



# 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.

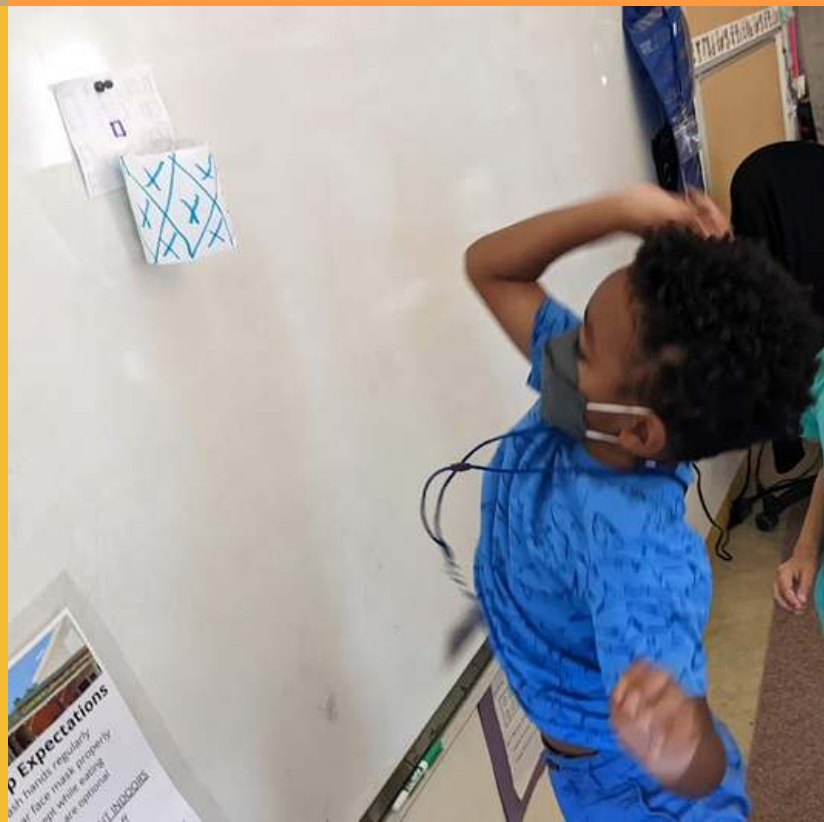
This is also a great sensory activity that can be used for calming and focus.

## 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

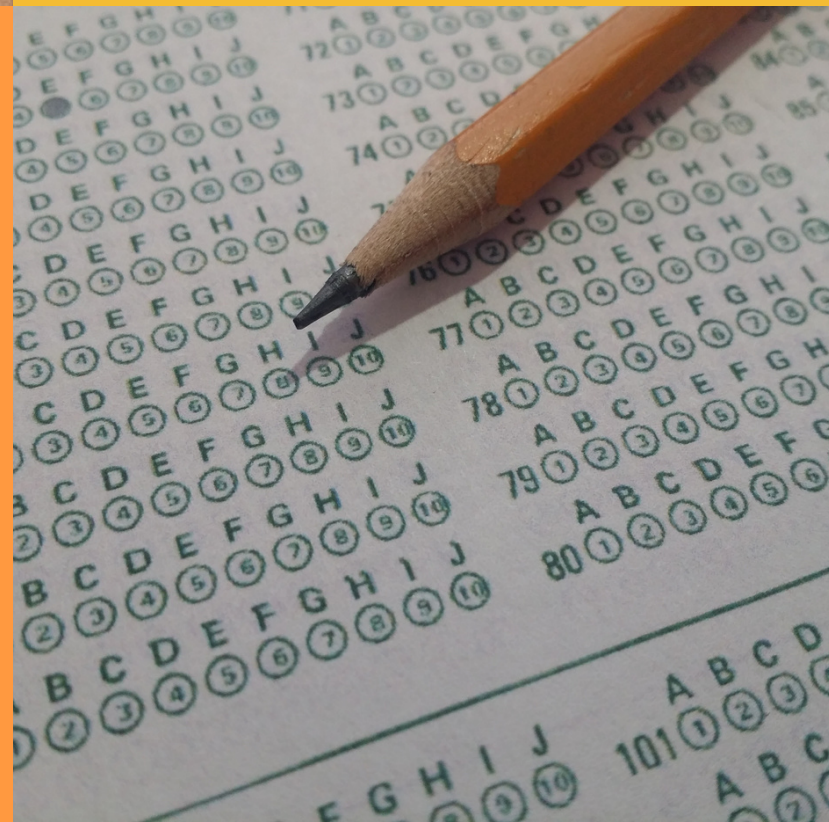
Hiking can be fun, relaxing, and a great way to stay healthy and connect with nature. By keeping these key precautions in mind, you can ensure that your hiking experience is enjoyable and safe!

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!



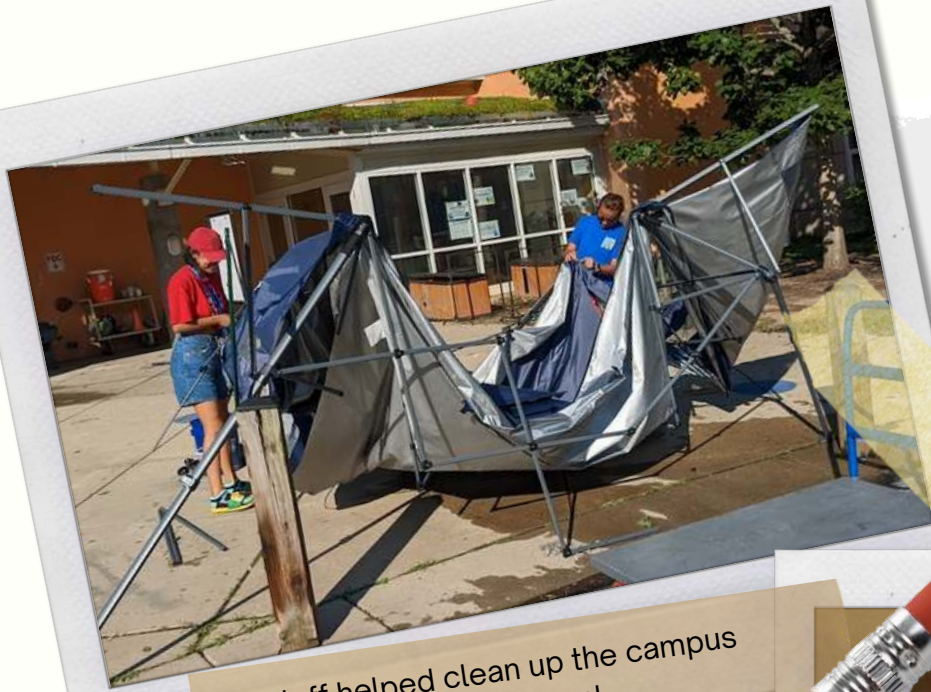
# Session 04

## 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) Mosquitos.
- 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 habentro.
- 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)

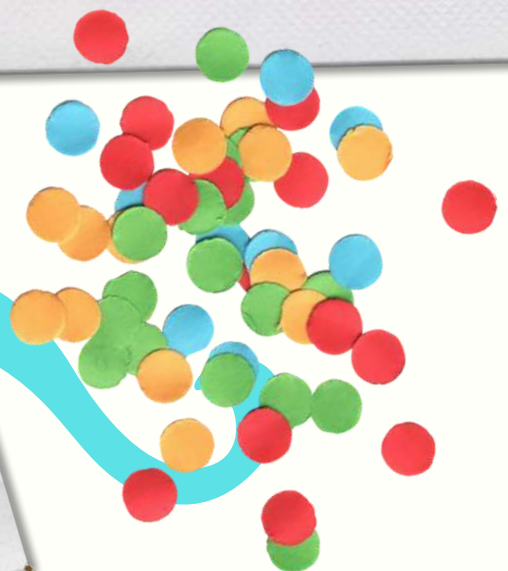
Xin chào!

~ 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)