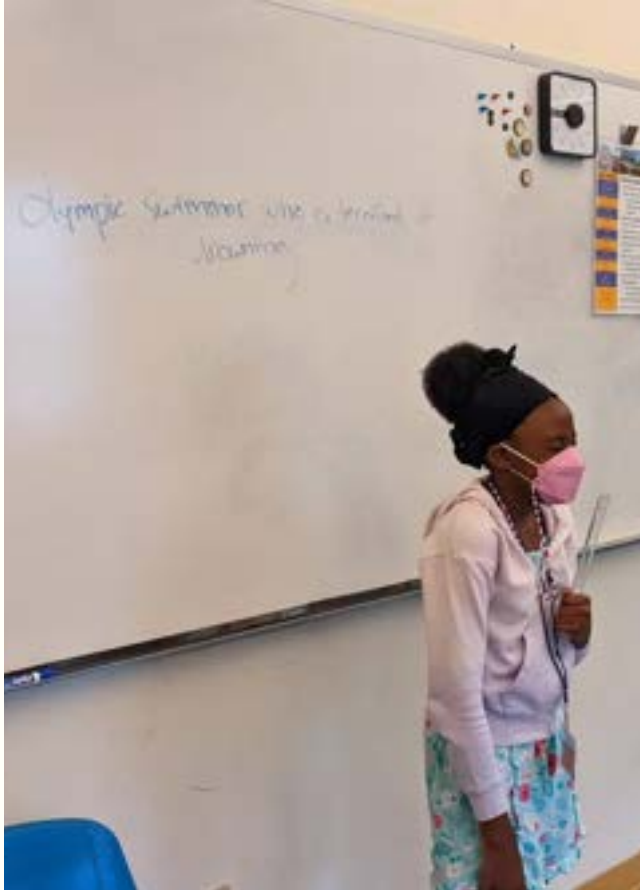
01C4 - 3/4 Math: Building Blocks

Led By: Danielle Martin

Assisted by: Liya Abebe

Mathematical principals collided with art making as students used chance and probability to create unique and individual drawings based on the numbers.

Campers built castles of numbers and then populated them with dragons, princesses and knights, each having a different value.



01D1 - Theatre Arts 6-8

Led By: Daniela Rivadeneira

Assisted by: Jared McCord

Watch out Hollywood! FCS has some future thespians coming out of theatre arts camp!

Campers began by writing their own wrote unique monologues to get inspired. The they brought them to life through performance. Next, they put their writing, acting, and directing skills to the test by creating unique skits which debuted on Friday for the the rest of the 6-8th grade pods.



01D2 - Archery & Wilderness Skills

Led By: Mark Evans & Alex Andrews

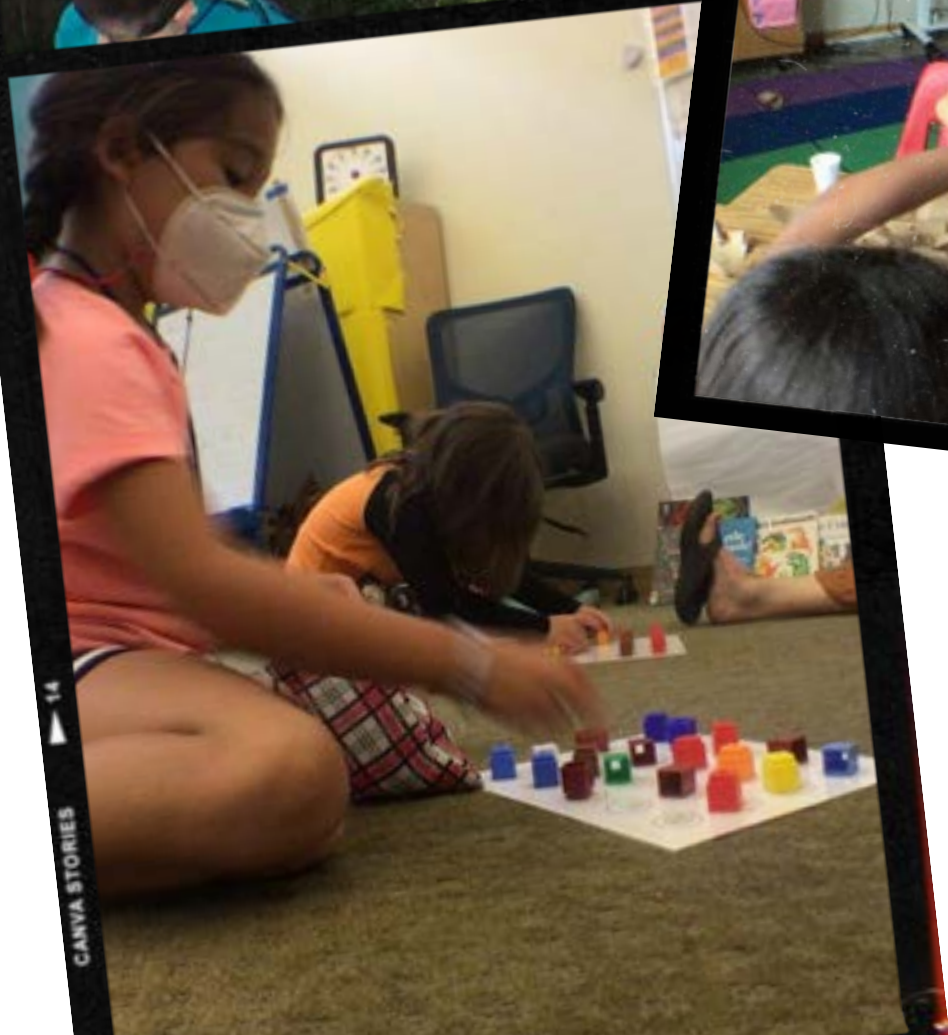
Assisted by: Jared McCord

Why is this archery different from every other archery? Because these students were taught to WEATHER all of the elements!!

Despite the rainy days, campers were excited to learn new skills in tracking, navigating with a compass, creating shelter, and starting fires.



Try this @Home!



Try this @Home!



Paper Snakes!

SUPPLIES:

- Green Card Stock (2 sheets)
- Yellow Card Stock
- Scissors
- Stapler and Staples
- Glue
- Googly Eyes
- Red Balloon

DIRECTIONS: Cut out eight strips of paper for each color. Create circles with each strip by looping and gluing. Alternate colors as you go to make the body of the snake. For the head, cut out a rounded triangle and glue on eyes. You can make a tongue out of the red balloon. You can make this snake as long as you want! A great activity to talk about adding and subtracting!!

Nature Names

Want a cool activity that helps to celebrate the beauty of nature as well as the beauty of being an unique individual?

Nature Names is the activity for you!! Young ones will love scavenging around to find different foliage and other pieces found in nature to create these works of art.

After finding the materials to your liking, have your child write out and then decorate their names with flowers, sticks, rocks, etc. This craft is sure to STICK out!



Try this @Home!



Playdough Marble Run

Do you love building marble runs? Why not build a marble run with a unlikely material...playdough! This activity combines science and crafting all in one.

For this activity you will need to start with making the playdough. For the best playdough all you need is

- 2.5 cups of water
- 1 1/4 cup of salt
- 1 1/2 tablespoon cream of tartar
- 5 tablespoons of vegetable oil
- 2.5 cups of all purpose flour.

Paper cups and paper towel rolls are great materials to use for supporting your structure. They can be cut to any height, and the playdough is great for molding into any shape for ramps and curved pathways.

Math Games

Apartment building: This game provides practice with the relationship involving adding and subtracting.

- Game board: a ten frame two rows of 5 squares each)
- One die
- Some small blocks of the same size: e.g. stacking cubes, wood cubes, etc.

Roll a die. put that many cubes in one box on the game board. Each completed apartment building must have 6 cubes and must be completed before a new apartment building can be built on the next "lot" on the gameboard. The next player rolls the die and adds that many cubes on -- if the first building is not complete (i.e. does not have 6 cubes or stories), the second player must add on to that building until it is finished before starting to build the next building on the adjacent lot.

Two can play it side by side using their own game boards as a race to see who builds their 10 buildings first.



Try this @Home!



Shelter in the Woods

Summer is here and many of us will be enjoying the great outdoors. If you need survival shelter in the woods, or just want to build a cool fort, here's how to construct your own.

You will need:

A long, sturdy branch a little taller than your own height and some shorter branches to lean against it.

Prop one end of the large branch up against a tree or log.

Lean the shorter branches against the large branch to make "walls" on either side.

To help keep out rain, cover the frame you've made with leaves or branches

Remember: shelter first, then hydration, then food.

Now that you have shelter, did you know there are signs all around you to help determine direction and assist you in basic navigation? For example, the sun rises in the east and set in the west. Moss likes to grow on surfaces that face north.

Once you can orient yourself, you'll be able to use your knowledge to know the time of day, or to find moss, which also makes great "caulking" in your stick shelter for the winter.



Try this @Home!



More Math Games

Card games like Solitaire, Go Fish, and Crazy Eight are a great way to work on math through play.

Don't have a deck of cards? You can find the root number of your name, your address or the numbers of all the people in your family by studying the numerical values of letters, words, names or ideas. For example, if your pet cat is called Marmelade, you would add together all the numbers that match the letters of the alphabet which gives you 71, then add $7+1$ and you will find that your pet's number is 8! You can also use this method to write messages in "secret code" to your friends.

Improv

Do you think you might have a little actor on your hands? Help them hone their skills with improvisation.

Not only is it fun but it helps children help to sharpen communication and public speaking skills. It also helps to think on your feet.

Improv needs at least 2 people. Each person will have a character - who they are, a location - where they are, and some form of conflict or problem to solve. These are the starting points and the rest of it is up to your imagination! It's key to listen and respond to your partner and to adopt a yes and, mindset to help move the scene along.

Relax and enjoy and see what kind of story you can create.



Try this @Home!



Hit The Target

With a friend or friends, set up a variety of targets (e.g. empty milk cartons to knock down, paper targets on the wall). Toss beanbags or nerf balls underarm or overarm to hit the targets.

Take turns calling out for each other which target to aim for, and whether to throw underarm or overarm (e.g. "overarm at the pink heart"; "underarm to the juice can").

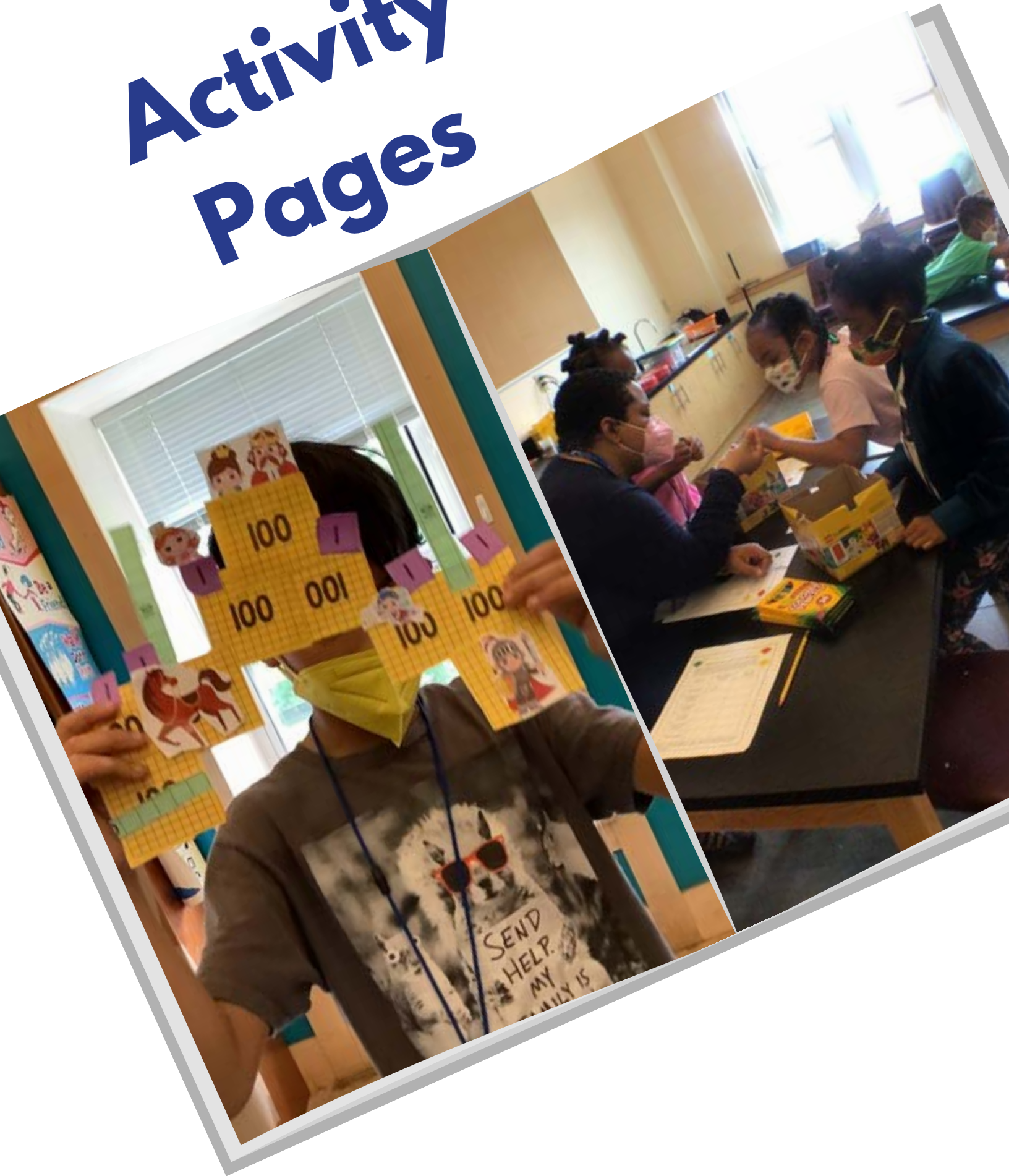
Change things up with some different options. Try new target sizes, color, shape, height from ground aim from largest to smallest, from closest to furthest, from lowest to highest etc.

Try numbering the targets (eg: 1-5). Take turns hitting each one in sequence or try it in progressions.

- Hit number 1 once; number 2 twice; number 3 three times, etc. Or invent a new patterns entirely.
- Keep score and/or time so you can total the number of hits, number of knock downs and speed at which you complete the sequence, You are only limited by you imagination!



Activity Pages



Spot the Difference!



Session 01

A	B	C	D	E	F	G	H	I	J	K	L	M
26	1	23	25	22	21	6	2	15	19	20	17	18

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	13	8	24	4	12	10	3	11	7	5	9	16

7 22 17 23 13 18 22 10 13

23 26 18 8 ! 7 22 2 26 25

21 3 14 7 15 10 2 12 17 15 18 22 ' ,

14 26 10 3 4 22 7 26 17 20 12 ' ,

26 4 23 2 22 4 9 ' ,

26 14 25 17 13 10 12 13 21

18 26 10 2 !

NEW



Jasmine getting trained by Vereen and ready to go!

Additional thanks to:
Gordon McKenzie (Substitute Office Manager)
Sheldon Henry (Director of Technology)
Ramiro Pecher (Substitute Facilities Manager)
Irma Guillén (Daytime Custodian)
Vereen Smith (2021-2022 School Nurse)
Jasmine Vaughn (New School Nurse)

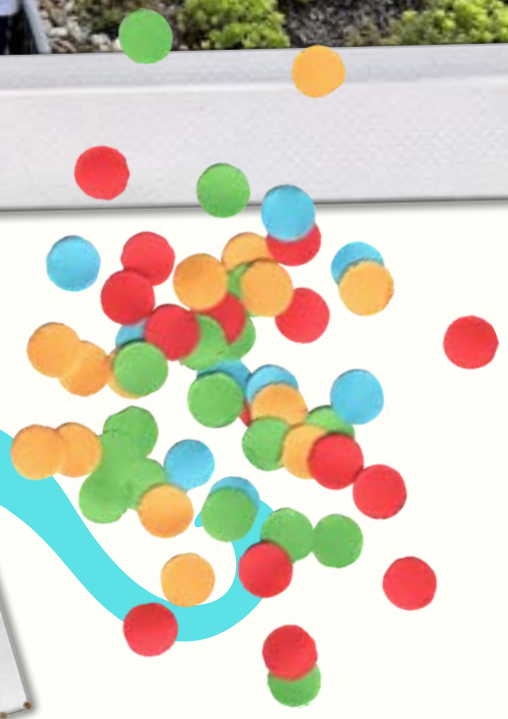
Ello!

~ Jamaican Patois



Vereen's first arrival in August 2021.
Thank you for everything!





Our Support Staff this week:
Taylor Washington
Julian Craig
Crystal Shay Robinson





[Click here for a video slideshow!](#)



See you next week!

- 02A1 - Under the Sea
- 02B1 - Agility Adventures
- 02B2 - Let's Travel Our World
- 02B3 - Language Arts: Emergent Readers (1)
- 02B4 - Language Arts: Reading and Writing (2)
- 02C1 - Inventioneering
- 02C2 - Cooking & Art
- 02C3 - Wilderness Skills and Archery
- 02C4 - Literacy: Reading Comprehension & Writing (3/4)
- 02D1 - Sports and Fitness
- 02D2 - Archery and Wilderness Skills
- 02D3 - Literacy Academic Support Camp (5-6)
- 02D4 - Literacy Academic Support Camp (7-8)
- 02E1 - Counselor-in-Training



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From the Desk of the Director

Last year, our guinea fowl friends showed up as eggs, which then hatched into keets. Our facilities manager, Dan Miller, kept a watchful eye on them and helped raise them through the academic year as fully participating members of the school community. Their role on campus is to help reduce the tick population.

This week, I visited our Agilities Adventures camp which had their classroom located very close to the guinea fowl coop. I watched one morning as the campers were doing their morning stretches while the guinea fowl cheered them on.

Shortly after, our substitute facilities manager, Ramiro Pecher, opens the door of the coop to release the birds. With this simple action came the joyful shouts of excitement as some children ran after the birds...while others ran away. Rest assured, the guinea fowl are harmless to children. Unless, of course, they're ticks in disguise.

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02A1 - Under the Sea

Led By: August Gardner

Assisted by: Brenda Alvarado

We were excited to have our campers DIVE in with this exciting session!

Did you know that starfish have no eyes? Or that jellyfish are older than dinosaurs?

We learned all about under the sea life as we explored the world of our big blue ocean. We learned about all sorts of different unique animals, sang songs, and made all sorts of fun craft projects.

02B1 - Agility Adventures

Led By: Cecilia Volterra

Assisted by: Ingrid Alguilar

In this session, campers unleashed their inner ninja!!

Using these super ninja skills, campers tested their reflexes and agility in a series of physical challenges combining jumping, running, climbing, and completing puzzles against the clock.

Campers designed their own obstacle courses using classroom materials and other items around the camp. It was a great way to let loose and have fun.



02B2 - Let's Travel Our World

Led By: Jazlyn Olivera

Assisted by: Lauren Hill

This session's campers were able to grab their passports and travel all over the world as they went from country to country learning about different cultures and places.

Our tourists were able to visit places like Ghana, Italy, Australia, and more! Not only were they able to learn what makes these places so unique and special, more importantly campers learned about the similarities that connect all people of the world together.



02B3 & 02B4 - Language Arts (1 & 2)

Led By:

Alexandra Whyte (B3) & Gerry Stewart (B4)

Assisted by: Catherine Cousins

These camps really put the fun in FUNdamentals!!

In an intimate cohort our campers reviewed vowels and consonants, practiced their reading skills, handwriting, and word recognition using a variety of arts and crafts projects. These hands on activities, in addition to nature walks and outdoor play fed minds and bodies.





02C1 - Inventioneering

Led By: Margaret Strohecker

Assisted by: Lottie Potter-King

Campers put their imaginations to the test in this innovative session which combined inventing and engineering. STEM practices were combined with arts and crafts to foster creative problem solving.

In one experiment, using ordinary objects such as toothpicks, paper plates, and pool noodles, campers transformed these commonplace items into new creations such as mini golf courses and hot air balloons!

02C2 - Cooking & Art

Led By: Crystal A. Robinson

Assisted by: Liya Abebe

Our chefs were hard at work in the kitchen this week!

We learned basic kitchen skills like how to properly measure ingredients, proper knife skills, and other kitchen etiquette as we sent delicious aromas throughout the camp's hallways.

We made things like fruit salad, edible slime, salt dough, and lots of other creative and delicious items!



02C3 - Wilderness Skills and Archery

Led By: Alex Andrews & Mark Evans
Assisted by: Julian Craig

This week campers sharpened their outdoor skills and learned how to handle the elements in nature.

During Wilderness skills they learned how to identify wildlife as well as how to find both true and magnetic north. They even built their own shelters and made a fire! In Archery campers were taught how to find their mark with a bow and stay safe while doing it.



02C4 - Literacy (3/4)

Led By: Johari Frazier
Assisted by: Liya Abebe

Who said academic camps can't be just as fun in the summer?

These campers spun tales through the art of storytelling. They explored the foundations of narrative writing, learning how to follow a writing prompt and to review and study informational texts. Campers illustrated their stories with drawings and shared them at home.





02D1 - Sports and Fitness

Led By: Daniela Rivadeneira

Assisted by: Floaters

Our campers were able to show their star athleticism this week, as well as learning the importance of living a healthy life.

Basic game play, rules, and overall sportsmanship came first, followed by games such as table tennis, corn hole, and volleyball.

Vital lessons about safety and form were learned about weight lifting, yoga, and other stretching techniques.

02D2 - Archery and Wilderness Skills

Led By: Alex Andrews & Mark Evans

Assisted by: Floaters

This group learned the importance of survival skills and being resourceful. In wilderness skills Alex taught campers how to create their own shelters using nothing but sticks and foliage. They also learned how to make their own fire which is essential to surviving the outdoors.

They also became excellent archers this week by practicing hard with Mark. These campers learned all about what it means to be a true marksman.



02D3 - Literacy (5-6 & 7-8)

Led By: Lynn Kaplan & Samantha McKay
Assisted by: Ramlah Amsa & Crystal Shay Robinson

Our studious campers were on the WRITE track this week in Literacy camp. They learned some useful tips and techniques in overall communication skills with a focus on reading and writing.

Interspersed with games and physical activities, literacy campers learned techniques for research, as well as practiced making inferences in their writing.

Daily drills expanded vocabulary. Penmanship and public speaking exercises prepared them for note-taking and making presentations.



02E1 - Counselor-in-Training

Led By: Danielle Probst Rich

High school isn't too early to start learning about what to expect in the working world.

First week CIT's are introduced to working with others by observing teachers and assistant counselors in the classroom. In the afternoons they meet together to learn how to write resumes, take part in interviews, and read job descriptions to gain a broader understanding of how to tailor their resumes to highlight their strengths.

In subsequent weeks, CIT's will gain practical experience in filling out employer forms, how to read and understand a pay stub and what to expect when filling out a rental agreement.

Later cohorts will be introduced to topics such as study techniques and how to find a summer internship that works toward their goals.

Try this @Home!



Try this @Home!



Make Your Own Sharks

Sharks are among the most popular ocean dwellers, so this paper plate shark craft is sure to be a hit with any kids in your life!! Using paper plates, paint, glitter, googly eyes, and glue this quick and simple craft is sure to make waves.

Cut out the shape of fins for the shark and paste onto the paper plate then use glitter and paint to decorate to your liking. Hang it from a string so that it gives the appearance of floating in the ocean.

Make your own Leaning Tower of Pisa

This craft is a simple idea that will definitely hold your child's attention even after it is complete.

With just a empty toilet role, some glue and any color of construction paper, and markers, you can create your own leaning tower of Pisa.

Begin with cutting your toilet role into four sections and put glue on the end you want to use. Then place a circular piece of paper on top. Repeat these steps and make your tower as tall you want!



Try this @Home!



Make your own Obstacle Course!

Getting kids outside and active is important since it exercises both their bodies and imaginations. No need to purchase fancy equipment. An obstacle course can be created from inexpensive everyday items.

Think about moving one object from one place to another to create an obstacle. You can move around chairs and use any equipment that you already at home such as hula hoops and jump ropes.

Here are a few ideas to get started:

- Pool noodles are a great way to work on movement skills, hopping on one foot or jumping over or through them.
- Try making a tunnel with two chairs and a blanket thrown over top.
- A jump rope becomes an easy tightrope when laid on the ground.
- Hula hoops placed on the ground can make a row or pattern.
- Water bottles could be used as bowling pins.
- A tennis ball can be used to knock down as many pins as possible.
- Timing the runs through your homemade course is a great way to test improvement in speed and agility.



Try this @Home!



DIY Mini Golf Course

Take a SWING at this cool idea that will be just as much fun building as it is playing.

Using regular items easily found around the house you and your child can build a custom mini-golf course. Use it over and over or modify it to make it more challenging, either way it's guaranteed fun. the fun never ending.

Items such as paper cups and bowls, rulers, pool noodles, tape, card stock, cardboard, poster board, recycled take out containers and ping pong or small rubber balls will get you "on par" in no time.

3 Ingredient Sugar Cookies

Buttery and warm sugar cookies in an instant? YES PLEASE! You will need:

- 1 cup unsalted butter
- 2/3 cup + 3 tablespoons of granulated sugar
- 1 teaspoon of vanilla
- 2 cups + 1 tablespoon all purpose flour, spooned and leveled

Keep them plain or decorate them with rainbow sprinkles, nuts or chocolate chips

Instructions:

1. Preheat oven to 325 degrees, line two large baking sheets with parchment paper
2. Use a mixer to beat together batter until combined
3. Add flour and blend
4. Use cookie scoop to roll dough into 1 inch balls and bake for 12-15 minutes!



Try this @Home!



At Home Cornhole

A perennial summer favorite, cornhole is a bean bag toss game.

Two elevated platforms with a hole in each has a hole you try to aim for. If the bean bag passes through the hole, that player earns three points; a bag that lands on the board earns one point. Opponents take turns tossing four bags each. The first player to reach a total of 21 points wins.

You will need:

- One or two cardboard boxes
- A circular template (paper plate, bowl)
- Something to trace the circle (marker, pencil, pen)
- Scissors
- Tape
- Bean bags (or tossing alternatives like socks)

Decorate the boxes with paint or markers and make "bean bags" using sand, gravel or dried beans.

Popcorn Story Telling

This is an easy storytelling activity that helps with building oral language skills. Encouraging your child to tell and share more stories will attune them to their imagination and spark creativity.

Popcorn Stories are basically little stories that “pop” into your head when you hear certain prompts. A great way to begin is “Once upon a time there was a...” then let your child take over. If the story starts to stall, you can add “and then they” to get things going again. Other great transitions are “suddenly”, “to their surprise”, or “meanwhile”.



Try this @Home!



Wilderness Shelters

Build a strong, lasting memory of playing with your children in nature by making a nature shelter for kids. They'll love making it with you! First, we found an area where we could create a solid foundation adding some big sticks to the branches that were already there. We built the nature hut up with a lot of big, long sticks and then covered it in smaller sticks, pine cones and a few leaves. Then, we weaved long grasses through sticks.

We will hold memories of working in the forest, as a team to build something magical and spectacular together.

Practice Writing Prompts

All skills improve through practice. Prompts are a great way to practice narrative writing.

Writing practice using prompts helps to build literacy and communication skills, promotes creativity and helps students remember through the action of writing by hand.

Writing prompts encourage students to describe, explain, persuade and narrate stories about their world. Details are essential to building your story in thoughtful and creative ways.

Writing prompts can be found online or make some up together as a family.



Activity Pages



Spot the Difference!



Session 02 Word Search

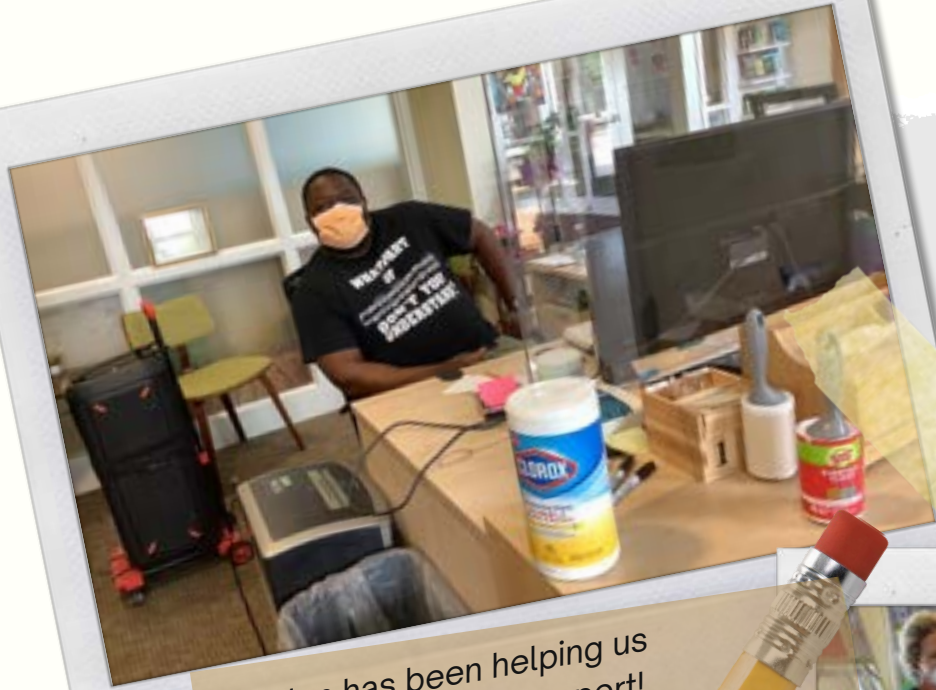
B	L	O	W	S	T	E	M	X	I	Y	Q
V	S	H	E	L	T	E	R	L	H	M	N
O	W	N	W	E	P	B	O	O	K	S	A
W	O	U	C	R	O	S	S	F	I	T	H
X	R	F	J	S	E	A	F	O	W	L	D
O	L	M	A	P	Y	S	A	L	A	D	E
Q	D	R	E	A	D	I	N	G	W	Z	I
V	L	N	I	N	J	A	T	K	B	A	S

Find the following words in the puzzle.
Words are hidden → and ↓ .

BOOKS
CROSSFIT
FOWL
NINJA

READING
SALAD
SEA
SHELTER

STEM
WORLD



Gordon has been helping us
as our front office support!

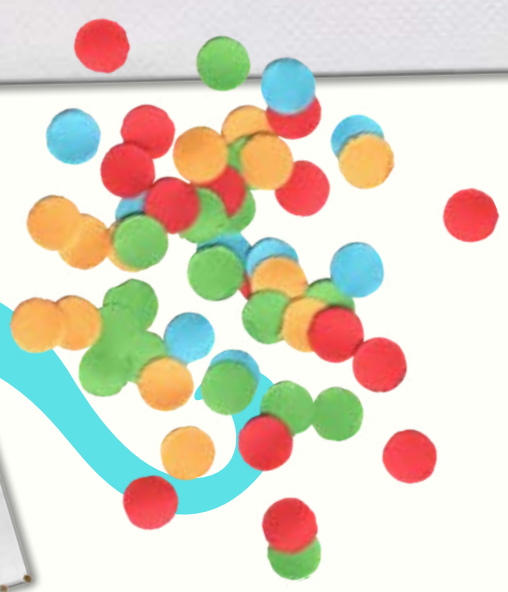
Gassou!

~ Greek

Additional thanks to:

- Gordon McKenzie (Substite Office Manager)
- Sheldon Henry (Director of Technology)
- Ramiro Pecher (Substitute Facilities Manager)
- Irma Guillén (Daytime Custodian)
- Jasmine Vaughn (School Nurse)





Our Support Staff this week:

- Taylor Washington
- Julian Craig
- Crystal Shay Robinson



[Click here for a video slideshow!](#)



See you next week!

- 03A1 - Little Explorers: Out of this World
- 03B1 - Nature Explorers
- 03B2 - Building & Patterning
- 03B3 - The world of Eric Carle
- 03C1 - Sport of the Day
- 03C2 - How is it Made?
- 03C3 - Wilderness Skills & Archery
- 03D1 - Extreme Engineering
- 03D2 - Archery & Wilderness Skills
- 03E1 - CIT



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From the Desk of the Director

During the summer, we not only have FCS teachers working with us, but guest teachers and assistants from our community as well. As I observe camp classrooms each day, I am always pleasantly surprised by how each individual utilizes our facilities/resources or adapt a camp curriculum with their own flair.

I've shared with my staff that FCS Summer Camp is just as much of an experience for them as it is for the campers. Many teachers use the opportunity to showcase what has worked well for them in the past. Others may take the time to try new things or approaches that they may not have access to during the year. Although we have several iterations of certain camps, I have yet to see any two experiences be exactly replicated between different teachers.

I am proud to offer to our community a unique and outstanding camp experience for our children each week. The work, however, lies solely in the hands of my summer team, who truly see and guide your child each day. For that, I am always grateful to be there to support them.

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03A1 - Out of this World

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Assisted by: Brenda Alvarado

Our campers were excited to BLAST OFF into another week of fun!

Did you know the first person on the moon was Neil Armstrong? The first creature to orbit the earth was Laika, a Russian dog?

We launched off on our rocket and started our journey to travel the galaxy. Stars, planets, moons and satellites await discovery. Adventures await!

03B1 - Nature Explorers

Led By: Jazlyn Olivera

Assisted by: Amara R. (CIT)

In this camp, we got down and dirty while walking through the beautiful nature trail just behind FCS! We got to explore the ecosystem and wildlife that surrounds FCS campus.

We used leaves, flowers, and sticks to create bird nests, nature names, and butterflies/dragonflies. We learned about tree rings and how important they are to find out the lifespan of a tree in story.



03B2 - Building and Patterning

Led By: Crystal A. Robinson

Assisted by: Catherine Cousins

This week, our creative muscles got plenty of exercise as we used a variety of media to build unique towers and structures.

We built colorful patterns using building blocks, Legos, recycled materials and a whole lot of creativity. We learned how patterns, that make up the simplest things we see and use everyday.

Our builders were able to perfect their techniques on building the tallest towers and sturdiest buildings.



03B3 - The World of Eric Carle

Led By: Sandra Haw

Assisted by: Lottie Potter

This week campers explored the world of colors and textures through the eyes of author Eric Carle. It was a colorful and artsy adventure each day!

Painted paper was used in a decoupage technique to create art inspired by Carle. Campers were immersed in stories of the natural world through books, cartoons and read alouds.



03C1 - Sport of the Day

Led By: Gillian Rosenzweig-Stein
Assisted by: Liya Abebe

This week, we had a small group, so playing traditional team games like soccer or baseball was out of the question! Of course, we still had a lot of fun exercising our bodies and doing other fun sport activities.

Gillian is a seasoned athlete and she taught us how to safely work out using weights in the camp gym area, practiced drills, and even played dodgeball with the kids in How is it Made?

03C2 - How is it Made?

Led By: Daniela Rivadeneira
Assisted by: Liya Abebe

Many of us heard from our parents growing up this phrase, "Don't break that!" In this camp, we encourage it!

With curious minds, budding engineers and designers learned how various household items were constructed by reverse engineering them.

Taking things apart, campers gained familiarity with basic hand tools like hammers and screw drivers. They also learned the importance of wearing protective glasses. Later they turned their explorations into art projects using the recycled materials creating unique pieces using speakers, magnets, rope and wheels.



03C3 - Wilderness Skills and Archery

Led By: Alex Andrews

Assisted by: Jared McCord
& Robert R. (CIT)

Younger generations have lost touch with the outdoors, but not these campers. They learned about the complexities of survival in the wilderness with Alex. This included building their own shelters and learning how to make a fire!

In the afternoon they worked with Mark on archery skills, and proved themselves to be talented young archers.



03D1 - Extreme Engineering

Led By: Margaret Strohecker

Assisted by: Julian Craig

In this week, we used our imagination to plan and execute various projects such as earthquake-resistant towers, weight-bearing bridges, crash-resistant cars, and film canister rockets! Each day was a new opportunity to discover more about the physics around us each day!

We learned a lot about how engineers have to problem-solve and work together often with limited resources and time constraints.



03D2 - Archery and Wilderness Skills

Led By: Mark Evans

Assisted by: Jared McCord & Louis L. (CIT)

Crossbows are an advanced archery tool representing an advance from the usual longbows that Mr. Mark teaches during camp. These tools were only taught to 6th-8th graders.

Just as with archery, crossbows should always be used with care and adequate preparation. Having a stronger and consistent draw weight (30 pounds) means there's more force behind each shot.

We followed our safety rules and had a great time exploring this safely!

03E1 - CIT's

Led By: Danielle Probst Rich

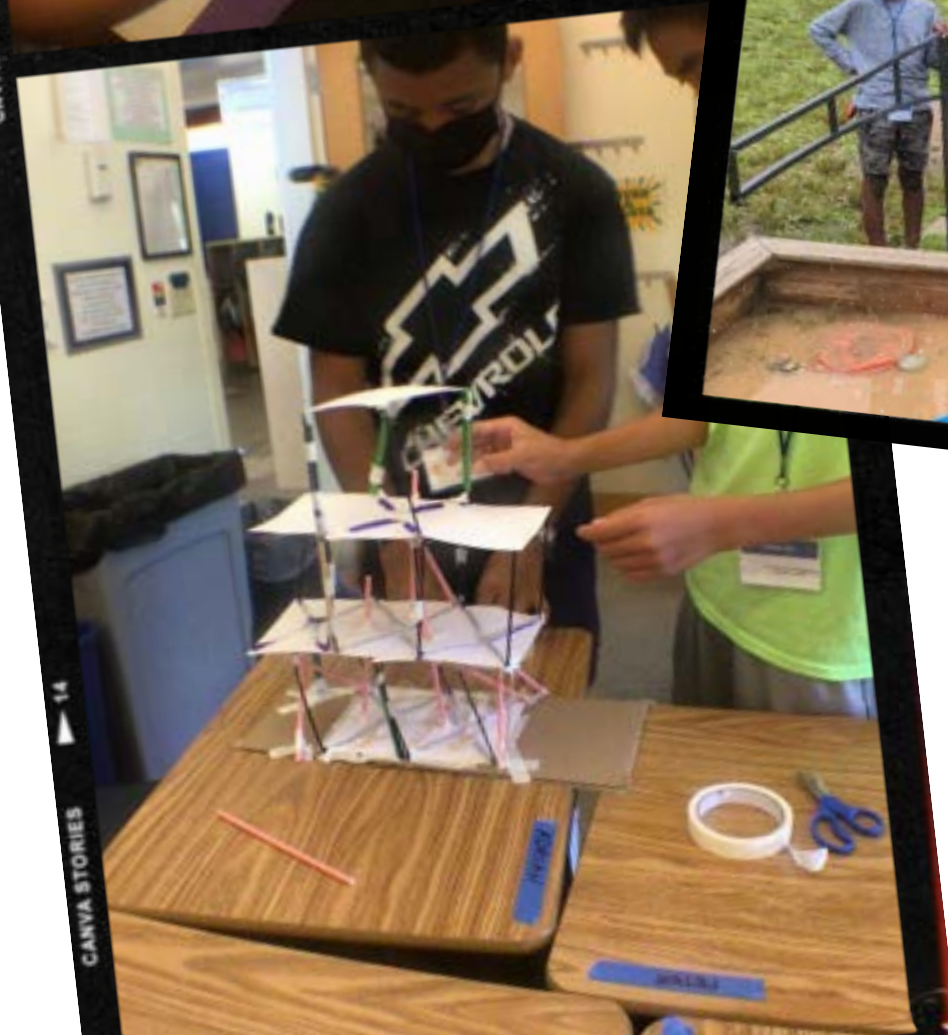
Multiple tracks of CIT's this week gained experience helping out Lead teachers and Assistant Counselors in classrooms. They learned how we use walkie talkies for campus communication.

Track One CIT's got resume building experience and learned how to prepare for and answer questions in a job interview.

Track Two CIT's got hands on experience in filling out important job related documents such as the I-9 and W-4. They read a case study of a teen who advocated for equitable pay in a summer job and not only won the back pay due her but was able to help a friend in another job through her experience.



Try this @Home!



Try this @Home!



Paper Rocket Ship

Do you have a little astronaut in the family who's fascinated with space travel? They will love making a paper rocket!

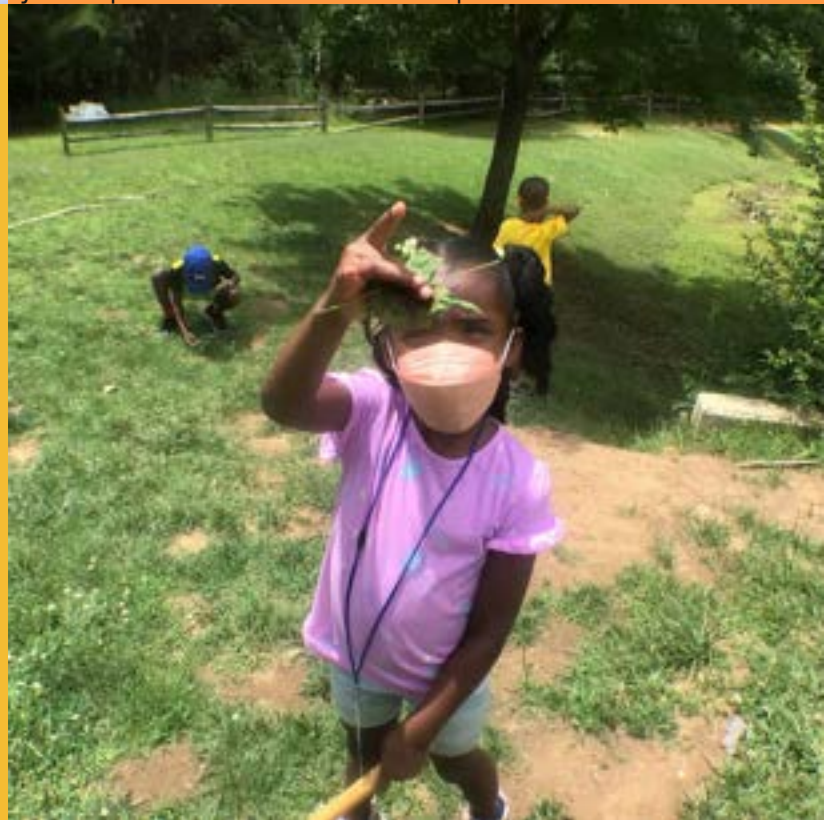
It's easy to blast off into space using just your imagination and some paper. First make a cylinder for the body of your rocket, then add a cone at one end for the capsule.

Draw windows along the side and "flames" at the bottom complete your ship. With a name and a mission, who knows where your space traveler will end up?

A Bird's Nest of Clay

Birds use various materials to create a nest. Twigs, fluff from plants and leaves are most common but birds are also known to recycle human made objects such as thread, yarn, gum wrappers and other small items people discard carelessly.

All you need for this activity is some air dry clay such as Model Magic and objects you may find in your neighborhood. Once you have gathered your materials, make a bowl shape with the clay and weave or press your finds into the clay. Let the clay dry and you'll have a lovely nest!



Try this @Home!



Making Patterns with Colors!

Patterns are all around us. Parents can take time with children to observe objects in their home to describe and identify patterns.

A chess/checkerboard is a great place to start. Two colors, many squares. How many red? How many black? Are they the same number? Then invite your child to look for similar patterns. Take them into the kitchen and open a cabinet, have them describe what they see. what are the colors?

Ask them to identify patterns in colors and patterns and then see if they can recreate them with Legos, crayons or paints.

Watercolor Art

The beauty of the watercolor medium is that with just one color, many tints of color can be created with just water or the addition of white.

Try painting a bright sky with just blue, using water to thin the paint or add white to create new blues of blue. Try combining red, oranges and blues to create a sunset or blues and greens and grays. What about adding a touch of black to discover new shades of your main color or work with primary, secondary and tertiary colors to even more color magic.



Try this @Home!



Basketball Drills

Basketball requires speed, precision and a bit of improvisation to surprise your opponent and lead your team to victory.

Shooting baskets is great, perfecting that "nothing but net" swoosh is a satisfying accomplishment, but improving your stamina and lung capacity to keep moving is just as vital.

Aerobic exercise, HIIT (high-intensity interval training) drills and cycling can all aid in building your skills but they all contribute to increasing stamina and building the strength needed to keep moving and outlast your opponents.

Recycled Inventions

By engaging in creative problem solving we learn to look at things in a different way. Have your child build this skill by taking household objects you would usually recycle and experiment by assembling the bits and pieces into something new.

A marble run can be made from paper towel rolls, a broken pool noodle and paper plates. Your child could go with you to a thrift store to pick out a clock or a radio to take apart and encourage them to put back together to deconstruct and rebuild into art.



Try this @Home!

Building a Fire

Building a fire is an essential woodland survival skill. Many hikers carry a firestarter kit of flint and steel and some char cloth. No char cloth? Look around for dry organic materials such as dead leaves, dried out moss, a birds nest, pine straw or the fluff from a cattail or milkweed, they can all serve as the start to your fire, catching the spark. Alternative sources of flame such as waterproof matches or a portable butane lighter can also get your fire going.

Before making your fire make sure that you have gathered plenty of fuel in various sizes such as thin sticks, and increasingly thicker dry branches

The most important thing is to start slowly. Don't over feed your fire or you risk smothering it. Learn to identify the best types of wood for cooking - oak or fruit trees such as apple are great. Nut tree wood like hickory also adds flavor to your food through the smoke. Pine is best used when you want to get your fire started quickly as it burns fast and hot.

Learn to identify wood that might have poison ivy growing on it. The smoke from the burning ivy can irritate your eyes and lungs, even causing a rash on your face and hands if they are exposed to the irritants in the plant.

Most importantly, have the tools on hand to out your fire before you start it. Buckets of water, sand or dirt can damp down flames in an emergency. Adult supervision is a must.



Try this @Home!



Egg Crash Cars

Can you build protection around a raw egg to roll it down an incline so it doesn't break?

Challenge your friends and siblings to create cars or sledges that you can slide down to test your egg.

Materials to try - bags filled with water, soft paper, air bags from packages or build try building a frame around the egg with toothpicks and glue.

Make a note of the materials used, their weight and how steep the incline is. What works well to protect your egg from breaking? How many times can you slide your car along the track safely

down the chute before your egg breaks? Make sure you have plenty of eggs on hand so you can make adjustments to your car and materials protecting your egg.

What works best? What materials make your egg car move faster or slower?

Did you know that experiments like this are done every year with new automobiles before they are sold to the public? Your egg is a crash test dummy and you are the company testing for passenger safety. The concept is the same, to keep your egg "passenger" safe in the vehicle.

Who knows? You might come up with an eggcellent way to keep your egg whole!



Activity Pages



Spot the Difference!



Session 03

Unscramble the words.

1. Secpa

2. rteuaN

3. uidlBing

4. lolagCe

5. Strop

6. Tloso

7. ldsimsWee

8. hecryAr

9. Eerignnineg

10. sueeRm

Word Box

Archery

Nature

Tools

Building

Resume

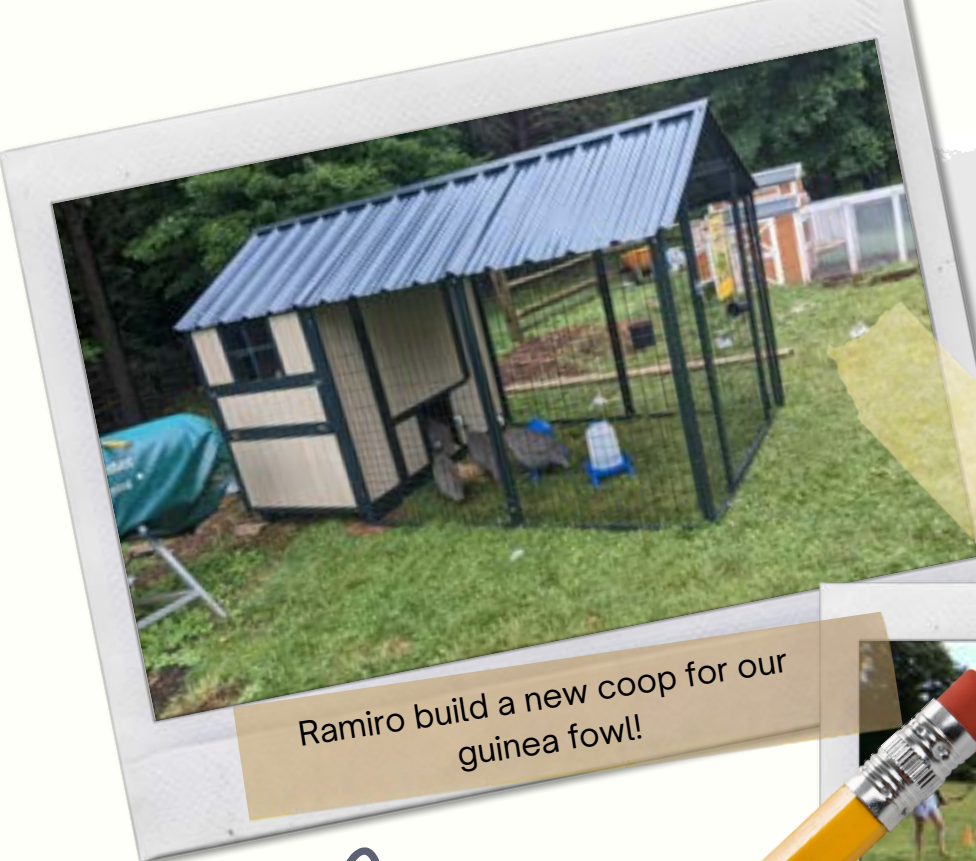
Wilderness

Collage

Space

Engineering

Sport



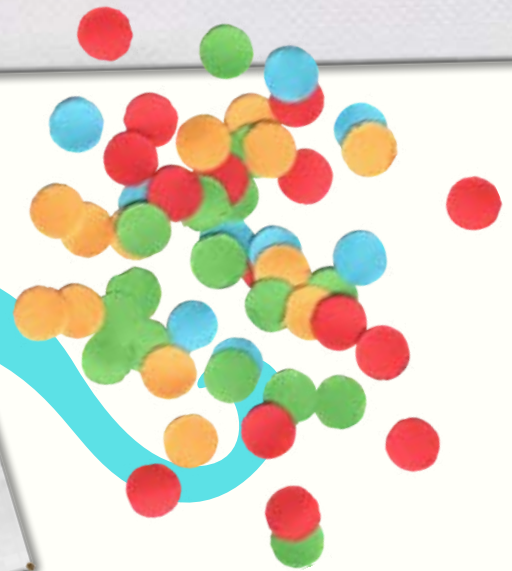
Ramiro build a new coop for our guinea fowl!

Additional thanks to:
Gordon McKenzie (Substite Office Manager)
Sheldon Henry (Director of Technology)
Ramiro Pecher (Substitute Facilities Manager)
Irma Guillén (Daytime Custodian)
Jasmine Vaughn (School Nurse)

Ciao!

~ Italian





Our Support Staff this week:

Taylor Washington
Ingrid Aguilar





Click here for a video slideshow!



See you next week!

- 04A1 - Little Explorers (Dino Fun)
- 04B1 - Sport of the Day
- 04B2 - Magic School Bus
- 04B3 - Bug-Eyed Fun
- 04C1 - Summer Blossoms
- 04C2 - Puppy Love
- 04C3 - Wilderness Skills & Archery
- 04D1 - Live-Action Role-Playing Adventures
- 04D2 - Archery & Wilderness Skills
- 04DV - High School Test Prep (Reading & Writing)
- 04E1 - CIT (Counselor-in-Training)



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



From the Desk of the Director

Five years ago, as a relative newcomer to the community, my first opportunity to work at FCS summer camp was teaching the Puppy Love camp at the request of my predecessor, Erin Murray-Hause. I believe that it was because she found out that I have two dogs and a cat, so she may have hoped that I knew how to take care of them, and could teach children how to be responsible pet owners.

It was during that time that I got to explore what makes our summer program truly special: passion.

The passion that each teacher brings to the table for each camp is what drives our successful experiences week after week. I've mentioned previously that no two teachers have taught the same camp them twice, which is a testament to their ability to teach to what they love.

Even now, I am always excited to walk through the door of each classroom to find something new and magical that delights me and your children each day.

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THIS WEEK'S
PHOTO GALLERY

Written by Support Staff
Produced by Danielle Probst



04A1: Little Explorers: Dino Fun

Led By: Franny Ashcraft

Assisted by: Brenda Alvarado

CIT: Matthew A.

This week, we explored the time before humans when dinosaurs ruled the earth.

The best part was that there was a bin full of dinosaurs that lived in the classroom with us for the whole week!

We learned all about the different variety or prehistoric reptiles and completed lots of arts and crafts. We ended our week digging for fossils and shells.

04B1 : Sport of the Day

Led By: Jazlyn Olvera

Assisted by: Catherine Cousins

CIT: Maya D.

Campers were good SPORTs for this camp! They were able to learn about unique sports and athletic activities and try them out.

Each day campers were introduced to a new sport, learned the rules and history, played the game, and completed an arts and crafts activity based on that day's sport.



04B2: Magic School Bus

Led By: Patricia Soumoff
Assisted by: Lauren Hill

Hop aboard for adventure! In this camp students were able to pair imaginative play with the interesting world of science.

Each day was a new experiment from color exploration to flapping birds, DIY weathervanes, and even building our own bus in the classroom!

Inspired by the antics of Ms. Frizzle, students did crafts and science experiments that truly seemed magical!



04B3: Bug Eyed Fun!

Led By: Sandra Haw
Assisted by: Ingrid Aguilar

Campers didn't let anything bug them this week as they got immersed in all things insect.

From symmetry painting to recycled art, and even searching for bugs outside during play time, campers were excited to enjoy our little critter friends.

Campers learned about the vital role that insects play in our ecosystem. They were able to study different creatures and hopefully learned to not fear our buggy buddies.



04C1: Summer Blossoms

Led By: Gillian Rosenzweig-Stein
& Crystal Shay Robinson

Assisted by: Liya Abebe

Campers got down and dirty this week with Summer Blossoms!

They learned the ends and outs of gardening and the proper techniques for tending a home garden.

Seed bombs and pressed flower jewelry were just some of the crafts our campers made.

04C2: Puppy Love

Led By: Daniela Rivandiera

Assisted by: Lottie Potter

CIT: Amara R.

Who let the dogs out? I think it was this group of campers!

This week campers learned the importance of caring for an animal and tried out the responsibility of having a pet. They soaked up information about different breeds of dogs and how to properly take care of them. But perhaps the highlight of the week was a guest visit by DC, our lead teacher's dog who stopped by to try the treats campers had made. The taste report? Two paws up!



04C3: Wilderness and Archery

Led By: Alex Andrews and Mark Evans
Assisted by: Jared McCord

By far, the most popular camps here at FCS are the Archery and Wilderness Skills sessions. They run for six weeks of the summer with age-appropriate curriculum and gear for multiple age groups. FCS wouldn't have this summer program if it wasn't for our academic year PE teacher, Mark Evans. A fan of archery since childhood, Mark is mostly self-taught but has studied under competitive archers, too. He says the long bow is his favorite because, "It's a classic and so streamlined." The design has been refined for thousands of years.



04D1: Live Action Role-Playing Adventures

Led By: Crystal A Robinson
Assisted by: Allie Burkholder

Come to a place where imagination becomes reality! Who ever said that anyone is too old to play pretend?

Imaginations were stretched as campers created their own unique story and designed materials for this interactive LARPing camp.

Our campers started off the week with creating their character sheets, foam weaponry, and embarked on an epic adventure from training with scarecrows to adopting a dire wolf, and even defeating a draconic final boss that spewed fire!



04D2: Archery and Wilderness Skills

Led By: Mark Evans

Assisted by: Jared McCord

This week campers got out into the woods to learn the basics of how to build a shelter, how to safely build, maintain and extinguish fires, and basic celestial navigation with the sun.

Campers also learned a few camping knots such as the bowline knot, useful for tying up a bear bag or putting things securely on the top of a car. Chances are, if these campers ever need to survive in the wilderness, they'll know what to do!

04E1: Counselors in Training

Led By: Danielle Probst

Each week, our CIT's gain valuable work experience by observing and engaging with campers in their assigned classroom. Each afternoon they join together as a group to learn resume preparation, how to read between the lines of job descriptions and techniques for job hunting and interviewing.

These fundamental skills are a soft introduction to project management and independent living as a young adult. CIT's who attend more than one week gain expanded knowledge in areas such as personal finance, choosing a career path, how to fill out rental agreements, understand employment forms and more.



Try this @Home!



Try this @Home!



Fossil Digging

With a Rrrroooooaaar the Little Explorers learned all about dinosaurs. Keep the fun and learning with this fossil digging activity that you can try at home.

With few materials, sand in a baking pan, shells and minerals, and a small shovel (even a spoon could work) you and your camper can search and uncover the items buried beneath.

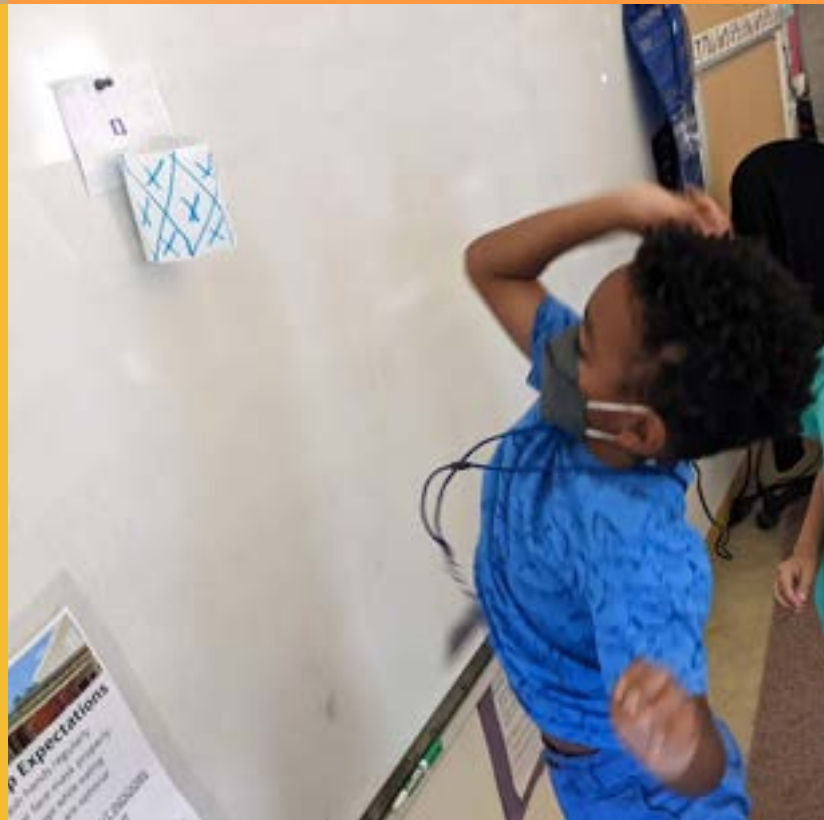
This is also a great sensory activity that can be used for calming and focus.

Paper Basketball

With only three pieces of paper and some glue, you can make a SLAM DUNK of an at home activity with your child.

Using the paper to make a backboard, ring for a hoop, and a paper ball, this is an inexpensive craft that will lead to endless fun.

Switch up game play by making multiple balls for a 3 point shoot out, or multiple goals for various challenging trick shots.



Try this @Home!



Rock Painting

Are you looking for a quick and simple way to decorate your garden, need an idea for give a unique gift?

For rock painting its simple to find rocks around your home and using acrylic paint, your child can decorate the rocks to their liking.

You could try making rainbow stones, as pictured, write an encouraging message or paint a picture of a favorite animal, or flower.

Egg Carton Ants

This was a fun activity that campers completed in Bug Eyed Adventures to learn about the role ants play in our ecosystem. Campers were amazed to learn how strong ants are, in relation to their tiny size.

Just cut egg cartons up into three segments and paint them black. Glue on pipe cleaners for legs and antennae. Googly eyes add the final touch to these ants you might actually welcome to a picnic!



Try this @Home!



Growing Vegetables

Why garden, you ask? How about enjoying the best vegetables and fruit you've ever eaten? If you've never tasted garden-fresh food, you will be amazed by the sweet, juicy flavors and vibrant colors. There's absolutely nothing quite like fresh veggies, especially if you grow them yourself—which you can!

It may seem tedious at first but you'll find gardening is a very rewarding hobby, it just requires a little patience. Just pick the proper location, start small, and research what kind of vegetables are good for beginners. Water and sunshine do the rest.

DIY Dog Biscuits

Commercially made dog treats can have fillers and additives to keep them shelf-stable, yet organic treats can be a little pricey. These are a great way to ensure your best friend gets a budget friendly treat made with love and quality.

Ingredients.

- 1 cups flour, we used coconut
- 1 large eggs
- 1 cup canned pumpkin
- 4 Tbsp unsalted chicken broth

Drop or mold into shapes, bake at 350°F for 25 minutes or until golden brown.



Try this @Home!



Hiking Safety

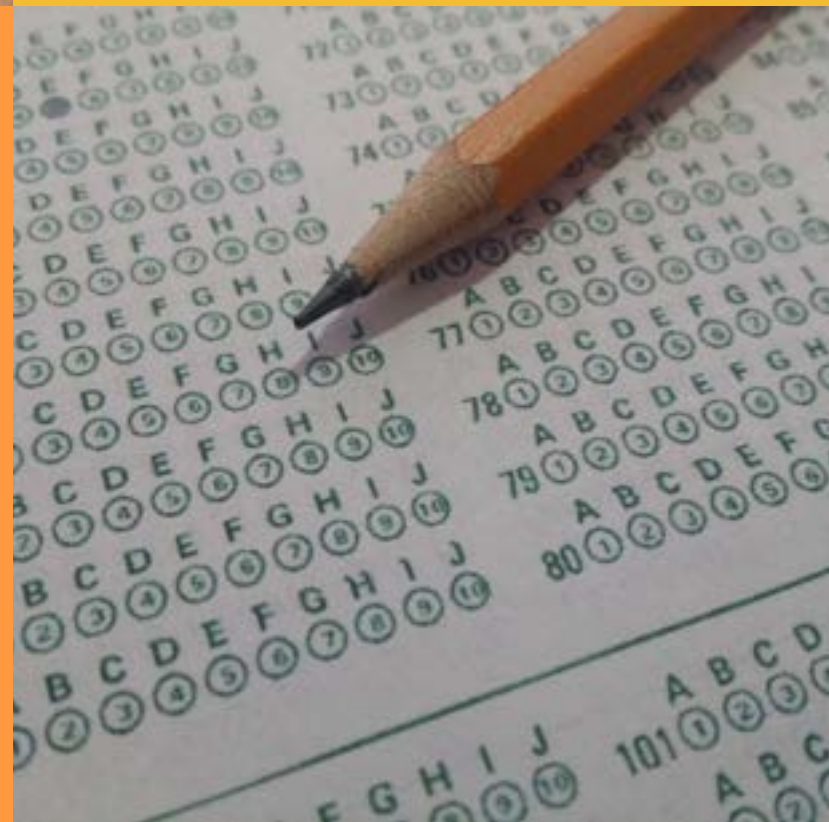
Hiking can be fun, relaxing, and a great way to stay healthy and connect with nature. By keeping these key precautions in mind, you can ensure that your hiking experience is enjoyable and safe!

1. Hike with a “buddy” when at all possible.
2. Avoid venturing off the beaten path.
3. Stay hydrated and bring drinking water.
4. Check out the trail you plan to hike ahead of time to know what you are getting into.

Test Taking Tips

Most students need extra help when it comes to tests. Here's how to ease their anxiety and give them strategies that will help.

1. Give them a pep talk to help boost confidence.
2. Remind them to pace themselves, skip the question and return to it after you've finished.
3. Read everything carefully and clearly.
4. Practice answering in your own words before trying to select an answer.
5. Write clearly or fill in the answer bubbles completely.



Try this @Home!



LARP Rules

[Homebrewed Source Material Link](#)

Includes: Character Sheets, Race/Class Chart, Boffer Instructions, and Skill Trees

LARPing at FCS is a little different than traditional Live-Action Roleplaying adventures where everything is done in real time. We wanted to be intentional about incorporating our Quaker values while also engaging in the fantastical adventure that our teacher wanted to lead as the Dungeon Master (DM).

We incorporated dice rolls and skill trees into this homebrewed system to blend the strategy component of tabletop roleplaying while also giving campers the opportunity to run around with foam weaponry and have fun with their characters.

Starting an adventure is as simple as creating a character and setting the rules for collaborative storytelling. Everything else from the boffers (foam weapons) to costuming and whether to focus on puzzles or battles is entirely up to the DM!

Of course, there will always be some balancing required as our team of adventurers quickly figured out the best combination of skills to be effective in battles, so tweaking the rules is encouraged as long as it's fair and in agreement with everyone.

As your party of adventurers travel around the house or backyard, solving puzzles, fighting inanimate creatures, and sometime even live ones in the form of willing human volunteers, don't forget that the true rewards are the memories you've made.



Activity Pages



Spot the Difference!



Session 04

Jokes and Riddles

1. What do you call a loud dinosaur?
2. What animal is great at playing baseball?
3. Why can't you take a bus to school?
4. What kind of bug bites you a lot?
5. How do you exercise while gardening?
6. Why do dogs like trains?
7. Why is finding water that is safe to drink so hard?
8. How do LARPerS communicate?
9. Why couldn't the pepper do archery?
10. When does a joke become a dadjoke?

- 1) A dinosaur.
- 2) A bat.
- 3) It won't fit through the doors.
- 4) Mosquitoes.
- 5) You garden box.
- 6) They love choo choo toys.
- 7) Because it's always running!
- 8) With their cell foams.
- 9) Because it didn't habenro.
- 10) When it becomes apparent.

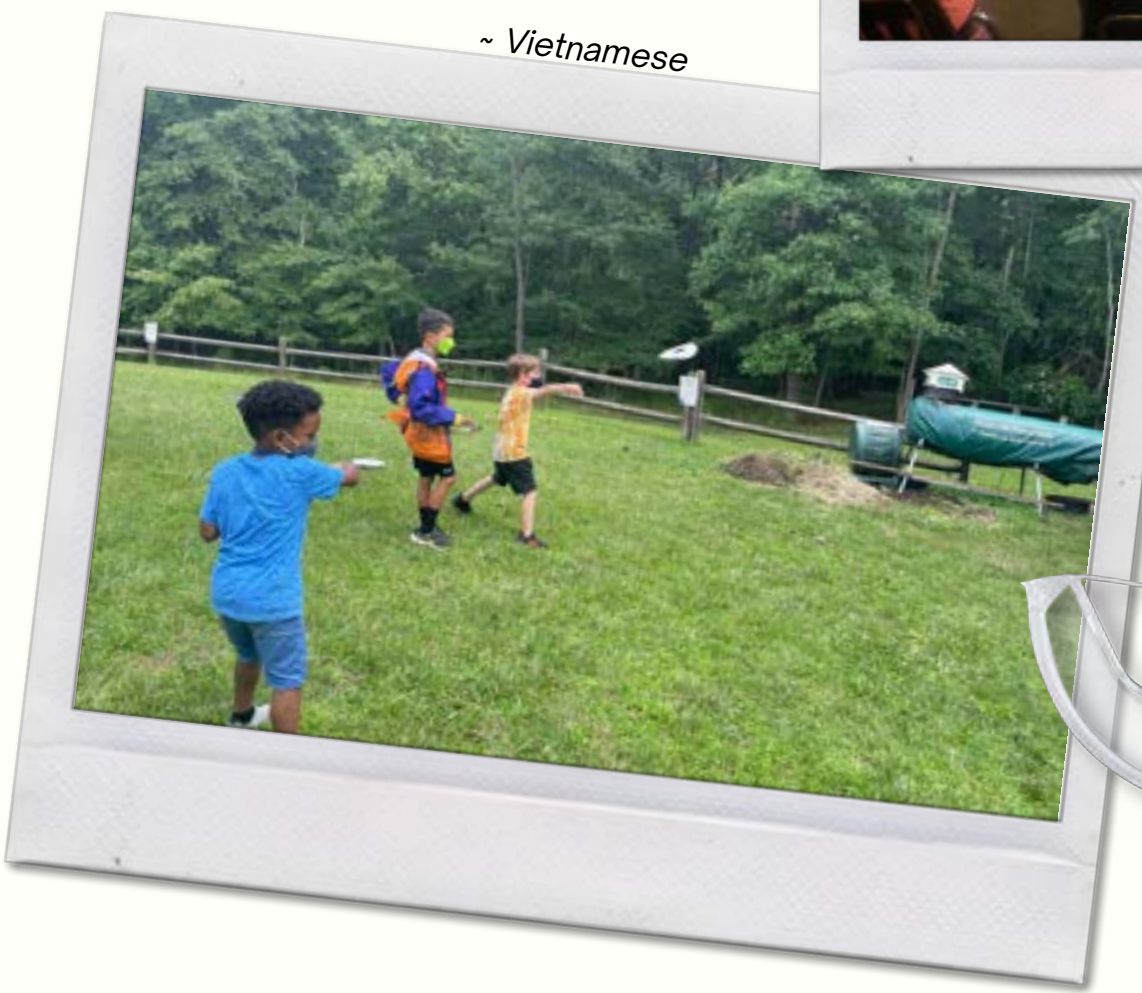


Our staff helped clean up the campus after Tuesday night's storm!

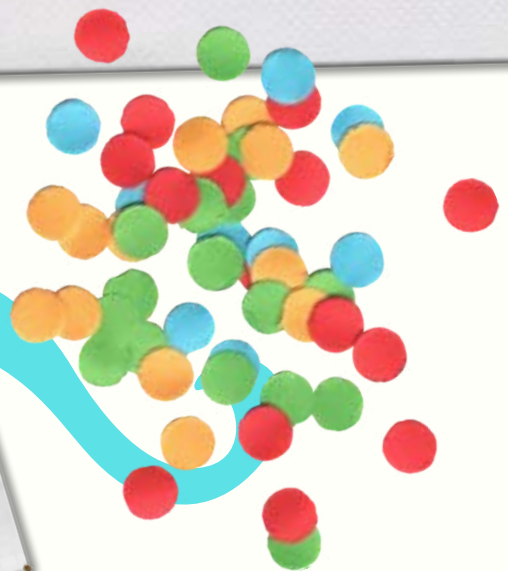
Additional thanks to:
Gordon McKenzie (Substitute Office Manager)
Sheldon Henry (Director of Technology)
Ramiro Pecher (Substitute Facilities Manager)
Irma Guillén (Daytime Custodian)
Vasmine Vaughn (School Nurse)

Xin chào!

~ Vietnamese



The handmade dog beds were donated to Senior Dog Sanctuary of Maryland!



Our Support Staff this week:

- Taylor Washington
- Julian Craig
- Crystal Shay Robinson





Click here for a video slideshow!



See you next week!

- 05A1 - Little Explorers (Under the Stars)
- 05B1 - Summer Blossoms
- 05B2 - Baking & Art
- 05B3 - Agility Adventures
- 05C1 - Musical Theatre Arts Camp
- 05C2 - Sewing & Fiber Arts
- 05C3 - Wilderness Skills & Archery
- 05D1 - Summer Blossoms
- 05D2 - Archery & Wilderness Skills
- 05DV - High School Test Prep (Vocab)
- 05E1 - CIT (Counselor-in-Training)



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



Van will return
in Issue 09!



Words from the Camp Manager

It seems like just yesterday we were settling into our first week yet here we are at Session 06. You may have noticed some changes happening on campus, both in the front and back of the building.

Our guinea fowl are now fully grown and egg-laying, living their best life in their very own new condo-coop. Work has now begun building out a tiny farm around them. Campers in earlier sessions helped demolish the older overgrown garden boxes and construct new ones. This week, they laid out cardboard and mulch to prepare the ground for these newly constructed garden.

The aim is to create community gardens that classrooms can adopt in the academic year. Herbs, flowers, vegetables, or a plot planted with mid-Atlantic natives are all options you may see at camp next year. Gardens teach us to care for our environment as well as to acknowledge that plants, like animals, can bring joy to our lives.

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THIS WEEK'S
PHOTO GALLERY

Written by Support Staff
Produced by Danielle Probst



05A1 - Little Explorers: Under The Stars

Led By: Madison Snyder

Assisted by: Brenda Alvarado

This week at camp, our little star gazers shone bright as they learned about the moon, stars, planets and other heavenly bodies found in the night sky.

Our youngest camper cohort participated in many activities such as story time, story telling, rhymes, special art crafts aimed at fine tuning motor skills, and other star-filled fun.

05B1: Summer Blossoms

Led By: Lauren Hill

Assisted by: Catherine Cousins

Our Summer Blossoms engaged in safe, educational, nature play outdoors. Students got to play games and do various activities that helped them to learn and connect with the outdoors. They learned about planting and nature's little helpers like butterflies and bees.

As children garden, they develop important motor skills that will help them improve their academic skills such as writing, cutting and typing. It's a well-known fact that if you engage children in growing their own vegetables, they gain a keen interest in eating them too!!!



05B2: Baking and Art

Led By: Jazlyn Olivera

Assisted by: Lia Abebe

Who says you shouldn't play with your food? Our campers has a taste of combining delicious recipes with arts and crafts.

They created food masterpieces while learning about nutrition. Campers delicious treats like made from scratch chocolate chip cookies and banana bread! They learned about healthy alternatives and recipes for our friends with diet restrictions.



05B3: Agility Adventures

Led By: Taylor Washington

Assisted by: Zahra Mohammadi

Agility is the name of the game. Campers may have practiced drills in speed and form but never noticed because they were having so much fun.

Balance, speed, flexibility, and hand-eye coordination are all essential to our movement through the world whether walking, running, dancing or playing a sport.

Campers made their own obstacle course and built a DIY ring toss toy among other tools to practice hand-eye coordination.



Show Recording



05C1: Musical Theatre Arts Camp

Led By: Kiersten Whitehead

Assisted by: Ingrid Aguilar

CITs: Gabi S. and Joelle A.

These campers brought down the house with their musical production of *Thwacked*. In just one week they rehearsed, sang, danced and choreographed their hearts out.

Campers learned how to do proper read throughs, highlight their lines, practice vocal exercises, and many more useful theatre skills. Without further ado, please check out our camper musical production!

[Link to Show Recording.](#)

05C2: Sewing and Fiber Arts

Led By: Sandra Haw

Assisted by: Ingrid Aguilar

Campers had SEW much fun this week! Practical techniques for hand sewing, exploring embroidery and studying weedrb the parts of a sewing machine were just a few of the skills they acquired.

Our newly minted sewists practiced different stitches such as the back stitch, blanket, and running stitch. They practiced what they learned by to making friendship bracelets, coasters, and bird ornaments.

They learned how to follow a pattern and put together the different pieces they cut out. All in all, the campers left with so much knowledge and appreciation of fiber arts that they were bursting at the seams!



05C3: Wilderness Skills and Archery

Led By: Alex Andrews

Assisted by: Jared McCord

We asked Alex to share his "Woodland Wisdom".

In general:

"Be prepared. The best way to avoid a survival situation in the wilderness is to avoid it."

On poison ivy:

"Leaves of three, let it be" but also look for red around the leaf edges or on the stem.

Best Hiking Song:

500 Miles by the Proclaimers or Country Roads by John Denver? "Country Roads. Every time."



05D1: Summer Blossoms

Led By: Daniela Rivadeneira

Assisted by: Lottie Potter

This week campers really BLOOMED into being great stewards of the natural world. They learned how they can play a role in preserving our community through gardening.

Getting kids get into the habit of caring for seeds and plants they've sown teaches them where their food comes from.

This week's campers did their share of weeding, learned growing techniques for flowers and vegetables, and got to help construct new flower boxes, including preparing the grounds where our upcoming FCS Farms will be set up next to our guinea fowl coop.





05D2: Archery and Wilderness Skills

Led By: Mark Evans

Assisted by: Jared McCord

Campers that study in Mark's dojo (classroom) get to not only practice the sport of archery, but learn about its history and artistic elements as well.

By viewing clips on ancient Japanese bowing techniques and equipment, campers learned about the history of archery and it's progression. By applying these techniques into practice they gained insight into the lives of modern Japanese archers and how they approach the sport as a mindful discipline as well.

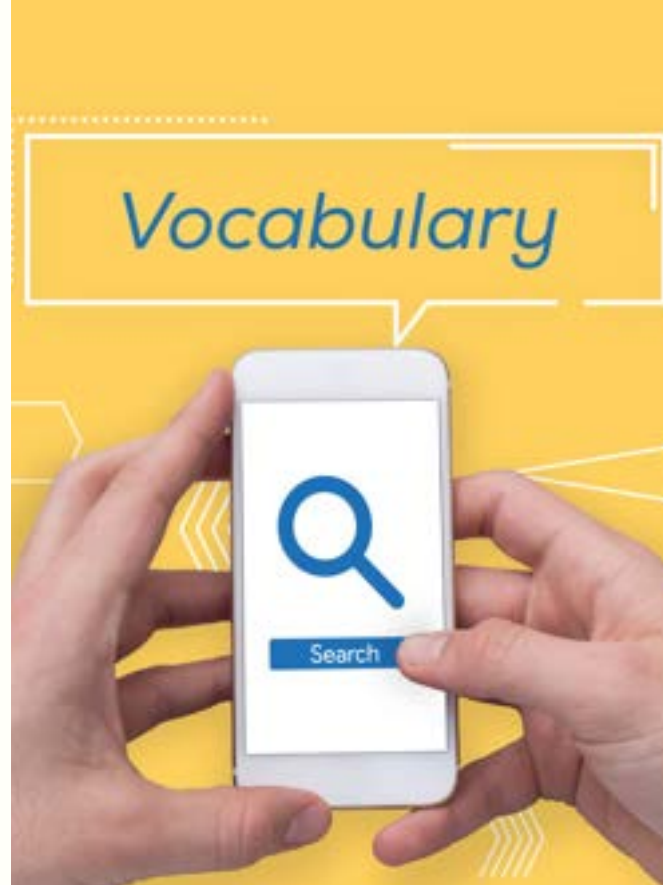
05DV: High School Test Prep (Vocab)

Led By: Samantha McKay

These campers are preparing for future success by getting useful help in test prep, especially since vocabulary is a key part of the SSAT.

During this session, we focused on increasing knowledge of grade-level and above- vocabulary, worked on Latin and Greek root words, and practiced synonyms and antonyms.

Studies show that those who do practice tests and participate in prep courses score significantly higher when it comes to the actual exams.



Try this @Home!



Try this @Home!



DIY Rocket Ship

Shoot for the stars with this idea of building your rocket ship at home! The best part about it, you can find all the supplies that you need lying around the house.

You will need a large cardboard box, extra cardboard pieces, paint, paint brushes, painters or duct tape, and scissors.

Your child will have so much fun decorating and designing this rocket to fit their personality. But the real fun begins when they are able to use their imaginations playing with it!

Coffee Filter Butterflies

Here is a craft that is sure to make your heart flutter!! Supplies for this craft include two coffee filters, washable markers, water, pipe cleaners, and small spoon.

Decorate the coffee filters as desired, then place a couple drops of water onto the filters so that the colors will bleed for a unique design. Then bunch together coffee filters and tie together with pipe cleaners.



Try this @Home!



Homemade Chocolate Chip Cookies

Who doesn't enjoy some warm and delicious chocolate chip cookies? We know that many people are affected by gluten allergies so here is an alternative recipe!

These gluten free chocolate chip cookies are crispy on the outside, chewy on the inside, buttery and perfectly sweet. They are the best gluten-free cookies - and no one can even tell they're gluten-free!

[Click the link for the recipe.](#)

Make Your Own Swing and Catch Cup

Challenge your child with this DIY version of the classic Cup & Ball game. The game is also played throughout the world. It's known by many names: Boliche in Spain, Balero in Latin America, Bilboquet in France, Kendama in Japan, and Bilbocatch in England.

Using a cup that you decorate, poke a hole to tie a string. Tie a ping pong ball or piece of pool noodle to the other end of the string. Then glue a wooden dial to the bottom of the cup. This will give your student endless fun as they test their hand eye coordination.



Try this @Home!



Sing Along at Home

Although this week of camp is coming to an end, the show must go on! Your camper can enjoy the memories of this fulfilled camp, as well as practice their skills in musical theatre with this at home sing along.

The whole family could get involved in an interactive and exciting performance of some of the popular songs from our camp's production of Twhacked!

Check out the full video on the previous page to watch our campers and sing along.

DIY Lavender Bag

With a few simple supplies, you can create lovely Handmade Lavender Sachets as gifts. They're great for use in linen cupboards, drawers and closets.

Using 6x6 fabric squares of a light and breathable material, lavender, rice, needle & thread, and scissors you can make this quick and easy project. First sew together three sides, fill with rice and lavender, then sew up the final side.

You can experiment with different scents and even make larger ones for microwavable heating pads.



Try this @Home!



Color Changing Flowers

This activity is sure to amaze! Educational and engaging as it combines science with art.

Students will gain understanding about how plants “drink” and are nourished through this color-changing experiment. All you need is white carnations and some food coloring. This is a good experiment that can be combined with a lesson on understanding plant parts and how they work.

Picture This

Test your wilderness skills by learning and studying the different plants that you encounter. The PictureThis® app identifies 1,000,000+ plants. Get your gardening questions answered and become a “green thumb” with the plant identification power of PictureThis!

This app identifies plants, flowers, and trees, diagnoses plant problems automatically and gives treatment suggestions. Plant guides help you choose and grow healthy plants for your local micro-climate. An easy-to-use interface helps snap photos for IDing your finds.



Try this @Home!



Popping Balloons

One of the most fun activities you can do at the end of a long archery shoot with a friend is balloons popping. All you have to do is simply take some balloons, and using tape or small pins attach them to a target or a backstop. You then try to pop them. You can either take turns at shooting them or all shoot at once.

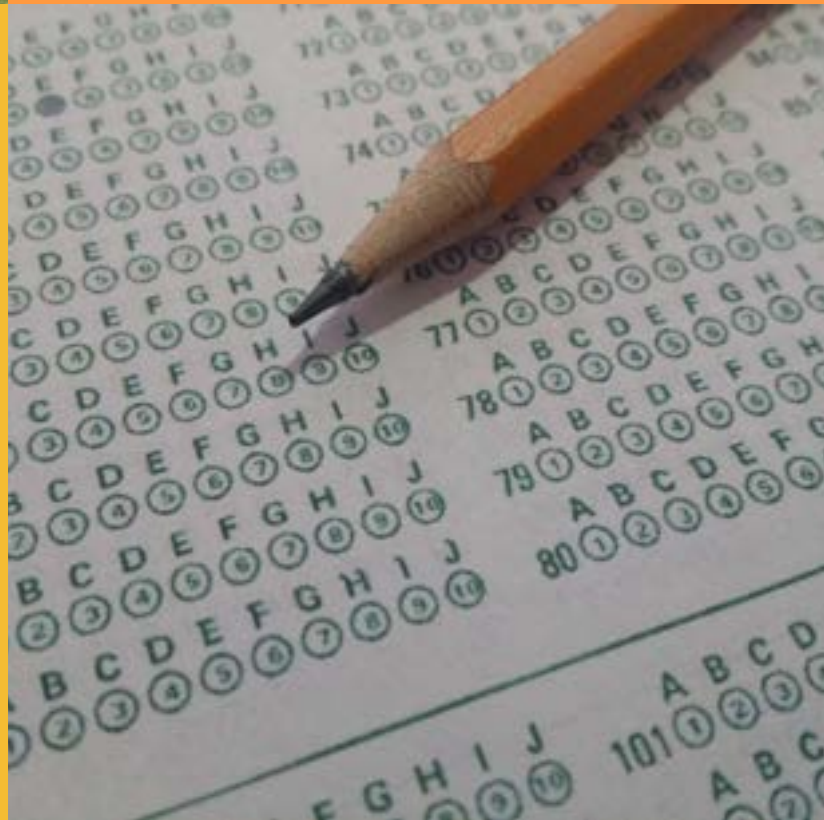
You can make the popping effect more visual by filling the balloons up with something – many choose glitter or any other powder. When the balloon pops the powder spread through the air and makes it way more satisfying.

Test Prep Tips

It seems like some students thrive on last-minute 'cramming'. However, most experts will agree that cramming isn't effective. One of the most important test preparation tips we can give you is to give yourself enough time to study. Don't procrastinate!

It's best to begin preparing long before the day of a test. Make it a habit to complete reading assignments on time and frequently review class notes.

If you're preparing for midterm or final exams, you'll want to organize your time so you can dedicate more time to those exams that are more important or are going to be more demanding.



Activity Pages



Spot the Difference!



SESSION 05

Do you recognize these elements?





Construction begins on the front of our building! In just a few weeks, we'll have brand new play spaces.

안녕하세요!

(annyeonghaseyo) ~ Korean

Additional thanks to:

- Gordon McKenzie (Substitute Office Manager)
- Sheldon Henry (Director of Technology)
- Ramiro Pecher (Substitute Facilities Manager)
- Irma Guillén (Daytime Custodian)
- Vereen Smith & Jasmine Vaughn (School Nurse)





Our Support Staff this week:

Taylor Washington (PM)
Julian Craig
Nicholas Lugo
Crystal Shay Robinson





**Nurturing
lifelong learners,
courageous risk-
takers, and
joyous
peacemakers.**

**OPEN HOUSES:
October
- January**



**APPLICATION
OPENS 9/1**

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www.friendscommunityschool.org



Click here for a video slideshow!



See you next week!

- 06A1 - Little Explorers (Jungle Jam)
- 06B1 - Agility Adventures
- 06B2 - Elephant & Piggie & More
- 06B3 - Nature Explorers
- 06C1 - Sticky Science & Creative Construction
- 06C2 - Magic & Wizardry
- 06C3 - Wilderness Skills & Archery
- 06D1 - Robotics
- 06D2 - Archery & Wilderness Skills
- 06DV - High School Test Prep (Math I)
- 06E1 - Counselors-in-Training



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



Words from the Camp Manager

This is my second year being here at FCS as the Summer Camp Manager. Last year Van and I worked together to streamline processes. When needed I also assist them as a "right hand". My main concentration though has been working with our lead teachers to get supplies, coach them through challenges and be there to knock around ideas for newer ways of teaching their topic. Because Lead Teachers often work with more than one age group over the summer, sometimes I get to dig into an existing lesson plan to help adjust it to older or younger children. Other times it's a community effort where, other teachers jump in with their suggestions. This cooperative and collegial atmosphere is what I probably enjoy most about being here at Summer Camp. Though the campers, the deer and the woodlands behind our building are amazing too.

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CAN TRY AT HOME!

ACTIVITY PAGES!

THIS WEEK'S
PHOTO GALLERY

Written by Support Staff
Produced by Danielle Probst



06A1 - Little Explorers: Jungle Jam

Led By: Franny Ashcraft and Brenda Alvarado
CIT: Nila R.

Being a Little Explorer is so much fun! In the mornings, we did lots of dancing and movement activities with our teachers. We read books about animals and even made our own instruments.

Ms. Brenda also taught us Spanish during camp as well. We made león and tigre tambourines! Learning about jungle animals and music can make us tired, so quiet time is nice...even if most of us stay awake!

06B1 - Agility Adventures

Led By: Taylor Washington & Crystal Shay
Robinson
Assisted by: Zahra Mohammadi

We don't even remember what our desks looked like on Monday. Each day, our teacher helps changes up the room and adds more things to do every time!

We had noodles on top of bins to jump over. We had hula hoops hanging from the ceiling to climb through. We even walked on chairs and climbed over desks!

Of course, our teacher reminds us to go through the obstacles safely, and we had so much fun every day!



06B2 - Elephant & Piggie & More

Led By: Patricia Soumoff
Assisted by: Lauren Hill

What's even better than Elephant and Piggie? Elephant and Piggie and all of their friends from Mo Willem's other works! Especially the Pigeon. Don't listen to him. He needs lots of reminders.

This week, we explored all things Mo Willems, and especially enjoyed the kid-sized school bus that Magic School Bus left behind a few weeks ago!

Remember, don't let the Pigeon write the camp newsletter!



06B3 - Nature Explorers

Led By: Sandra Haw
Assisted by: Catt Cousins

It doesn't take a lot to be a nature explorer. We went on nature walks each day to collect and harvest supplies for our art activities.

It's great to be at a camp that is surrounded by trees because we find new and interesting supplies each and every day. Did you know you could use leaves for stamping? How about pebbles for abstract art? There was so much to do, and we all learned to rely on nature to provide us with the tools we needed each day.



06C1 - Sticky Science & Creative Construction

Led By: Crystal A Robinson

Assisted by: Lottie Potter

CIT: Gabi S.

Abandon all hope, noodles who enter here. From the minute we arrived, pool noodles and toothpicks were our medium of choice for creative construction. With so many colors and so many ways to cut them, we were able to create Minions and even spell our names.

Did you know that there are lots of different kinds of slimes that you can make? In the end, they're all sticky!

06C2 - Magic & Wizardry

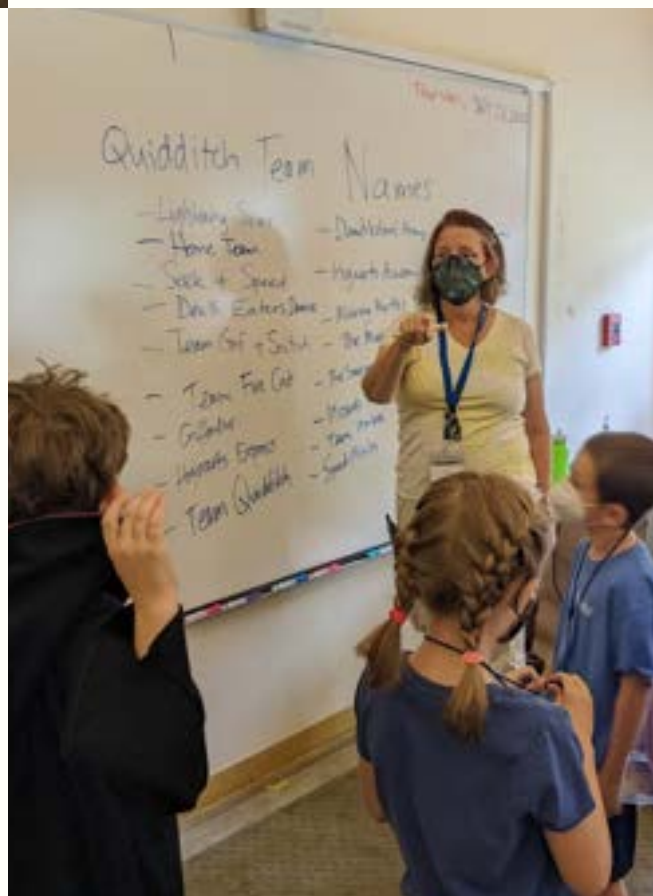
Led By: Victoria Flack, Danielle Probst Rich, and Van Nguyen

Assisted by: Lottie Potter

CIT: Seneca O.

Happy birthday, Harry! July 31 marks Harry Potter's birthday, and we celebrated by making potions, creating dragon eggs, played Muggle Quidditch, wrote with invisible ink, and even made various DIY wands.

In this camp, we learned that we could make magic happen, even in the real world, through the powers of science and fun!



06C3 - Wilderness Skills & Archery

Led By: Alex Andrews

Assisted by: Liya Abebe

Curious as to why many of our pictures have us in hard hats? After the big storm a few weeks ago, we started wearing them as we explored the outer edges of the woods where we can harvest wood for our shelters and fires after our teacher assesses the safety of those locations.

Thankfully, we were able to continue our lessons as intended, and there's a bonafide village of shelters that have been made over the course of this camp season. Thanks, Alex, for teaching Wilderness Skills this summer!



06D1 - Robotics

Led By: Daniela Rivadeneira

Assisted by: Ingrid Aguilar

Robotics can be summed up in two categories: engineering and coding. This week, we explored Solar Robot kits that had tiny motors powered by the sun's rays. Of course, most of the week was very cloudy! We learned the hard way that even if you follow instructions to the T, you'll still need to troubleshoot when it comes time for testing.

What can we say about Ozobots except how much we love them and wish we could adopt them after the class was over? Each group decided to explore different aspects of the Ozobots. One group chose to teach theirs how to sing. Another focused on coding complicated movements with the online tool. The last group tested all sorts of color coding tracks. We even had an Ozobot talent show to show off what our little bots could do!



06D2 - Archery & Wilderness Skills

Led By: Mark Evans

Assisted by: Liya Abebe

Crossbows are an advanced archery tool representing an advance from the usual longbows that Mr. Mark teaches during camp. These tools were only taught to 6th-8th graders this summer.

Just as with archery, crossbows should always be used with care and adequate preparation. Having a stronger and consistent draw weight (30 pounds) means there's more force behind each shot.

Thanks, Mr. Mark, for instructing our campers this summer in the ways of archery safely and successfully!

06DV - High School Test Prep (Math I)

Led By: Samantha McKay

These campers are preparing for future success by getting useful help in test prep, especially since math is a key part of the SSAT.

During this session, we focused on increasing knowledge of grade-level and above equations, worked on theorems and proofs, and practiced using graphing calculators.

Studies show that those who do practice tests and participate in prep courses score significantly higher when it comes to the actual exams.



Try this @Home!



Try this @Home!



Paint Stirrer Puzzles

Have you run out of puzzles to complete at home? Just make your own! All you need are some paint stirrers. If you don't have that then popsicle sticks work just as well, and they might even make your puzzle a little more challenging.

Line up some paint stirrers and tape them down so they don't move. Now it's time to decorate and draw your picture onto the stirrers. It would be best use a Sharpie, but you can decorate it however you want. Then, remove the tape, shuffle the sticks around, and you're ready to go!

Living Room Obstacle Course

You can make an obstacle course anywhere! The best ones are designed by your own child.

You can really get creative. Hula hoops on the floor work great for hopscotch, but if you hang them from a string you can try and hoop through. You can set up tables to crawl under and chairs to hop over.

Of course, safety is important, so make sure that every obstacle is a reasonable difficulty and have fun!



Try this @Home!



DIY Puffy Paint

For this project, use cardstock or another thick base, some water color paint, shaving cream, and white glue.

Paint your background, cut out a cone from another piece of paper, and get a bowl ready to make your ice cream. Combine 1/2 cup shaving cream and 1/4 cup glue with a craft stick. Fold it in really gently! You don't want the "ice cream" to collapse.

After you paint the creamy glue onto your drawing, it will dry into a puffy paint texture that's very delicate, so be careful not to touch it too much!

Just an Oval...

All you need is an oval cardboard cutout and nice walk around the neighborhood or park. Did you know that you can find faces just about anywhere?

Have your child find natural materials to use with their cardboard. We asked our campers to make faces, but you could use the oval as a base for many other options. Perhaps it could be a body for an animal?

Maybe it could be a boat for a tiny adventure? What you can do with just a piece of cardboard is only limited to your imagination.



Try this @Home!



2-Ingredient Slime

There are many slime recipes out there, and when working with large groups of kids, simple is often best!

We used a two-ingredient slime recipe that allowed us to make almost 50 servings in a short amount of time.

2-Ingredient Slime Recipe:

1:2 Ratio

- 1 part liquid starch
- 2 part school glue
- Food coloring optional (1 drop)

Mix quickly and thoroughly to enjoy!

Dragon Eggs

To make your eggs you will need to cover a balloon with paper mâché. Make paper mâché with strips of newspaper and dip them in watered down glue. Make sure to wipe off the excess before sticking it on your inflated balloon. Repeat this process until the whole balloon is covered. You may need to add layers and remember to let it dry thoroughly.

Next decorate your egg with feathers and colorful tissue paper. Make it your own with whatever decoration you can think of. It might help to make a drawing of what your dragon will look like once it hatches.



Try this @Home!



Ozobots

Campers got to assemble and program robots to follow a track, which was drawn on to pieces of paper.

They could also be programmed to speed up, spin around, make a certain noise, or battle with other robots.

We ended the week with a "talent show" where different groups within the camp competed to see who could make the best sequence of actions for their robot to perform, which included making the robots sing songs.

Archery Equipment

The bow and arrows are only one piece of the puzzle when it comes to archery. Here are some other aspects of the sport:

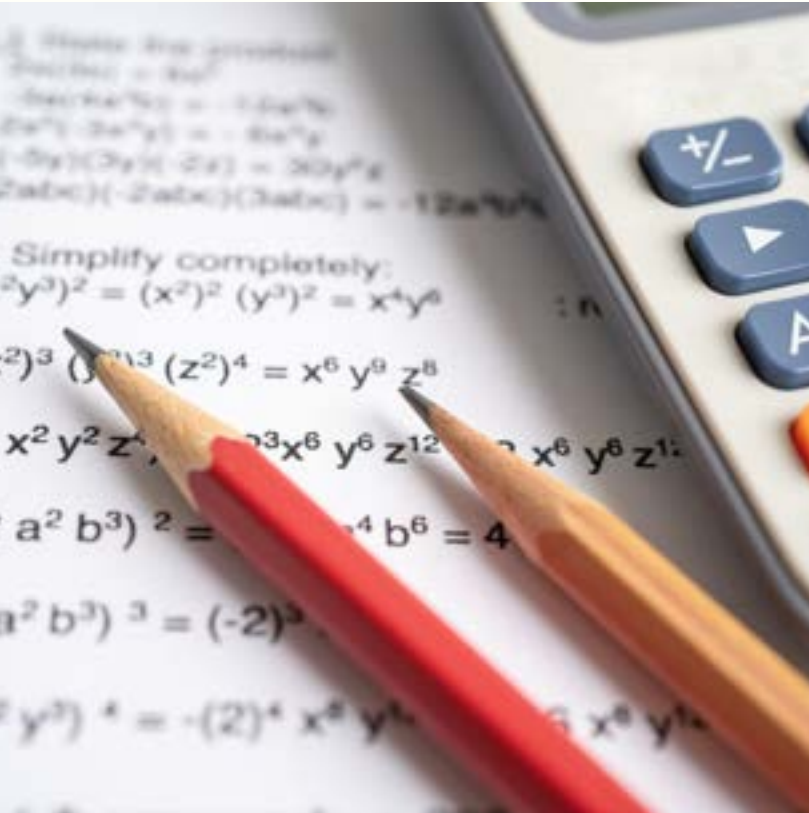
Protective gear: wristguards and archer gloves are often worn to allow the bow to be held comfortably.

A cool head: Shooting an arrow is no simple task. One must clear their mind, but also focus on aiming down their sights.

And of course you need a target to shoot at. You can even try creating your own with paper and a hay bale.



Try this @Home!



Math Challenge

What is this equation called?

$$a^2 + b^2 = c^2$$

$$b + c = 44$$

$$b = 44 - c$$

Solve for both variables.

What is the meaning of SOH CAH TOA?

Basic Resume Advice

A resume is all about highlighting your positive qualities and abilities relevant to the job you're applying for.

Even if you didn't get paid, you still did the work so don't forget to include volunteer experience.

Use key words in your resume. Read the job description carefully and try to use as many of those key words in your resume that are in the job description. Your resume helps put your best qualities forward and to get to the next step: an interview!



Activity Pages




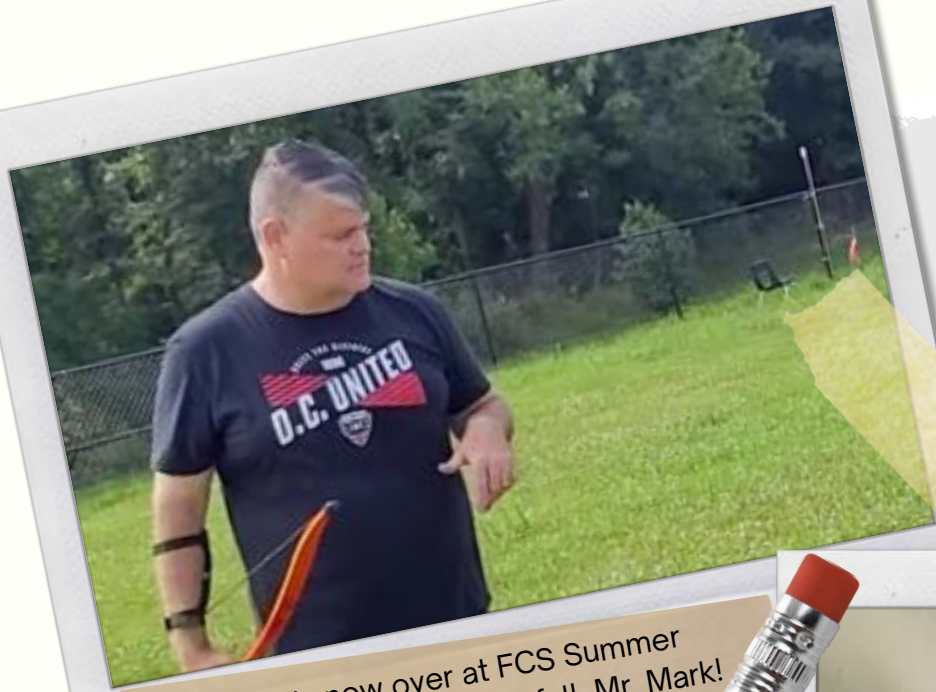
Spot the Difference!



Session 06

Match the picture to its session

Little Explorers (Jungle Jam)	<input type="radio"/>	<input type="radio"/>	
Agility Adventures	<input type="radio"/>	<input type="radio"/>	
Elephant & Piggie & More	<input type="radio"/>	<input type="radio"/>	
Nature Explorers	<input type="radio"/>	<input type="radio"/>	
Sticky Science & Creative Construction	<input type="radio"/>	<input type="radio"/>	
Magic & Wizardry	<input type="radio"/>	<input type="radio"/>	$\frac{x}{y}$
Archery & Wilderness Skills	<input type="radio"/>	<input type="radio"/>	
Robotics	<input type="radio"/>	<input type="radio"/>	
High School Test Prep (Math I)	<input type="radio"/>	<input type="radio"/>	



Archery is now over at FCS Summer Camp 2022. See you in the fall, Mr. Mark!

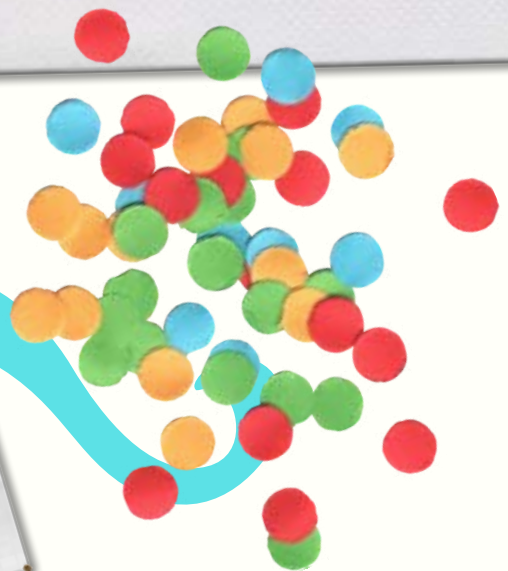
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- Irma Guillén (Daytime Custodian)
- Jasmine Vaughn (School Nurse)

Olá!

~ Portuguese





Our Support Staff this week:

- Taylor Washington
- Julian Craig
- Nicholas Lugo
- Crystal Shay Robinson





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lifelong learners,
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[Click here for a video slideshow!](#)



See you next week!

- 07A1 - Little Explorers (Rainbow Catchers)
- 07B1 - Nature Explorers
- 07B2 - Junior Engineers
- 07B3 - Agility Adventures
- 07C1 - Sport of the Day
- 07C2 - Baking & Art
- 07C3 - Rising 3/4
- 07D1 - Modern Home Economics
- 07DV - High School Test Prep (Math II)
- 07E1 - CIT (Counselor-in-Training)



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



Words from the Camp Manager

With the dog days of summer coming to an end, we continue to stay hydrated and cool while still enjoying lots of fun activities at camp. The front of the campus is beginning to take shape with revitalized spaces for children to gather and play. Pathways are being laid out, sand spread and soon there will be additional shaded seating next to the tables area.

This will be a summer I remember for the growth and change I see all around me. Our littlest campers gain confidence everyday as they discover new talents and abilities. Friendships strengthen and blossom, challenges are met, determination and excitement flows in younger campers. Experiences stretch and surprise the older kids as they learn new skills like cooking, patching drywall, sewing on a button or helping build a farm. I can't wait to see what happens next!

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Written by Support Staff
Produced by Danielle Probst



07A1 - Little Explorers (Rainbow Catchers)

Led By: Franny Ashcraft

Assisted by: Brenda Alvarado

This week our little explorers had a great time learning about all the colors that make a rainbow. They experimented with mixing paint, and making new colors from the 3 primary colors.

The campers were taught about how colors can be symbols for the emotions we feel. They also got to make many fun crafts including rainbow catchers, bracelets, and colorful sensory jars.

07B1 - Nature Explorers

Led By: Jazlyn Olivera

Assisted by: Catt Cousins

CIT: Matthew A.

These explorers went on nature walks, crafted bird feeders, and made various artworks using nature!

This week was all about observing the forest and being able to live in harmony with the world around us. The campers had a lot of fun making beautiful crafts with the materials that mother earth provided us.



07B2 - Junior Engineers

Led By: Crystal Shay Robinson

Assisted by: Liya Abebe

We put our brains to use this week designing many of our own machines. We created robot hands, catapults, popsicle stick bridges, and pompom shooters,

We had to figure out how to drop an egg off the roof and protect it from cracking. Everyone had a different strategy. Some people used coffee filter parachutes and others tried balloons. We all got to learn from each others mistakes and innovations.



07B3 - Agility Adventures

Led By: Madison Snyder

Assisted by: Catt Cousins

This week, we focused on our bodies, and practiced moving them in as many creative and fun ways as possible.

In addition to our various obstacle courses, we also enjoyed playing the Floor is Lava using tape on the floor in cool patterns. It was a lot of fun trying to stay on the lines to avoid the rest of the classroom floor!

We also practiced yoga and did lots of arts and crafts throughout the week.





07C1 - Sport of the Day

Led By: Gillian Rosenzweig-Stein

Assisted by: Zahra Mohammadi

We became well-rounded athletes this week. We got a lot of exercise, but had so much fun in the process.

We got to play soccer, basketball, dodgeball, gagaball, football, and capture the flag. We learned all about sportsmanship and what it means to be a good teammate. Sports are not just about competition, the most important piece is teamwork.

07C2 - Baking & Art

Led By: Johari Frazier

Assisted by: Ingrid Aguilar

Every day campers learned how to bake delicious treats and make healthy snacks. They tried out recipes for yogurt granola bars and baked goods such as cupcakes, and brownies.

Baking is about more than filling our stomachs. It is about being creative. This week the kids got to be artists and chefs. They learned important skills about what it's like to work together in a kitchen environment.



07C3 - Rising 3/4

Led By: Crystal A. Robinson

Assisted by: Zahra Mohammadi

This week was a preview of everyday classroom life in Grades 3 and 4. Activities included math, science, social studies, and creative writing.

During the week, we decoded a puzzle in order to color in the countries of the world, conducted a science experiment, and held a dance party since it IS summer camp after all.



07D1 - Modern Home Economics

Led By: Danielle Probst Rich & Van Nguyen
Assisted by: Julian Craig

This isn't your parents Home Ec. At FCS Summer Camp, we put our own spin on it! This week, campers learned how to sew basic stitches and put on a button by hand, how to cook easy and inexpensive dishes like lentils and eggs. We also included practical skills like patching drywall and upgrading a computer's memory.

Changing a tire and checking a car's oil is no longer a mystery. From avoiding pink socks in the laundry to administering basic first aid, our 6-8th graders really got stuck in as they learned important skills for their future lives of independence and responsibility.



07DV - High School Test Prep (Math II)

Led By: Samantha McKay

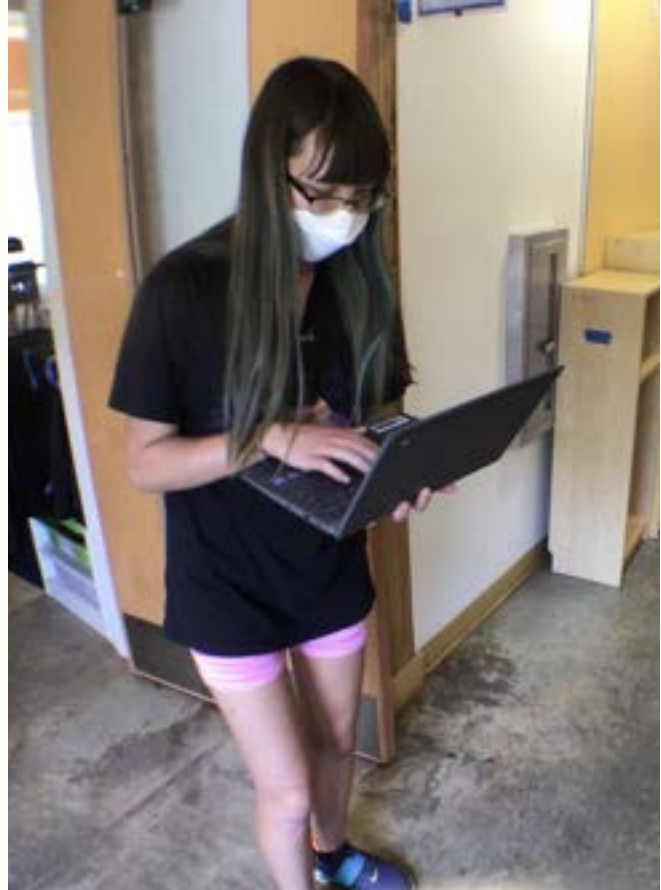
The last of our Virtual @Home camps this summer, we worked on targeted math skills thanks to the small class format and the needs of the campers attending. This week, we worked a lot on fractions and algebra.

In addition to specific math skills, we continued to hone our test-taking skills by working through answering questions that we're familiar with, using logic to work through multiple choice problems, and, most importantly, to be calm and focus on doing our best!

07E1 - CIT

Led By: Danielle Probst Rich

The Counselors in Training program was designed to give high school students some early work experience. They still gain experience helping the assistant counselors and lead teachers in session of camp, but they also learn a lot of practical things related to work. Skills such as how to read a paystub or understanding forms such as the I-9 and the W-4 are all important to know when entering the world of work. Finally the CIT program strives to give teens insight into potential careers, pathways to higher education and what to expect as they grow into adulthood and become responsible for themselves.



Try this @Home!



Try this @Home!



Meditation Bottles

It's very common to feel overwhelmed and stressed. Something that can help is having your own meditation jar to calm yourself down.

What you will need is a jar, glitter, water, baby oil, beads, and food coloring. Start by filling your jar with water, then choose a color that makes you happy and add that! Next add the glitter, baby oil, beads, and anything else you think will make your jar special. Finally put the lid on tight and give the bottle a good shake. Watch the magic inside the bottle and let your stress melt away.

Bird Seed Feeder

Let's show our appreciation for the birds and give them a little treat!

First collect some small sticks. Then get a paper towel roll and put the sticks all the way through on the bottom of the roll to form an X shape. This is where the birds will stand. Then you can tie a piece of string through the roll on the other end so you can hang it up high for the birds (no squirrels allowed). The final step is to cover the roll in honey and stick on seeds to attract our feathery friends. Now go find a nice spot outside for your homemade bird feeder to hang.



Try this @Home!



Engineering a City

You don't need to be an architect to start designing cities. You can do it at home with cardboard boxes, paper towel rolls, egg cartons, and tape or glue. Think about who lives in your city, what will they need to do for work, where will they shop? Is there enough greenspace? Does your city have parks, playing fields and shade trees? Maybe a river runs through the center of town? Once you've answered some of these questions you can start designing and building your city. Use markers, crayons or paint to draw roads, shops and fountains. Your only limit is your imagination.

Changing RAM

The easiest way to upgrade a slow computer is to add more memory. Before doing that, we all had to make sure that the workspace and computer were cleaned and ready for service.

Our campers learned what the major components are in a desktop computer including their roles in the machine. When installing RAM, a good rule of thumb is to make sure to have the right model for your computer and to install them in parallel (matching amounts on two cards at a time).

Enjoy your increased memory so that you can open more tabs and process more things at once!



Try this @Home!



Gaga Ball

How to play Gaga Ball:

- Every player for themselves
- An enclosed space with walls works best
- One ball (often a squishy dodgeball)
- The goal is to hit the ball towards another player
- If the ball hits you anywhere from the hip down, you are out
- You may only hit the ball once (no grabbing!)
- If the ball bounces off of a wall or another person, you may then hit it again
- Repeat until you're the last one standing

Microwave Playdough Desserts

Recipe:

- 1 cup of flour
- .5 cup of salt
- 2 teaspoons cream of tartar
- 1 cup of water
- 1 tablespoon of oil
- food coloring

Mix ingredients in a bowl and microwave for 4 minutes. Stir about halfway through.

Make multiple batches in different colors to create your own playdough desserts!



Try this @Home!



Summer Tall Tales

Share a story about your summer experience. Stretch a few truths in it. Write or draw a comic about it! Here's an example:

"Our family went camping in the woods, we had a campfire every night and sang songs together. One night during the chorus of one of our songs, we heard a deep voice from behind a tree singing along with us. We stopped singing and turned around to find Bigfoot singing at the top of their lungs! My brother said, hey that's pretty good, do you want to join our band? Bigfoot is now our lead singer and we are going on tour to all the national parks!"

Patching Drywall

What happens when you're done hanging up a favorite picture or photo? You'll be left with a hole in the wall that needs to get fixed!

Using a simple patch kit, we learned a few tips to make a successful patch.

- Sand the area flat across the hole
- Use as little spackle as necessary
- Use light outward sweeping swipes with the scraper
- Let it dry before sanding and repeating the steps above as necessary
- Paint when it's all done and flat again!



Try this @Home!

Practice Problem

$$\frac{2}{3} + \frac{1}{4} = \underline{\hspace{2cm}}$$
$$\frac{5}{7} - \frac{1}{3}$$

Fractionception

When the numerator and/or denominator of a fraction contains another fraction, just treat it as a division problem.

In this example, you can approach it in several ways. However you solve it, remember to break up a larger math problem into its smaller parts. Math is not always about finding the easiest answers, but to methodically approach the problem using logic and rules that you learn

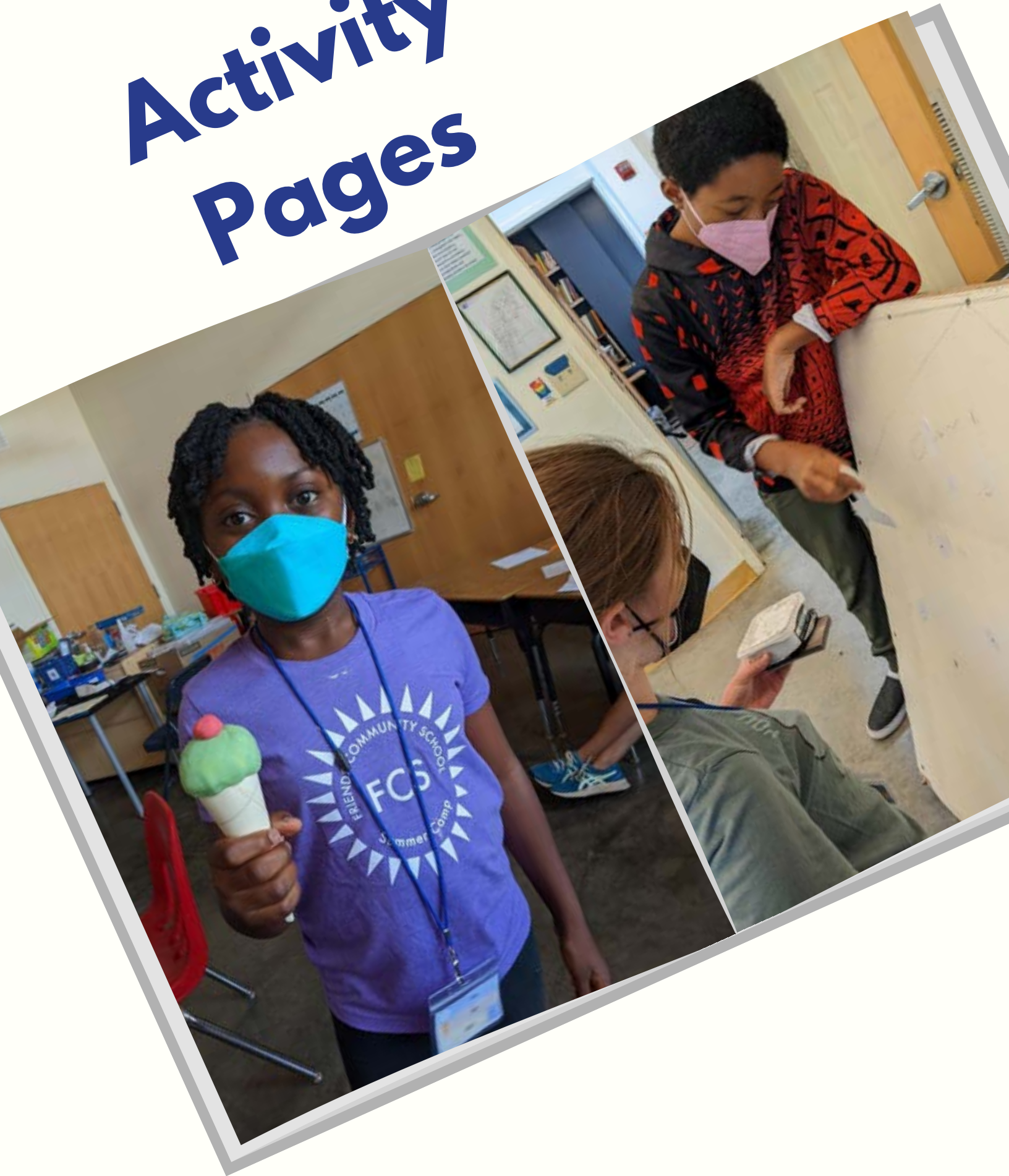
Hint: the answer is $\frac{77}{32}$ or $2\frac{13}{32}$

Interview Tips

So you've landed your first job interview, Congratulations! Now get busy because you need to be able to talk about yourself and why you would be good in the job. A great way to do this is to have 3 or 4 brief points to mention, think about it like a micro story - it has to have a beginning, a middle and an end. For example, let's say you are applying to be a receptionist in an office. You might start by saying, "I am interested in helping people, so I think I would do well as a receptionist. I interned in my uncle's office helping to answer their phones and greeted guests at the front desk. I can use these skills I've learned to help this office run smoothly and efficiently. It can be hard to talk about yourself, but with practice it gets easier!



Activity Pages



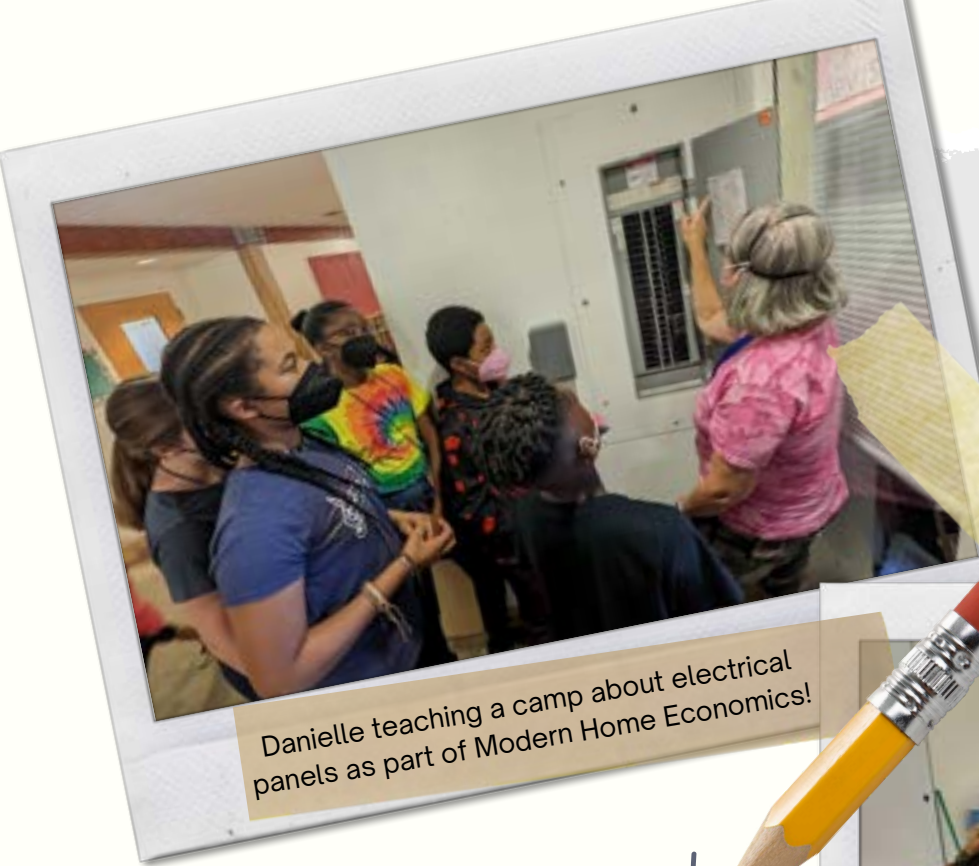
Spot the Difference!



SESSION 07 BINGO

Check the squares to find camp-related pictures. Then, use a dot marker or bingo chip to mark each word if you've experienced that activity or item. If you get five in a row, you win!

 Hula Hoops	 Baking	 Oven	 Computer	 Tires
 Pipe Cleaners	 Eggs	 First Aid	 Math	 Walk
 Crayons	 Puzzles	FREE SPACE	 Dodgeball	 Leaf
 Popsicle Sticks	 Coffee Filters	 Books	 Swing	 Painter's Tape
 Balloons	 Straws	 Sports	 Yoga	 Cardboard Tubes



Danielle teaching a camp about electrical panels as part of Modern Home Economics!

Additional thanks to:
Gordon McKenzie (Substitute Office Manager)
Sheldon Henry (Director of Technology)
Ramiro Pecher (Substitute Facilities Manager)
Irma Guillén (Daytime Custodian)
Vereen Smith & Jasmine Vaughn (School Nurse)

'Ia ora na!

~ Tahitian





Our Support Staff this week:

Taylor Washington
Alex Andrews
Nicholas Lugo
CIT: Amara R.





**Nurturing
lifelong learners,
courageous risk-
takers, and
joyous
peacemakers.**

**OPEN HOUSES:
October
- January**



**APPLICATION
OPENS 9/1**

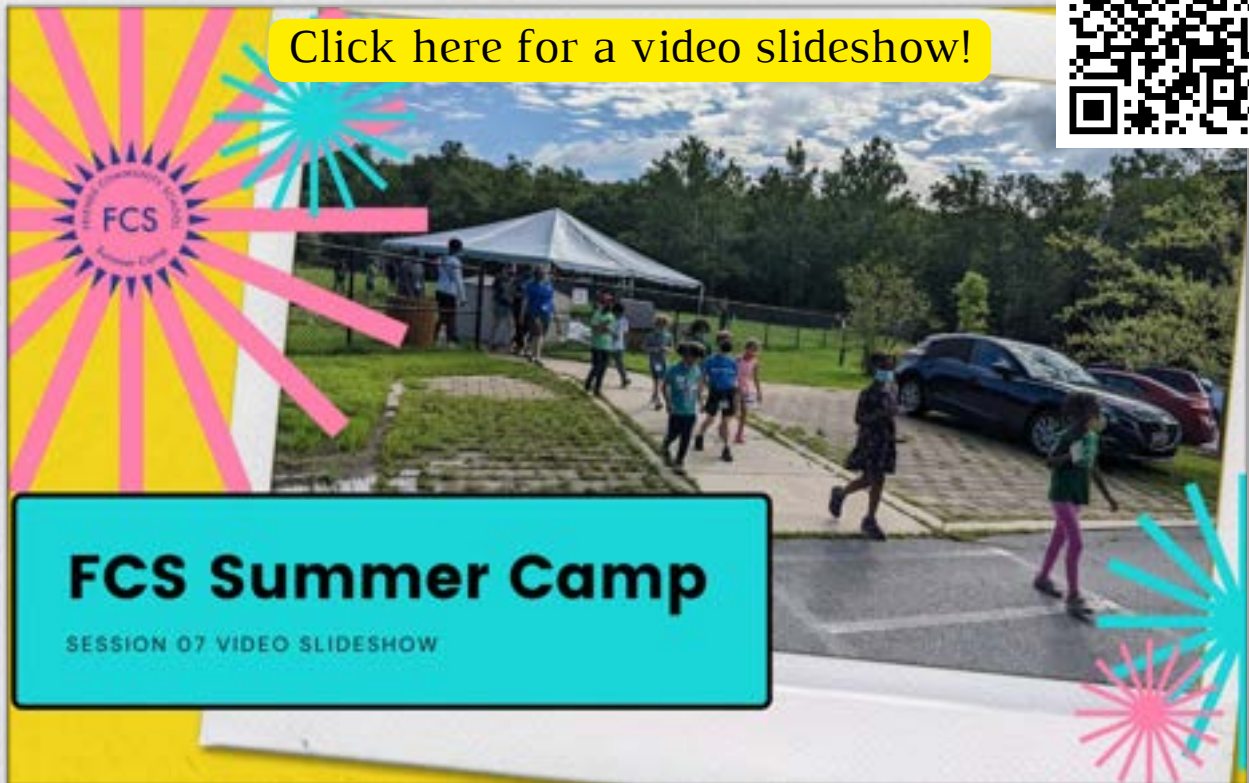
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[Click here for a video slideshow!](#)



See you next week!

- 08A1 - Little Explorers (Build It)
- 08B1 - Sport of the Day
- 08B2 - The Art of the City
- 08B3 - Rising 1/2
- 08C1 - Summer Blossoms
- 08C2 - Filmmaking for Beginners
- 08C3 - Origami & Papercraft
- 08D1 - Disc Sports
- 08E1 - CIT (Counselor-in-Training)



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



Words from the Camp Manager

As we close in on the end of 2022's summer camp, I find that I'm in a reflective mood. I think about how long I've been a part of the FCS community and the various roles I've served in: Camp Manager, Lead Camp Teacher, Ex-Day Teacher and Substitute Teacher. What started as a side job to help out a friend years ago seems to have morphed into another career. I'm happy to pass the responsibilities of the Camp Manager to Gillian Rosenzweig-Stein, an FCS colleague and alumna, who will be serving as the Assistant Director of Auxiliary Programs.

Summer Camp 2023 will see me return fully to teaching in between planned travel and a week-long Evensong residency at Salisbury Cathedral. Next summer, I'll be building on my expansion of the CIT program to help teens be better prepared for the world of work. This coming fall, I'll still be here for Ex-Day as before. Have great rest of your summer!

IN THIS ISSUE

FROM THE CAMP
MANAGER

A LOOK INSIDE OUR SUMMER
CAMP PROGRAMS

CAMP ACTIVITIES YOU
CAN TRY AT HOME!

ACTIVITY PAGES!

THIS WEEK'S
PHOTO GALLERY

Written by Support Staff
Produced by Danielle Probst



08A1 - Little Explorers: Build It!

Led By: Franny Ashcraft
Assisted by: Julian Craig
CIT: Maya D.

This week was a chance for the Little Explorers to try out their engineering skills.

We made construction hat crowns and were ready to build all sorts of structures.

We were busy building houses, cities, cars and trucks. Some of our projects this week were painting tiny bird houses, creating pattern towers, and the number one most enjoyed activity was the fort building toys!

08B1: Sport of the Day

Led By: Jazlyn Olivera
Assisted by: Liya Abebe

This week, campers teamed up and learned all about good sportsmanship and the importance of athletic training.

We practiced various drills from passing soccer balls to long jumps and even sprints. We also played team sports like soccer, kickball, and even basketball.

It was a hot week, but we definitely spent a lot of time enjoying the sun as we played games both indoors and outdoors!



08B2: The Art of the City

Led By: Lauren Hill & Sandra Haw
Assisted by: Ingrid Aguilar

There is so much creativity when it comes to designing a city, and our campers got to experience it firsthand this week.

We built houses and buildings out of recycled materials, practice various painting techniques from dot painting to even sponge painting.

Building a city is never a solo job, and we had a great time working altogether to build our very own mini city as well!



08B3: Rising 1/2

Led By: Hallie Friedfeld
Assisted by: Catherine Cousins

Campers got a taste of what to expect as they prepare to enter their new classrooms this coming fall.

There was fun crafting, free play and choice time, but also some new experiences. For many rising 1st graders, it was an introduction to class assignments, work sheets, and reading and math exercises that were just some of the typical school day activities that they got a preview of for the fall.

For our 2nd graders, they got their first chance to be a big kid mentor to their incoming 1st grader friends!



08C1: Summer Blossoms

Led By: Madison Snyder

Assisted by: Zahra Mohammadi

As the summer winds down, Summer Blossoms is taking the steps to evolve to the next iteration of gardening and appreciation for our natural surroundings.

This week, we explored art activities involving plants and flowers, but also had hands-on experience checking for guinea fowl eggs, preparing the last bits of mulch for the FCS Farms gardening area, and enjoying the simplicity of enjoying our time spent together in a relaxing camp about summer fun.

08C2: Filmmaking for Beginners

Led By: Van Nguyen & Taylor Washington
Assisted by: Danielle Probst Rich

After a crash course in the foundations of filmmaking, from the responsibilities of each crew member to the process of making a film from script to post-production, campers split into two production teams and got straight to work.

They started with an idea (a short film and a game show) and then used storyboards to further develop their ideas into an improved script. The following days were taken up by filming their scenes, getting the best performances and finally reviewing all their shot footage for the best bits. Tricky questions, fierce competition, a scary giant (fake) spider and a little creative mayhem ensued. The results may surprise you! Click the links to the right for our two productions!



Stitch



THE GREATEST
AMERICAN
GAME SHOW!

08C3: Origami & Papercraft

Led By: Crystal A Robinson
Assisted by: Zahra Mohammadi

What do tiny stars, a drinking cup, llamas and baskets have to do with origami? Everything!

This week, we attempted to avoid paper cuts as we dived into the world of folding paper in many cool and special ways. Some designs were as simple as making a paper airplane, while others may as well have been chapter books!

The biggest hit was the meticulous practice of turning strips of ordinary paper into puffy stars that one can fill a jar with. We're sure that some campers are still working on it even now...



08D1: Disc Sports

Led By: Alex Andrews
Assisted by: Jared McCord

All week long, campers drilled their skills in jumping, catching, running and tossing flying discs.

Did you know that frisbees are not discs? There are lots of details between different types of discs and their various uses from disc golf to Ultimate to something that is not really expected to fly more than a few feet.

We honed our sportsmanship skills and got used to seeing hard plastic flying in the air all week long to get ourselves ready for our next disc adventures!



Try this @Home!



Try this @Home!



Brick Wall Tags

When thinking about art in the city, we think about the many beautiful murals and graffiti we often see on the sides of buildings. In this activity, we talked a bit about creating a stylized version of your name in pastel before cutting it out and combining it with a "brick wall" made with a sponge and white paint.

When styling your name, make it distinctive with shapes and curves you would normally not use. Ask a grownup for help cutting, if needed, and the more brick walls you have, the bigger your tag could be!

Pattern Blocks

Pattern blocks are a staple of any elementary classroom, and they are useful tools for so many math skills.

They incorporate shapes, colors, size, thickness, and when combined together, they can be used to make simple line patterns to complex designs.

Most pattern blocks are standard sized, and you could find lots of design print outs for your child to copy or build on top of to make everything from animals to structures and so on.



Try this @Home!



What are Guinea Fowl?

These funny looking birds often turn heads, and we get lots of questions about them. Here's a quick FAQ for families curious about them:

- While technically domesticated, they tend to do their own thing.
- They are always in search of food, so the only way we get them back into the coop is to provide regular feed and mealworm treats for them.
- They're more aggressive than chickens and their primary safety mechanism is being very, very loud!
- Their eggs are half the size of chicken eggs and are very thick.

Designing with Canva

Curious about how we can create a digital newsletter AND a video every week without fail? Since discovering the design app Canva, we have been unable to put it down.

Everything from logos to signs and even the filmmaking camp's videos were made using its intuitive tools, which are simple, but powerful with some practice.

Our campers were able to explore and design their short films with it at camp, and so can you!



Try this @Home!



Origami Star Jars

Paper stars are surprisingly simple, yet hard to master, and tedious to make in bulk. All perfect qualities for making a jar that supposedly brings good luck and wishes!

These stars start as long narrow strips of paper or ribbon. There are several ways to start it, but you can start by gently tying a knot near the end of one side. Do not press it flat, though!

After the initial knot, it will take on the rough shape of a pentagon. After ward, simply roll and gently fold it along the rest of the strip until the end when you tuck it under a fold.

Use your fingernail to press the flat sides of the pentagon inward, and you'll have a star! Only a few hundred more to go...

Kan Jam Relay

Instead of playing traditional Kan Jam, we used it as an accuracy practice drill while doubling up on blocking exercises.

With two groups, the lead person takes turns tossing the disc to the Kan. A goalie behind the Kan needs to smack the disc into the open top to get the person to sit down. The first team to have all of their members sit wins!

If a person manages to toss the disc into the narrow slot in front of the Kan, then the whole team gets to sit immediately!



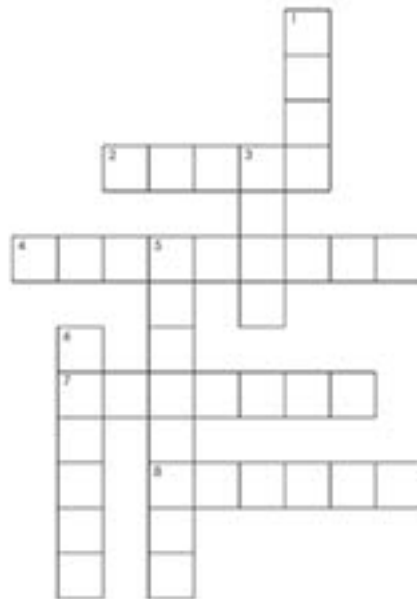
Activity Pages



Spot the Difference!



Session 08



Across: →

- Bits of wood in a pile
- Something you construct
- The art of paper folding
- Said at the beginning of recordings

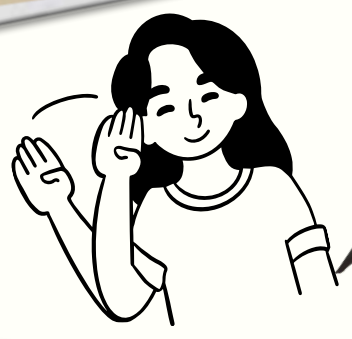
Down: ↓

- Something we learn in school
- A place with many buildings
- A sport that requires a disc
- Uses a black and white ball



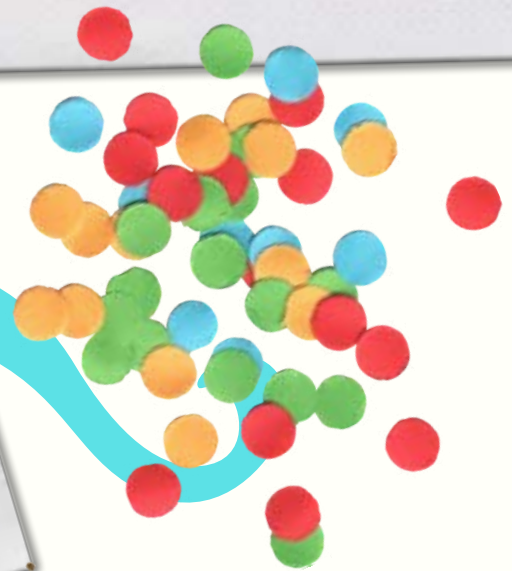
Our Rising 1/2 thanks the crew of Natural Resources Design, Inc. for renovating the front of our school!

Additional thanks to:
Gordon McKenzie (Substitute Office Manager)
Sheldon Henry (Director of Technology)
Ramiro Pecher (Substitute Facilities Manager)
Irma Guillén (Daytime Custodian)
Jasmine Vaughn (School Nurse)



~ ASL





Our Support Staff this week:

Taylor Washington
Nicholas Lugo





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See you next week!

09A1 - Little Explorers (Shipwrecked)

09B1 - Summer Blossoms

09B2 - The Science of Color

09B3 - Rising K

09C1 - Agility Adventures

09C2 - Escape Rooms & Puzzles

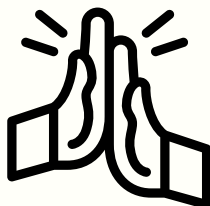
09C3 - Crafting Craze

09D1 - 3D Printing & Design



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



Dear Camp Families,

It's that time of the year again. Classrooms are getting cleaned up and ready for the school year. Our staff and campers are moving on to the last bits of summer before returning to their respective schools and lives.

As we wrap up another summer, it has been a pleasure and joy to provide a space where our extended community of campers and staff members can enjoy the quality education, attention, and care that FCS provides.

As Danielle has shared in the previous newsletter, she will be moving on from her role as a Camp Manager at the end of this summer, and I wanted to take the opportunity to thank her here. Her role is integral in making sure that the camp teachers are equipped and supported to provide the best quality care that we offer to you all.

In addition, Danielle has always been by my side to cover spaces where I am lacking. I admire her perseverance, positive attitude, and willingness to always learn from her experiences.

Thank you all for another great summer and we will see you next year!

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**Written by Support Staff
Produced by Danielle Probst**



09A1 - Little Explorers (Shipwrecked)

Led By: Brenda Alvarado
Assisted by: Julian Craig

Avast ye Hearties! The Little Explorers sailed the ocean blue and got shipwrecked. They used stencils to make themselves into pirates and mermaids. They made parrots by coloring and decorating them with feathers and wore pirate hats.

A visit by a real pirate (in their minds) provided a treasure map. Our intrepid Explorers picked it up and successfully followed it to a golden horde of doubloons and jewels. Happily, there was plenty of loot to go around so our lads and lassies carried on back to the Briny Deep.

09B1 - Summer Blossoms

Led By: Samantha McKay
Assisted by: Catt Cousins

This final session of Summer Blossoms was filled with natural art and plenty of outdoor exploration.

Campers experimented with cyanotypes, using sunlight to "print" them. Between hikes to observe box turtles and identify mushrooms, there was more painting using UV acrylic paint and making recycled art while learning to identify the parts of a flower.

Starting next summer, Summer Blossoms will evolve into a new track of courses that would involve direct care of our upcoming FCS Farms and guinea fowl friends.



09B2 - The Science of Color

Led By: Crystal A Robinson

Assisted by: Liya Abebe

This fun camp is a great introduction to colors and how to mix them. Our scientist-artists experimented with paint, markers, watercolors, and light to learn how light and pigments can mix to create even more colors.

Of course, there was slime and by this point of the summer, campers knew exactly how to mix the colors together to get their slime JUST right. Whether the color is primary, secondary, or tertiary, the campers gained a new way of understanding how color can influence our emotional outlook and help them express big feelings.



09B3 - Rising K

Led By: Van Nguyen

Assisted by: Catt Cousins

Our last of the rising series of camps, we helped incoming Friends Community School Kindergarteners prepare for their entry this fall.

In this camp, we followed a daily schedule complete with morning meeting, Meeting for Worship, and even co-curriculars! Without any doubt, the most popular time for our campers was Exploration where they had freeplay with board games, sensory trays, art, and especially dramatic play.

With school just a few weeks away, we know that they'll have a great year!



09C1 - Agility Adventures

Led By: Alex Andrews

Assisted by: Zahra Mohammadi

How fortunate it was for our last week together to have such great weather!

Our campers explored various ways to practice hand-eye coordination and being active on and off the field. Throughout the week, our teacher shared his wisdom about the importance of fitness and personal health.

From kickball to weightlifting and the ever popular Gaga ball, our campers had a great time exercising their bodies and spirits with good fun.

09C2 - Escape Rooms & Puzzles

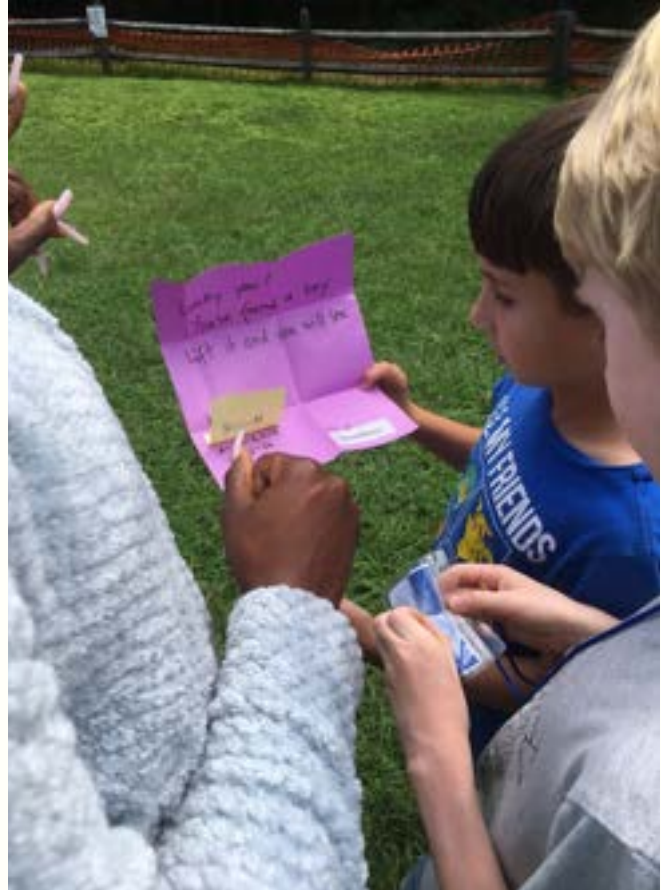
Led By: Taylor Washington

Assisted by: Lottie Potter

What qualities do you need in order to successfully complete an escape room? Experience with solving puzzles, creative thinking, and teamwork are definitely very important!

This week, campers practiced with jigsaw puzzles, cryptographs, and good ol'fashioned riddles to test their critical thinking skills. Of course, there was plenty of scavenger hunting for clues around the classroom and campus as well!

We even tried out an Escape Room in a Box kit to test our skills at the end of the week!



09C3 - Crafting Craze

Led By: Hallie Friedfeld & Keely Flaherty
Assisted by: Zahra Mohammadi

Crafting is something all children enjoy and this camp functioned as an open lab for all the classic crafting activities. From shrinky dinks to perler beads, the week was chock-full off neat projects.

Everyday was filled with something new and eventually, campers made pompom monogram letters (lovingly named "Mo"). During free crafting, many Mo's were born from this class, and we'll likely see them around!



09D1 - 3D Printing & Design

Led By: Jazlyn Olivera
Volunteer: Allie Burkholder

At FCS, we believe in innovation, even if it means designing from scratch.

Campers first practiced with Scrib3d pens to learn the foundations of FDM (fused deposition modeling), where designs are created layer by layer on top of each other.

As the week went on, they explored TinkerCAD, a 3D design program created for beginners, where everything from lightsabers and a variety of Snorlaxes were made before being printed on our very own Makerbot!

Try this @Home!



Try this @Home!



Treasure Hunt!

You can make your own treasure chest with everyday materials and a dash of creativity!

Use strawberry containers as the foundation of your treasure chest. Decorate it as you'd like, fill it with treasure, and hide it somewhere safe! Make sure to create a treasure map for you to remember where it was buried.

Of course, dressing up and making pirate jokes is entirely optional, but we think that that is p-arrrr-t of the fun. Did you sea our joke there?

Cyanotype Photos

With a special paper, anyone can make cool photographs from plants and other found objects in nature!

After purchasing cyanotype paper, make sure to keep in the dark until you're ready to use it. Collect objects that have distinctive shapes such as leaves, feathers, flowers, and so on to prepare your design.

Once you start laying out the objects, you have a very limited amount of time as it starts setting immediately! Keep it flat and leave it in the sunlight for a few minutes and wash it to set the image and enjoy!



Try this @Home!



Color Mixing with Slime!

With so many slime recipes out there, how could we make the activity even more interesting?

Make three batches of slime (red, yellow, and blue) with your preferred recipe. We often use the 1:2 ratio of liquid starch to white glue at camp.

After making three batches, let's test and explore how what kind of ratios are needed to create your favorite color, and what might happen if you knead it too little...or too much!

Routines for School

Getting ready for the school year after a long relaxing summer? It doesn't happen overnight!

Before a new year, make sure to do the following to ease the transition:

- Get plenty of rest!
 - Get into the routine of using a similar bedtime that you'd use for the school year.
- Get to know your new teachers, classmates, and classrooms.
 - Attend orientations, read welcome letters together as a family, and so on to prepare.
- Keep an open mind.
 - Things change each year, even if it's the same school you've attended for years.
- Have fun!
 - This is self-explanatory. :)



Try this @Home!



Personal Fitness

Healthy lives require healthy bodies!

You don't need to take extreme measures to take care of yourself. Be mindful of the types of foods that you eat and be sure to exercise everyday.

The most important thing is that you keep moving. You can add things like weights to provide resistance to your muscles or pace yourself with multiple repetitions or longer training sessions.

At camp, we were fortunate to enjoy a mini gym with basic tools to teach campers safe workouts, and we hope each camper continues to maintain their fitness at home!

Cryptography

Cryptography is the science that studies and creates secret communications. The great thing about cryptography is that you as the Sender can easily transmit your message to the Receiver -- as long as they have a key. A simple technique is to have numbers stand in for letters. For example: 1=A, 2=B 3=C and so on to 23=Z.

Try to translate this message:

9-6 25-15-21 3-1-14 18-5-1-4 20-8-9-19,
25-15-21 7-15-21 9-20!

Now you try it. Send a coded message to a friend to see how long it takes them to get it.



Try this @Home!



Balloon Animals

If you can tie your shoes, you can make a balloon animal and other balloon art.

One of the most important things to remember is to not overinflate the balloons and to leave enough of the tip to allow air to move around as you're bending the balloon into shape.

Try looking up different designs online and don't be afraid if a balloon pops. Just get another one and try again.

Of course, you could also enjoy making balloon snakes, worms, and even sticks!

TinkerCAD

While there are many sources for premade 3D models and designs, we focused on teaching campers how to create their own. TinkerCAD is a great introductory modeling tool for beginners to learn the basics of shaping something that can be printed on a 3D Printer.

Many of our campers gravitated to modeling objects or characters that they liked, and by the end of the week, we've had many variations of Snorlax (Pokemon character) and various attempts at light sabers!



Activity Pages



Spot the Difference!



Session 09

A	B	C	D	E	F	G	H	I	J	K	L	M
				★								

N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Hint: Can you escape this puzzle?

⌂	⚡	⊗	○	■	💧	◀	◻	◻		
⌂	⚡	★	⚡	★	⚡	◻	◻	⊙	★	💧
⌂	⚡	⊙	💧	💧	⚠	⚡	⚡	★	◻	.
⚡	⊗	😊	★	⊗	◐	◻	★	⊗	⌂	
💧	●	⚡	◻	◻	*	↑	★	⊗	◻	!



Former Kindergarten teacher, Director Van, guest teaches the Rising K camp, affectionately known as Kindergarten Boot Camp!

*You say goodbye,
and I say hello*

~ The Beatles

Additional thanks to:

- Gordon McKenzie (Substitute Office Manager)
- Sheldon Henry (Director of Technology)
- Ramiro Pecher (Substitute Facilities Manager)
- Irma Guillén (Daytime Custodian)
- Jasmine Vaughn (School Nurse)

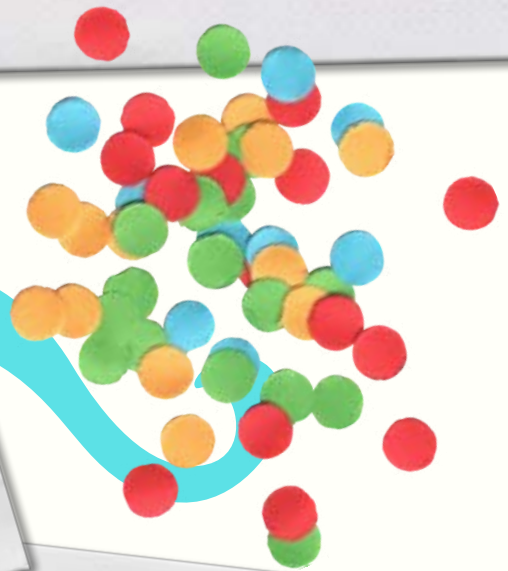


Our Greetings this Summer!



- Session 01:
 - Ello! (Jamaican Patois)
- Session 02:
 - Yassou! (Greek)
- Session 03:
 - Ciao! (Italian)
- Session 04:
 - Xin chào (Vietnamese)
- Session 05:
 - 안녕하세요
 - annyeonghaseyo (Korean)
- Session 06:
 - Olá! (Portuguese)
- Session 07:
 - 'Ia ora na! (Tahitian)
- Session 08:
 - 'Hello' (ASL) 
- Session 09:
 - You say goodbye, and I say hello.
 - The Beatles
 - A message about simplicity






Our Support Staff this week:

- Taylor Washington
- Kim Lugo
- Nicholas Lugo
- Gillian Rosenzweig-Stein

Our Rising K camp created a special camp gift to commemorate our Admissions Director's, Caroline, first Kindergarten class!

*Our amazing
2022 Staff!*



**Lead
Teachers**

Academic Summer Support Camp!

Johari Frazier
Lynn Kaplan
Danielle Martin
Samantha McKay
Luke Moore
Reema Srivastava
Gerry Stewart
Alexandra Whyte



Alex Andrews
Frances Ashcraft
Mark Evans
Hallie Friedfeld
August Gardner
Sandra Haw
Samantha McKay
Jazlyn Olivera

Daniela Rivadeneira
Crystal Aminah Robinson
Gillian Rosenzweig-Stein
Madison Snyder
Patricia Soumoff
Margaret Strohecker
Cecilia Volterra
Kiersten Whitehead

Assistant
Counselors

Our amazing

2022 Staff!



Liya Abebe
Ingrid (Alexa) Aguilar
Ramlah Amsa
Catherine Cousins
Julian Craig
Lauren Hill
Nicholas Lugo
Jared McCord
Zahra Mohammadi
Lottie Potter-King




Special Roles

*Our amazing
2022 Staff!*



Dual Roles (Lead Teachers & Assistant Counselors):

Brenda Alvarado
Crystal Shay Robinson
Kim Lugo
Lauren Hill


Carol MacAdam (Camp Librarian)
Allie Burkholder (Camp Volunteer)

For this session's puzzle solution, flip this page upside down!

Created using the Cryptogram Builder
 Super Teacher Worksheets (www.superteacherworksheets.com)



Hint: Can you escape this puzzle?

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
A	B	C	D	E	F	G	H	I	J	K	L	M

Session 09

SOLUTION



**Nurturing
lifelong learners,
courageous risk-
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joyous
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October
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OPENS 9/1**

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[Click here for a video slideshow!](#)



See you next summer!



**[Click here for the
2022 Video Collection](#)**