

July 3 - July 7, 2023  
FCS Summer Camp Weekly Newsletter

Session 03



# Welcome

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PEEK INTO OUR CAMP PROGRAMS  
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PHOTO GALLERY  
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**WRITTEN BY:**  
SUPPORT STAFF AND  
CAMP ADMINISTRATORS



## Welcome

### — Introduction

"...running a safe, enjoyable, and fun camp has always been our priority."



Van Nguyen  
*Director of Operations*  
*Summer Camp Director*

### Welcome to our camp!

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."

- *Thich Nhat Hanh, Stepping into Freedom: An Introduction to Buddhist Monastic Training*

In education, we often look to the summers as a time for everyone to take a break from a busy academic year. For us at camp, it the busiest time of our year as we strive to provide a quality experience for not only our campers, but their families and our staff as well.

In college, I studied Zen Buddhism, and continued to practice the art of mindfulness in my personal and professional life. We have encountered and overcome many challenges in the past few years at FCS, and running a safe, enjoyable, and fun camp has always been our priority.

With a deep and intentional breath, I reflect on how far we've come as a camp during my tenure and focus on the bright future that we have ahead of us.

03A1



Little Explorers: Out of this World  
Led By: Mirsa Shulman  
Assisted by: Jasmine Cerritos

Little Explorers blasted off into space, learning about the planets in our solar system and making crafts including rockets and planet sun-catchers.

03B1



Artist Studios  
Led By: Madison Snyder

Artists in this camp explored their creative sides with a variety of media including paint, collage, and hanging sculpture.

03B2



Junior Engineers  
Led By: Ania Hendy  
Assisted by: Megan Kellenberger

Our junior engineers spent this session discovering what makes a structure sturdy, how to choose materials, and what techniques can create the biggest strongest structures.

03B3



Ada Twist, Scientist  
Led By: Taylor Washington  
Assisted by: Crystal Shay Robinson

Young scientists learned how to use the scientific method to explore the world around them, performing experiments with density, buoyancy, and chemical reactions.

03C2



Baking and Making  
Led By: Patricia Soumoff  
Assisted by: Ani Arzoumanian

This week, campers learned how to read and follow a recipe. They made a variety of delicious foods and fun things to play with including slime, play-dough, and kinetic sand.

03C1



Sports and Agility  
Led By: Brian Belstock

Campers played soccer, volleyball, basketball, and a variety of improvised sports that improved their dexterity and speed.

03C3



Wilderness and Archery  
Led By: Mark Evans and Alex Andrews  
Assisted by: Nicholas Lugo

This session, campers practiced wilderness survival skills like identification of dangerous plants, and refined their archery technique.

03D1

3D Printing and Design  
Led By: Jazlyn Olivera  
Assisted by: Sandra Haw

Campers learned all about making 3D sculptures, using 3D pens to draw objects and software to design objects for 3D printing.

They printed, tested, and refined their designs.



Wilderness & Archery and the fire they built as a team!

Welcome

Try this @Home



Here are some ideas that you can do at home!



# Science Journal

Are you a curious scientist? Do you ask questions about the world around you, form hypotheses, and then test them? Then you need a science journal!

One of the most important parts of science is recording your observations - that's how we continue learning and build on our previous discoveries. Plus, once you record your experiments, you then have a fun memory to go back to. Stay curious!



*Left: A colorful entry in a camper's science journal*

*Top: An illustration of a science experiment*

*Above: Linton creating his journal*



# Pool Noodle Building Toys

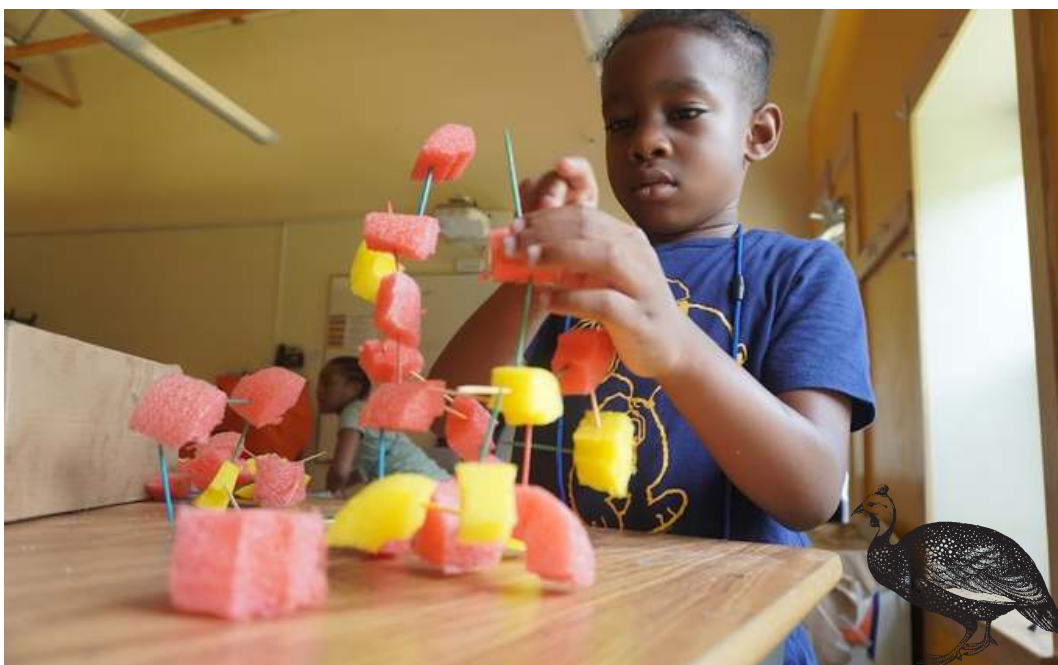
Are your pool noodles looking ragged at the end of summer? Give them new life by cutting them up and pairing them with toothpicks for a fun building toy.

The light, spongy material of pool noodles is perfect for creating large, creative structures: both sturdy and lightweight, with an all-over soft texture that is easy for little hands to stick toothpicks into securely.

See how tall you can make your tower!



*Sarai chooses a toothpick to add height to her structure*



*Bryson carefully builds his tower*

# Homemade Play-dough

Playdough is a fun sensory activity, and you can put your own stamp on it by making it at home.

This is just one basic recipe that can be made in any microwave!

Try creating fun colors by mixing food coloring, making it sparkle with glitter, or adding a nice scent with essential oils!



1. Combine 2 cups plain flour, 1 cup salt, and 4 tbsp cream of tartar in a large microwave safe bowl.
2. In another microwave-safe bowl, combine 2 cups hot water, 2 tbsp oil, and food coloring



3. Mix liquid ingredients in with dry, removing lumps, and blend the ingredients well.

4. Cover and place in the microwave for 2.5 minutes on high

5. Remove from microwave and stir with a spoon



6. Place in the microwave for an additional 1 min, then remove and stir

7. Cook for a further minute if dough is still runny

8. Turn out dough onto a clean surface and knead into a smooth ball. Careful! Dough will be hot! Use flour if dough is sticky.

**Welcome**

Listening In



Ever wonder what our campers say about their experience?



# CAMPERS SAY...



**AVI**

I liked playing games on the nature walk where we pretended to be on another planet



**NIA**

We're making crystals out of pipe cleaner and borax. It's going to be a rainbow!



**JONAS**

I liked making cinnamon rolls. The frosting is so good!



**RUBY**

We get to do a different sport every day!

# ...THE BEST THINGS



**IZZY**

We 3D printed a lizard, and now we're using the 3D pen to make a hat and a leash for it



**ELLIE**

Making bridges was the best part because we got to work together.





Additional thanks to:

Romeo Garcia (Administrative Assistant)

- Lynn Kaplan (Substitute)

Sheldon Henry (Director of Technology)

Carol MacAdam (School Librarian)

Ramiro Pecher (Facilities Manager)

Irma Guillén (Custodian)

Jasmine Vaughn (School Nurse)











Our Support Staff this week:

- Samantha McKay
- Ethan Clarkewallis
- Kim Lugo
- Lottie P-K
- Tyler Washington







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

**OPEN HOUSES:**

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January**



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in September for  
2024-25.**

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# WELCOME

FCS SUMMER CAMP

SEE YOU NEXT WEEK!

FOR SESSION 04



Click here for a video slideshow!