



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.

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



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

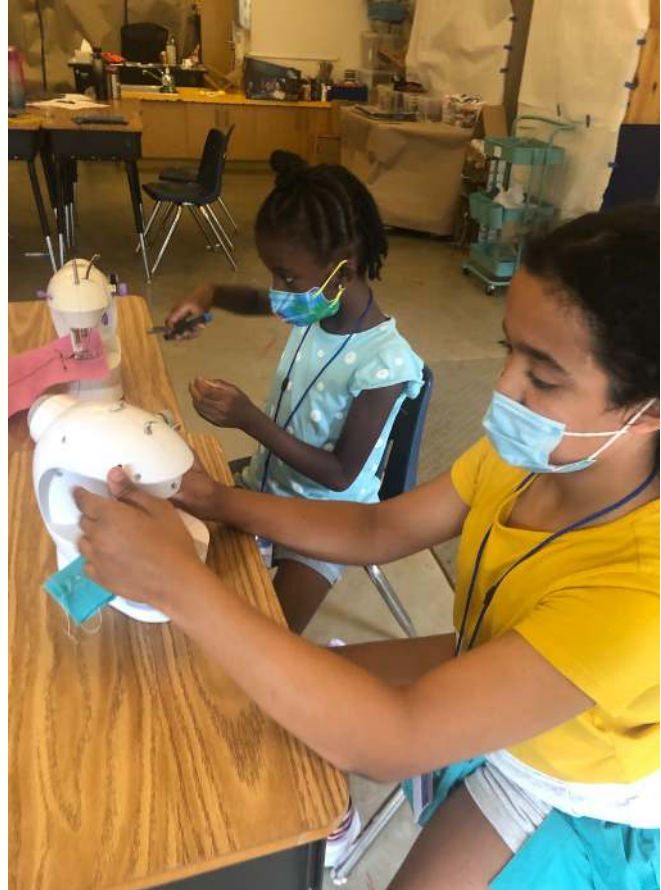
Led By: Sandra Haw

Assisted by: Ingrid Aguilar

Campers had SEW much fun this week! Practical techniques for hand sewing, exploring embroidery and studying 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.

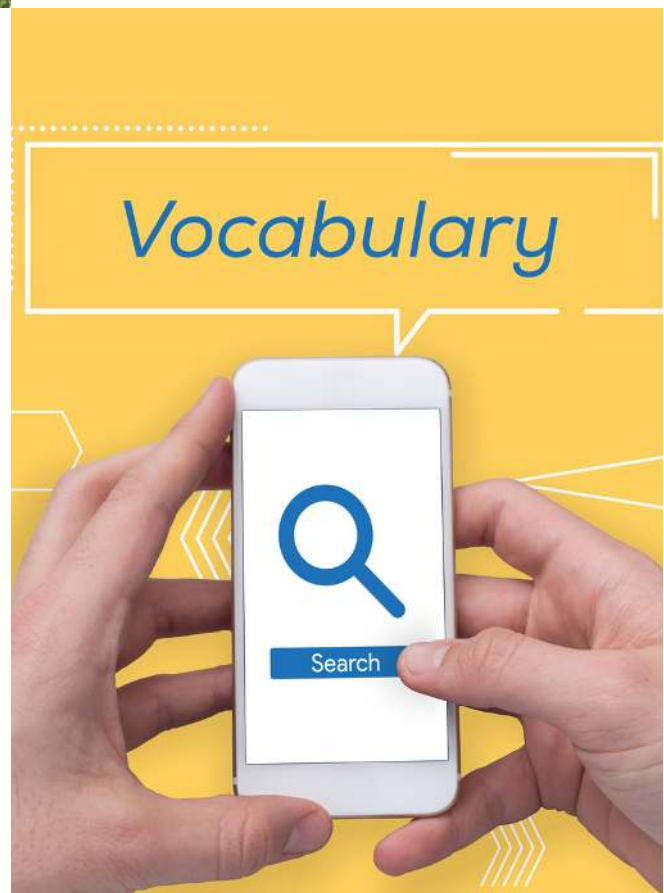
05DV: High School Test Prep (Vocab)

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.

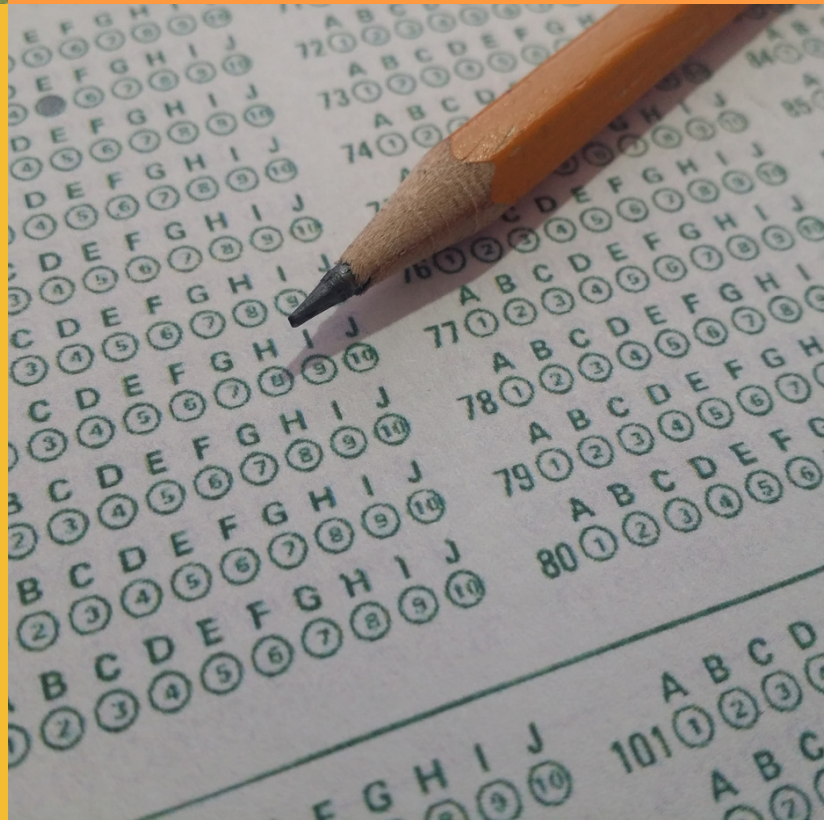
You can make the popping effect more visual by filling the balloons up with something – many choose glitter or any other powder. When the balloon pops the powder spread through the air and makes it way more satisfying.

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

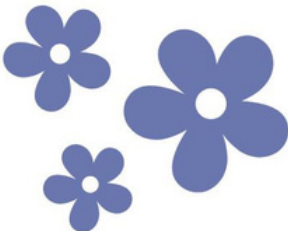
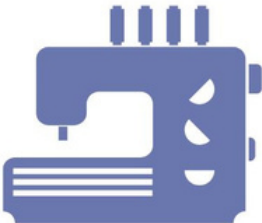


Spot the Difference!



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 (Substite 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**

FCS FRIENDS
COMMUNITY
SCHOOL

Quaker Progressive Education for Grades K – 8
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