



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



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.

IN THIS ISSUE

FROM THE CAMP DIRECTOR

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



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

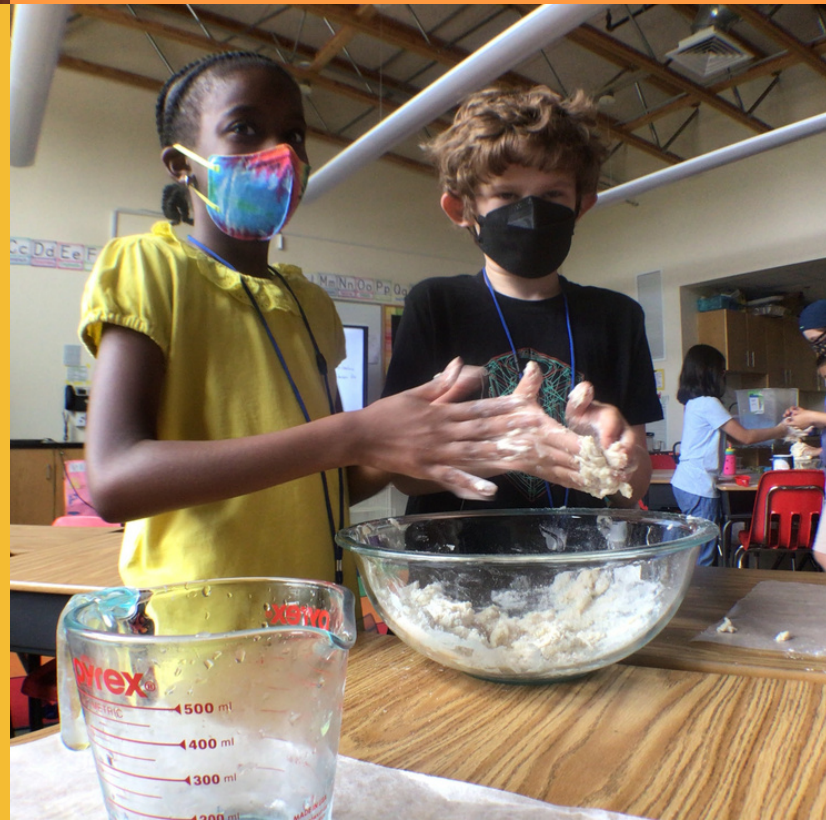
Buttery and warm sugar cookies in an instant? YES PLEASE! You will need:

- 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:

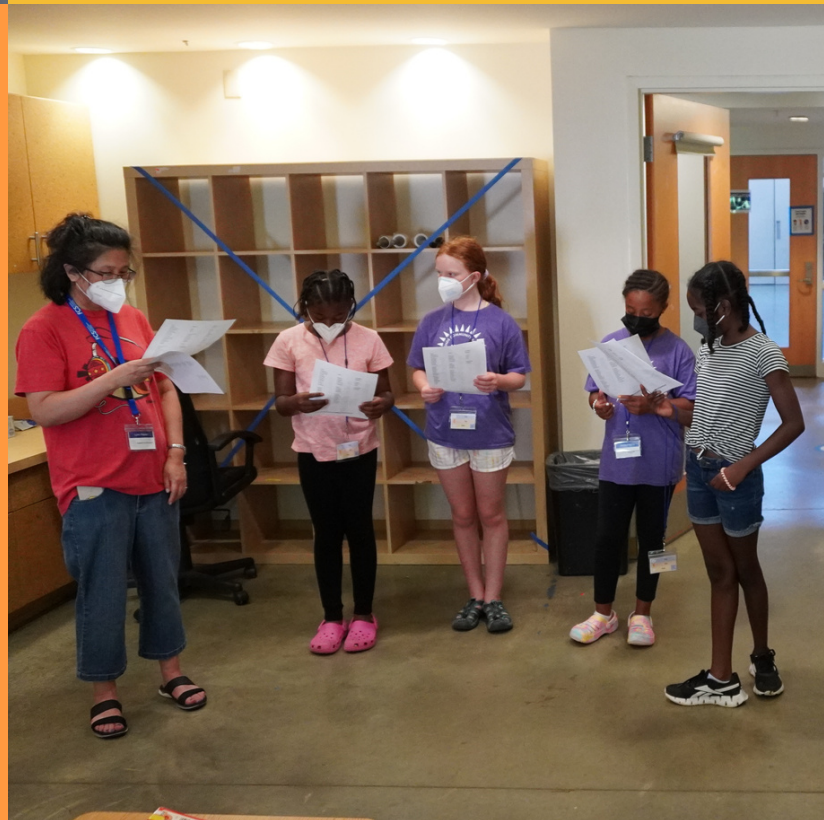
- One or two cardboard boxes
- A circular template (paper plate, bowl)
- Something to trace the circle (marker, pencil, pen)
- Scissors
- Tape
- Bean bags (or tossing alternatives like socks)

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

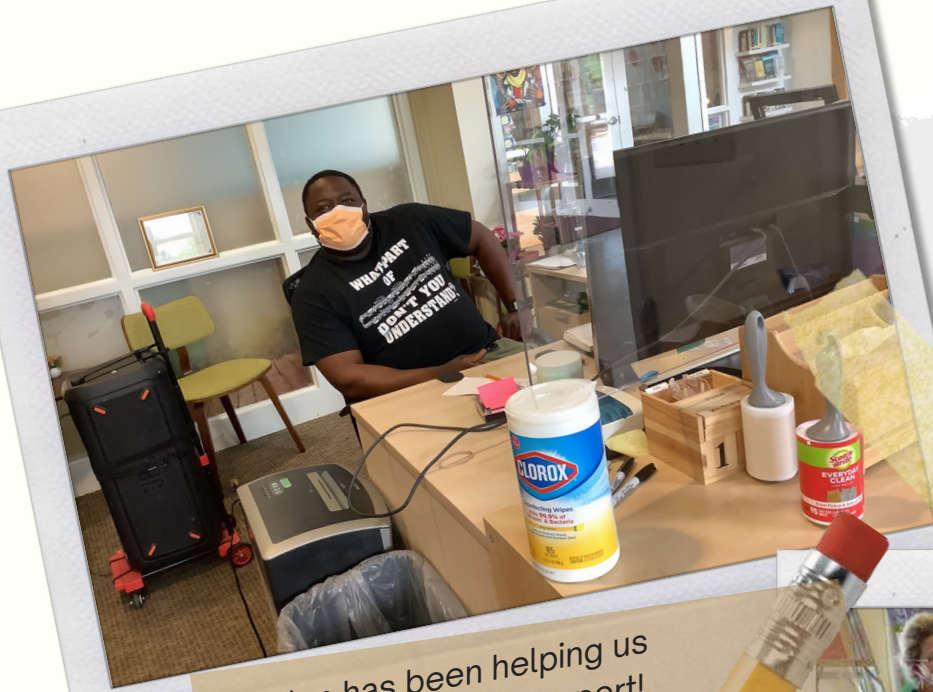
B	L	O	W	S	T	E	M	X	I	Y	Q
V	S	H	E	L	T	E	R	L	H	M	N
O	W	N	W	E	P	B	O	O	K	S	A
W	O	U	C	R	O	S	S	F	I	T	H
X	R	F	J	S	E	A	F	O	W	L	D
O	L	M	A	P	Y	S	A	L	A	D	E
Q	D	R	E	A	D	I	N	G	W	Z	I
V	L	N	I	N	J	A	T	K	B	A	S

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!

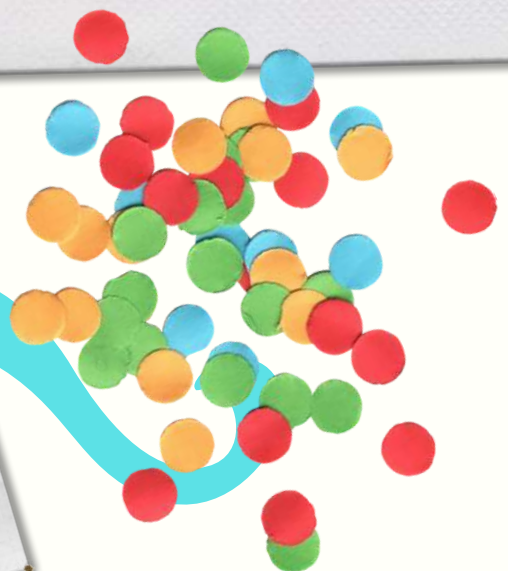
Yassou!

~ 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