



WELCOME, FRIEND

FCS Summer Camp Weekly Newsletter



From the Camp Manager

Say hello, wave goodbye. This song lyric is in my head frequently these days. The arrivals and departures of our campers reveal to me micro moments of joy. I feel the love when I see a child stop to kiss their parent on the cheek just one more time before leaving them behind. As lanky teens step from cars into their own world, a mix of melancholy and pride crosses a parent's face. I am touched by the times when kids must wave goodbye to parents through tears of separation.

The privilege of watching children grow by overcoming their fears of the unknown has been incredibly rewarding for me. These fleeting moments are the simple gifts of my daily life at FCS and I cherish them.

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TO THE COMMUNITY**

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TRY AT HOME!**

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PHOTO GALLERY**

ACTIVITY PAGES!

Written by Support Staff
Produced by Danielle Probst



08A1 - Rainbow Catchers

Led By: Julia Park

Assisted by: Lindsay Bearden

This week, we explored all the colors of the rainbow by conducting experiments and creating lots of cool rainbow art! We learned about rainbows in nature through read alouds and explored rainbows in art.

We encouraged everybody to take risks and be expressive. Our projects included rainbow collages, tissue paper art, salt painting, and some good and messy shaving cream fun.

08B1-Summer Blossoms

Led By: Patricia Soumoff

Assisted by: Kim Lugo

This week, we explored the beauty of nature around us by engaging in activities with the flowers and plants that we can find in our own backyards.

From creating seed bombs to learning about the life cycles of plants and pollinators, to planting seeds of our own we discovered how to take care of and nurture the earth.

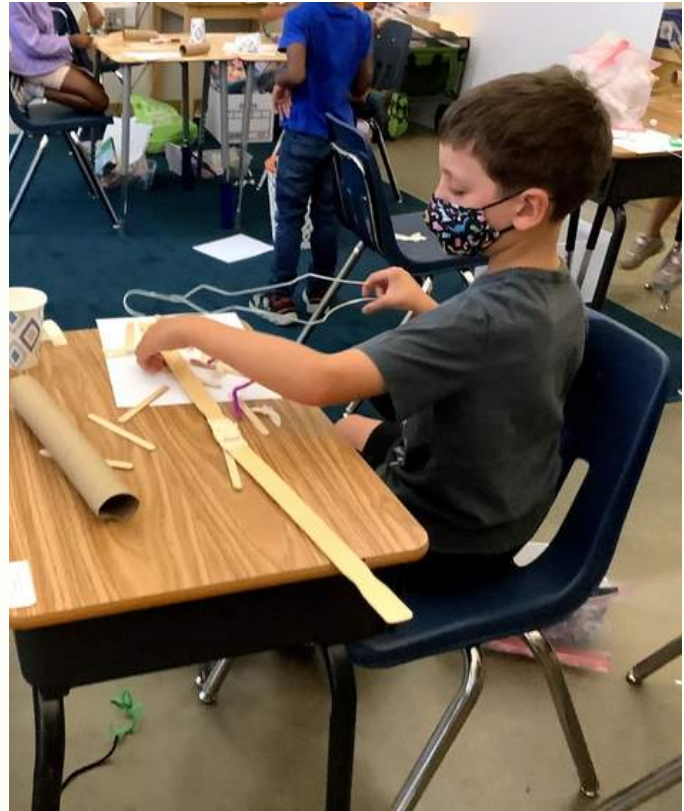


08B2- Junior Engineers

Led By: Margaret Strohecker
Assisted by: Taylor Washington
and CIT Idris

By working together and problem-solving, we worked out engineering challenges based on a daily theme. We sharpened our problem-solving skills to find the best solutions. We designed the strongest aluminum foil boat and built the tallest cup tower. We build cars and windmills and had very exciting races on our custom marble runs.

Different materials such as popsicle sticks, pipe cleaners, recycled materials, and marbles built our structures. By week's end we were new inventors and architects.



08C1 - Agility Adventures

Led By: Jazlyn Olivera
and Sydney Harrington
Assisted by: Alex Andrews and CIT Justin

This week we improved our mobility, balance, and focus by completing uniquely challenging obstacle courses. These obstacle courses had us complete all different tasks such as climbing, hula hooping, and balancing on the tight rope.

We polished our skills with physical training exercises on the playground, and we had a lot of fun trying to beat the clock, even scoring some personal bests.



08C2 - Food & Art: Baking

Led By: Danielle Martin

Assisted by: Jessica Anderson

Baking is a tasty dance between science and art. We learned how to carefully measure ingredients and create healthy baked goods. We experimented with different recipes and observed how they affected the final product. We made a variety of treats like cookies and macarons. In the afternoons, we studied the relationship between art and food by investigating popular art. We used this time as inspiration to create our very own food art!



Check out our recipe book from this week!

08C3 - Rising 3/4 Graders

Led By: Tess Callahan

Assisted by: Han Pham and CIT Reese

As we begin to get ready for school this fall, we worked on developing our reading skills, writing mechanics, and number sense while also growing our passion for learning.

We practiced comprehension, strategy and problem-solving skills. We also did fun drills in addition, subtraction, estimation of numbers 1-100, number-grouping, and multiplication. We're ready to start our new school year!



08D1 - Ultimate Frisbee

Led By: Crystal Robinson

Assisted by: Nicholas Lugo

This week we learned good sportsmanship, conflict-resolution and how to officiate our games. We got some important practice in teamwork on the field which we can incorporate our daily lives. The ultimate frisbee scrimmages were really fun and we got a lot of practice on our throws.

We engaged in different frisbee games such as Disc Golf, KanJam, and learned more about how tournaments are organized. Every day, through teamwork play and we got a chance to reflect on the Quaker values of integrity and community.



Try this @Home!



Make your own Rainbow Fan

After it rains and the sun comes out, if the light is right you can see a beautiful rainbow fill the sky. You can re-create a rainbow at home with this fun and easy craft!

To create our Rainbow Fan, gather a popsicle stick, a paper plate, glue/tape, and markers. Cut the paper plate in half to represent the curve of a rainbow, decorate the halved plate fan with different colors and glue the popsicle stick to the back of the plate to create your fan. Now you can stay cool and spread joy the rest of this summer!

Building with packing peanuts

Did you know that packing peanuts used for mailing can also be used to build cool structures? Try this fun craft at home with these recyclable materials!

For this activity you will need a bowl of water to dip the packing peanut in and then you can stack packing peanuts together, combining them to make creative structures. You can also use markers to color the structures to make your creation a colorful masterpiece!



Try this @Home!



Flower Pressing

Make beautiful cards by using natural resources easily found outdoors.

For this activity, you will need flowers or other small plants, a blank card, white school glue and a heavy book for pressing. Gather a few plants in any grassy area you have permission to be in. Don't take flowers from someone's garden without asking if it's okay first! Once you've found a few items you like best, glue your plant material onto the blank card.

Next, place the card in between some pages of a heavy book. Wait a few days for the glue to dry and your flowers will be pressed onto the card.

Animal Obstacle Course

This obstacle course is unique, because the trick is to go move through the course as though you were different animals.

In what ways can you can move your body like different animals? Can you gallop, crabwalk or slither? Divide up a large room, a playground or your backyard into different stations. You must move like the animals you have chosen from station to station. Why not add some sound to your movement with making those animal sounds?

You are sure to exercise your imagination as well as your muscles while having as much fun as a barrel of monkeys



Try this @Home!



Frisbee Fun

Who knew that a simple pie tin from Mrs. Frisbee's bakery would inspire a sport played around the world? Tossing a disc around is not only a great way to get exercise, but can be played with as few as two people or as many as you like.

Gather some friends or family together and make your own rules. Passing the frisbee in different ways like doing a dance move as you catch it. Toss high or low, or behind your back. It's a great chance to get creative and move your body.

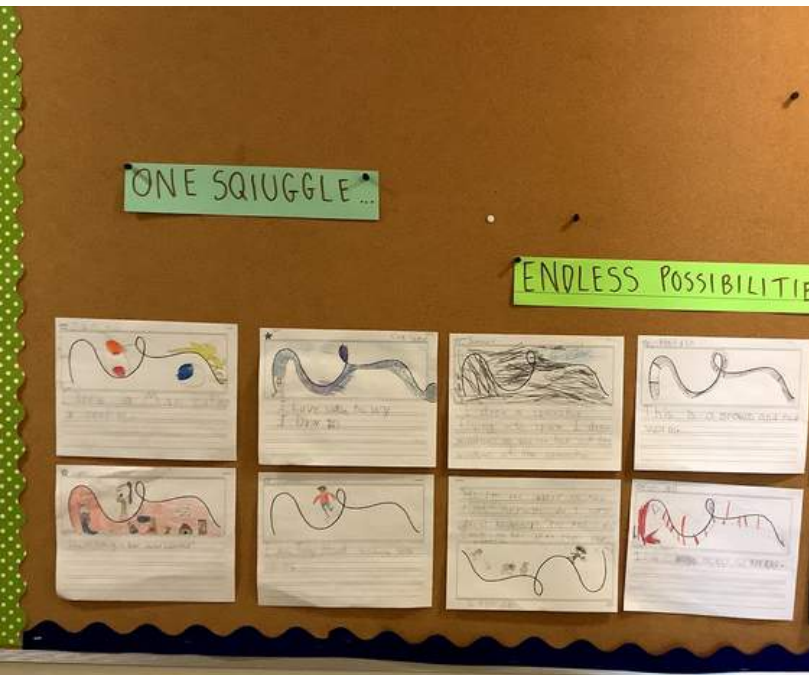
Art & Cookies

Love baking and art? Adding some extra flair into your fresh dough is a great way to sprinkle some creativity to your baking!

Use forks, tooth picks, spoons or your hands to manipulate or shape your dough before putting it the oven. What a surprise you'll have when it bakes up!



Try this @Home!



One Squiggle Activity

The "One Squiggle Activity" is a great prompt for creative thinking to inspire both drawing and story telling.

Take a piece of paper and draw a large "Squiggle" leaving space below it. Based on how the squiggle inspires you, illustrate a picture and then write a little bit about your picture in the space below it. Will your story be inspired by rollercoasters or a snake? You can choose your own squiggle based adventure by letting your imagination loose.

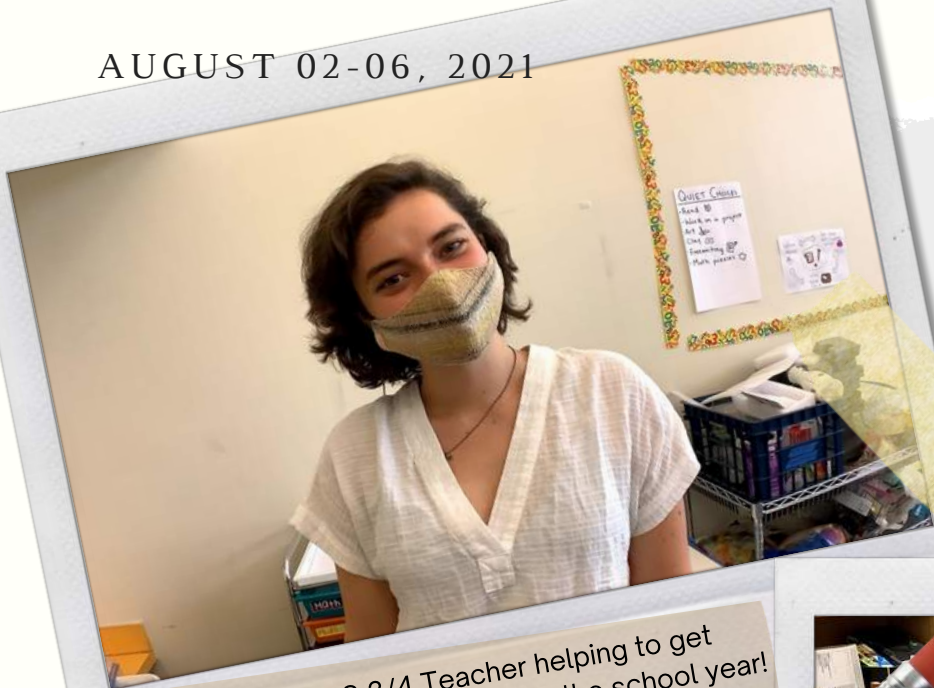
Rainbow Blower

Create a beautiful rainbow blower that you can use when the wind blows outside or use to decorate a window as the sun will catch the colorful streamers.

For this craft, you will need a toilet paper roll, different colored tissue paper to represent the colors of the rainbow, glue and blue construction paper to represent our blue sky.

Decorate the toilet paper roll with blue paper, markers or paint. Draw clouds on the paper to represent the sky. Glue your streamers to the bottom of the roll and see your rainbow appear.



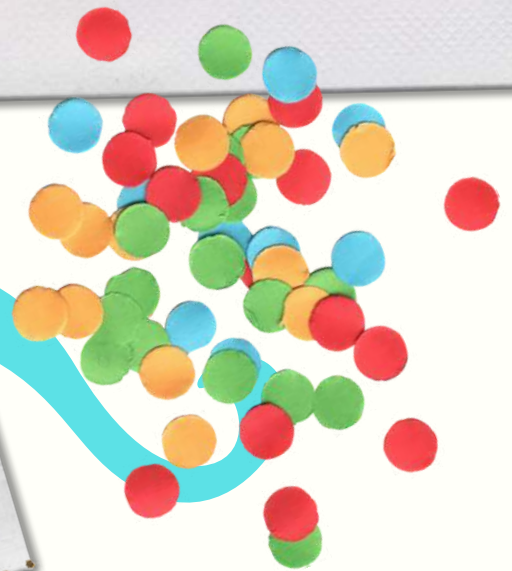


Tess is an FCS 3/4 Teacher helping to get our Rising 3/4 campers ready for the school year!

Additional thanks to:
Magdalena Duhagon (Office Manager)
Sheldon Henry (Director of Technology)
Dan Miller (Facilities Manager)
Irma Guillén (Daytime Custodian)
Lauren Mines (School Nurse)

你好!





Our Support Staff this week:

- Jazlyn Olivera
- Julian Craig
- Lauren Hill



Spot the Difference!



Session 08 Word Search

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

Find the following words in the puzzle.
Words are hidden → and ↓ .

AGILITY

BREAD

BUILD

DISC

ENGINEER

FCS

FLOUR

GOLF

OBSTACLE

RAINBOW

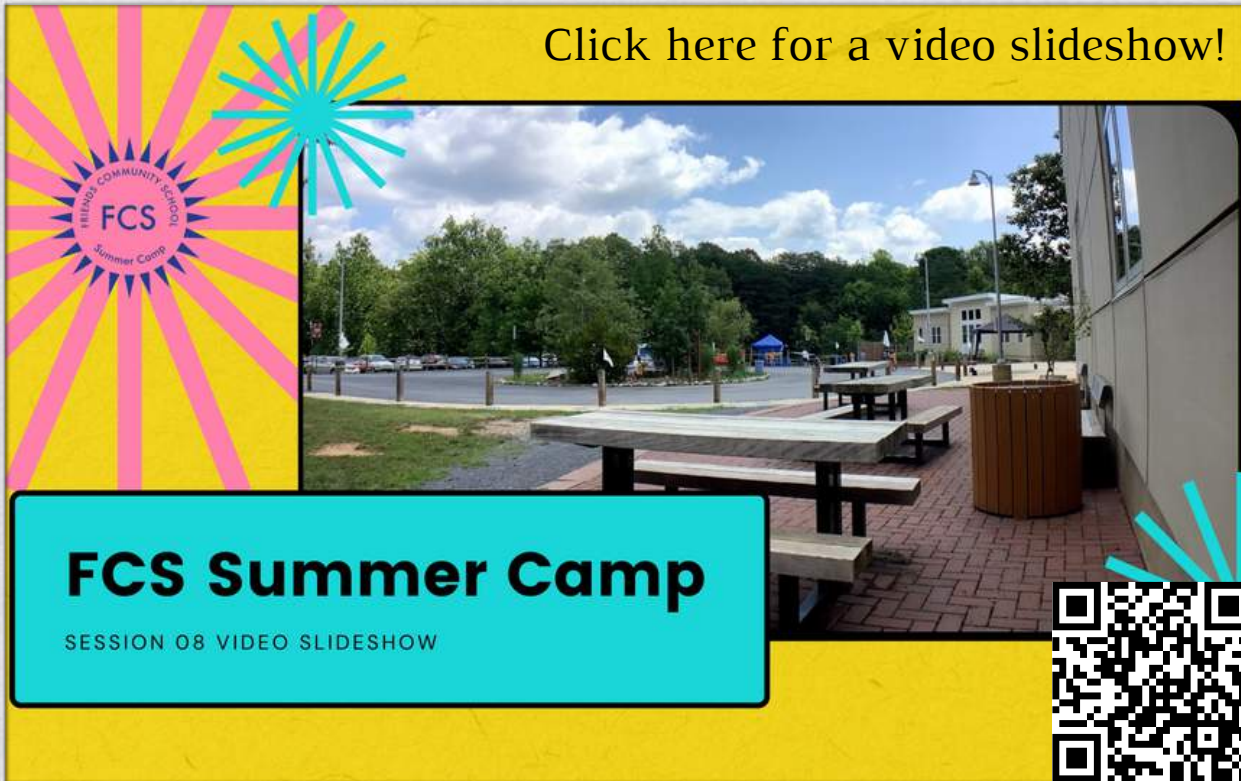
STICKS

SUGAR

TEACHER

WEEDING

Click here for a video slideshow!



FCS Summer Camp
SESSION 08 VIDEO SLIDESHOW

See you next week!

09A1 - Build it!

09B1 - Sport of the Day

09B2 - The Science of Color

09B3 - Rising 1/2 Graders

09C1 - Joyful Musical Creation

09C2 - Puppy Love

09D2 - Vineyard App Camp Coding
& Strategy Games