



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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MANAGER

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CAN TRY AT HOME!

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THIS WEEK'S
PHOTO GALLERY

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:

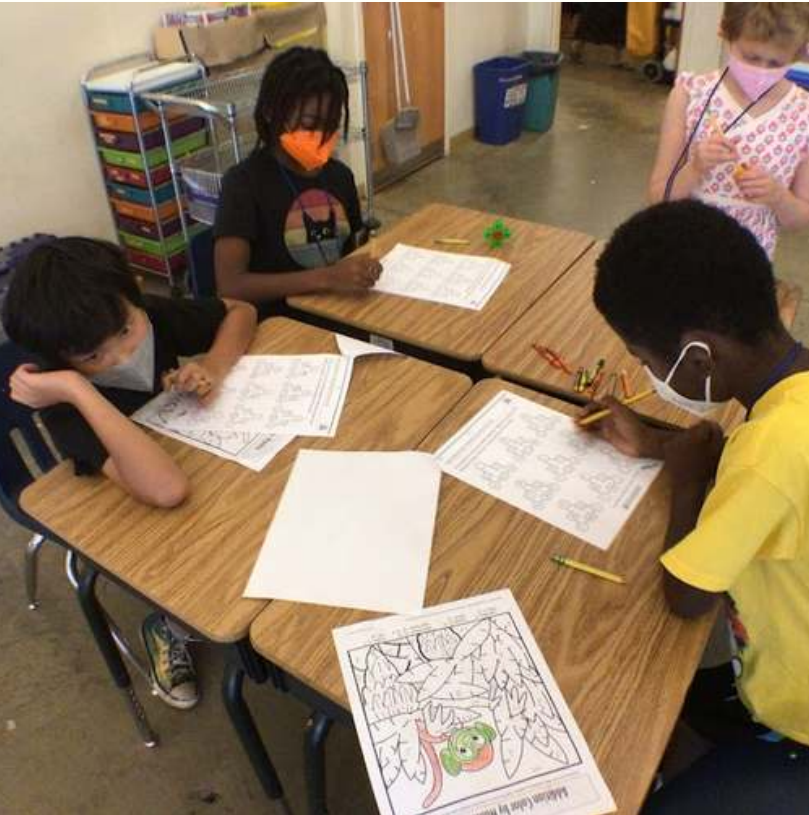
- 1 cup of flour
- .5 cup of salt
- 2 teaspoons cream of tartar
- 1 cup of water
- 1 tablespoon of oil
- food coloring

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

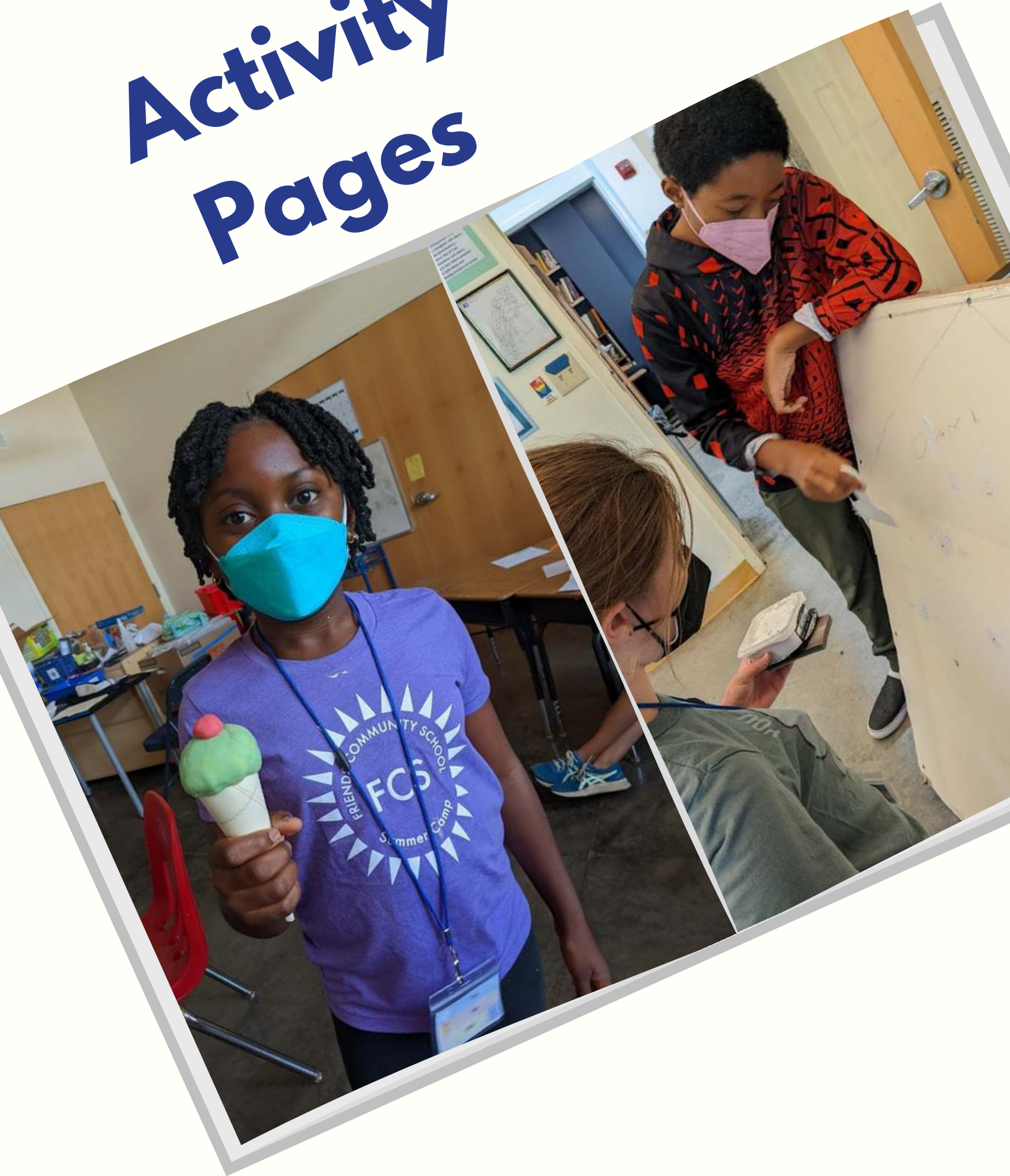
Hint: the answer is $\frac{77}{32}$ or $2\frac{13}{32}$

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














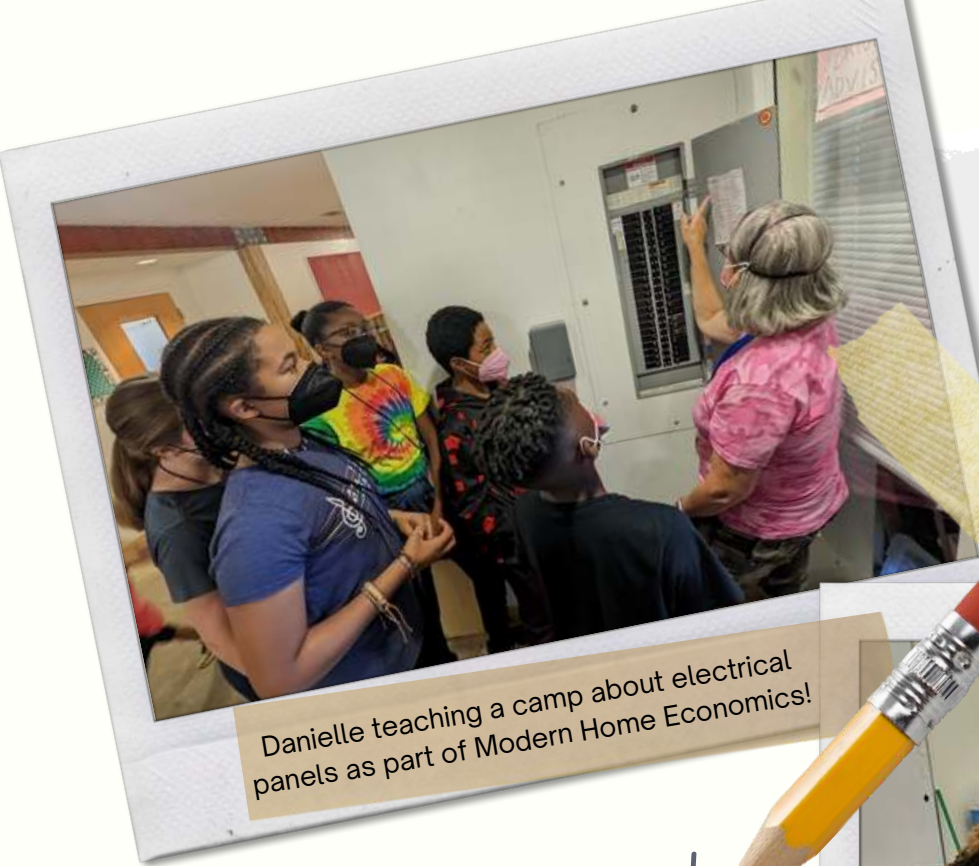
Spot the Difference!



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



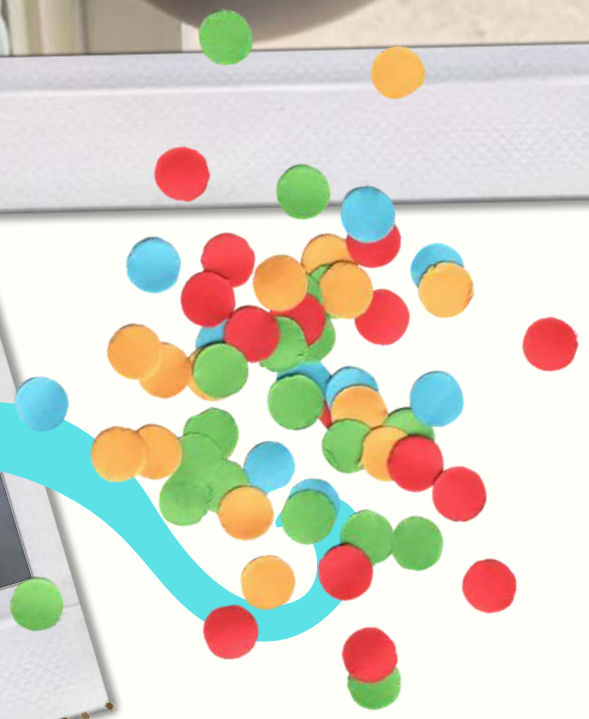
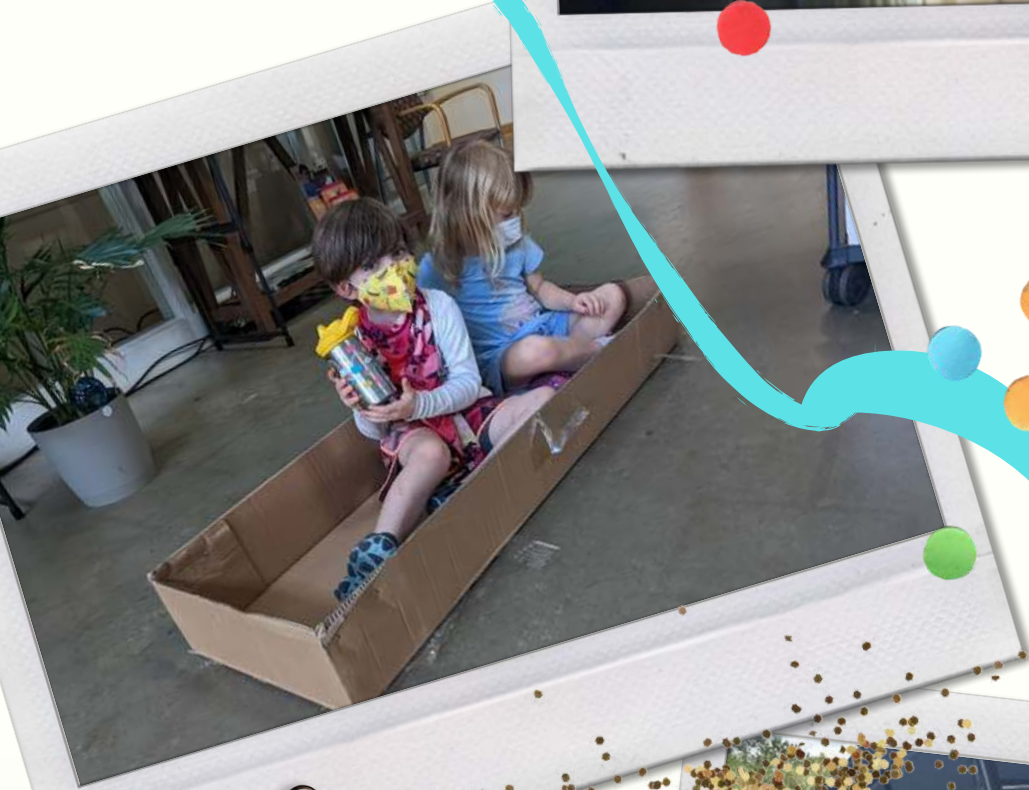
Danielle teaching a camp about electrical panels as part of Modern Home Economics!

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**

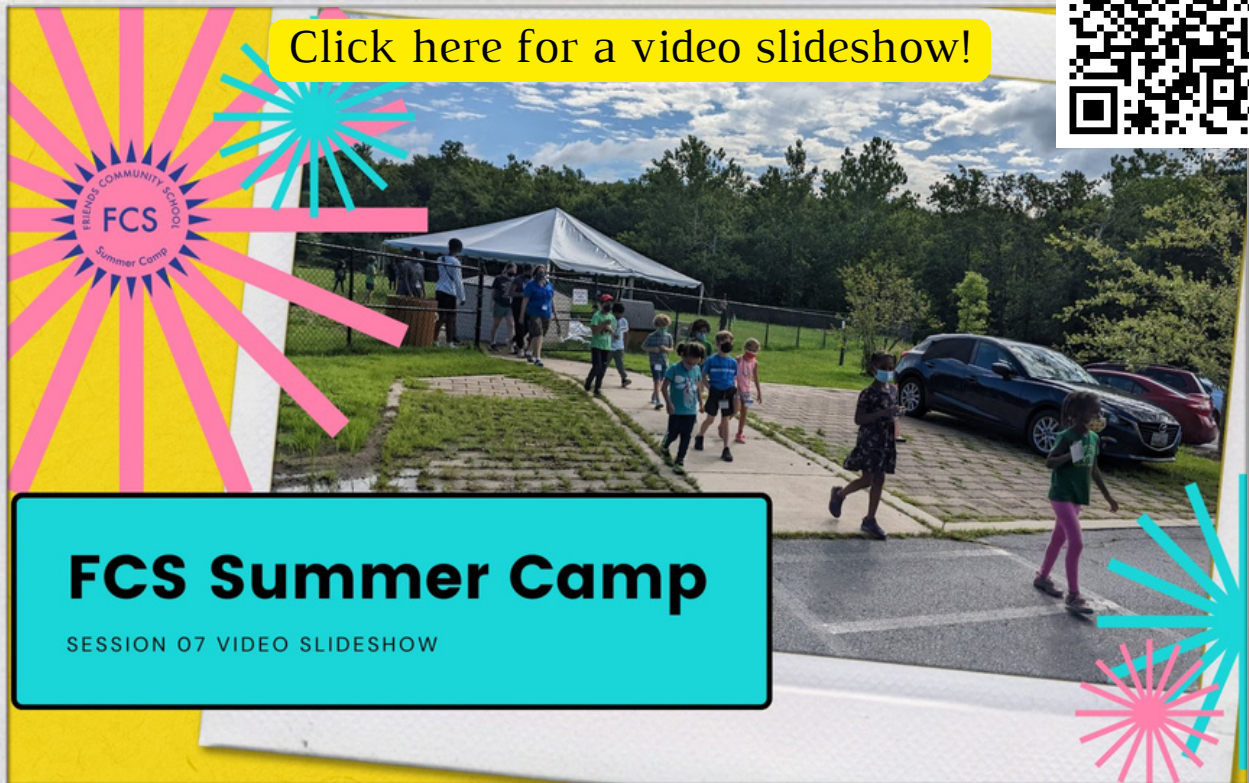
FCS FRIENDS
COMMUNITY
SCHOOL

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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)