

FCS FRIENDS COMMUNITY SCHOOL *Summer Camp!*

Friends Community School Summer Camp Weekly Newsletter

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Friday, July 12, 2019

Another Fun Week at FCS!



This week, our time together included exploring the jungle, casting spells, cooking delicious recipes, and many other exciting adventures! Campers spent their time in Little Yogis (K-1), Jungle Safari (K-2), Food and Art: Cooking (K-2 and 3-5), Harry Potter (3-5), and Camp Model UN (6-8). Thank you for sending your children to FCS Summer Camp. We know that you have many options and appreciate your support!

Highlights from Session 5



Little Yogis (K-1)

Teacher: Meghan

Our week in Little Yogis was full of peace, connection, and friendship! We learned that being a yogi isn't just about practicing yoga. We spent the week exploring various styles of meditation, unlocking our imagination, and creating in unconventional ways. Each day was full of dancing, yoga, art, reading, and play! We enjoyed doing "animal yoga" because we made

silly animal sounds while we were in our poses. Campers created meditation/ mind bottles, mandalas, and meditation necklaces this week. We used all of these tools throughout the week to support our meditation practice. We played silly games that got us thinking about how we can be mindful of those around us. We read several books this week, but some of our favorites were *I Am Human*, *Peaceful Piggy Meditation*, and *Breathe and Be*. Our favorite activity that we did throughout the week combined painting and yoga! As children learned new poses and became comfortable sitting in those poses for an extended period of time, they were encouraged to hold a pose and paint at the same time. This was tricky for all of us in the beginning, but we learned to push through the challenge, try something new, and find joy through the process. Some of the campers painted images they saw in their minds, while others expressed their feelings through brushstrokes. All of the Little Yogis were so thoughtful and reflective this week!

See more photos [here!](#)

Jungle Safari (K-2)

Teacher: Patricia

This week in Camp Jungle Safari, campers geared up and headed out on safari. They made safari hats, sewed vests, and constructed binoculars. Our first stop was the jungles of India. One of the animals we saw was the Asian elephant. Campers made elephant prints. Then we were off to Thailand. There we saw tigers. Campers painted tigers and talked about symmetry. Our final jungle was located in Costa Rica. One of the animals we saw there was the squirrel monkey. Campers tried to capture the animal in clay. We ended the week with an animal parade where students made an animal mask of choice.



See more photos [here!](#)

Food and Art: Cooking (K-2 and 3-5)

Teachers: Melissa L. and Maddy

This week in the cooking portion of Food and Art, the campers explored a variety of cuisines and recipes with all 5 senses. We started the week with a Greek Mezze menu consisting of roasted chickpeas, crispy pita chips, and tzatziki dip. We discussed the importance of fresh ingredients and the use of herbs and vegetables in the Mediterranean diet. Next we switched to Swedish Baked Apple Pancakes. Campers first did an apple sensory exploration with yellow, green, and red apples. We were surprised to find that all of the apples had a slightly lemony smell and taste, and that there was a large variation in the textures and juiciness of the different types. The overwhelming favorite was the Golden Delicious apple. On Wednesday, the campers switched from apples to tomatoes with another sensory exploration of 6 different types of tomatoes. We then used these tomatoes, along with fresh herbs, Parmesan cheese, garlic and olive oil, to make a no-cook tomato sauce for our pasta. It was wonderful to see even our most hesitant tomato eaters become fans once they were put into a delicious dish! We then tested the age-old adage that homemade is always better than store-bought with a great cookie taste-off. Finally we ended the week by compiling our recipes and ratings into a cookbook to take home, and an "eggs"periment to test farm fresh versus store-bought eggs. Overall the campers enjoyed the process of cooking and were exposed to a variety of healthy and fresh ingredients that they can hopefully share with their families.



In the art portion, campers were inspired by Claus Oldenburg, Joël Penkman, and Andy Warhol as we learned what materials famous artists use to create their food art and created our own works of art. Children used vocabulary related to line, shape, and color to describe what they saw in a work of art and what they thought about it. Our younger group (K-2) had fun creating their own brown, orange, purple, and green paint by mixing primary colors on paper while the older group (3-5) experimented with using different tools to spread paint across paper

to create a variety of textures. Other projects included constructing paper sculptures of our favorite foods, abstract pop art of circular fruits, and still-life exploration. We all enjoyed learning about new materials and techniques to create our own unique works of art!

See more K-2 photos [here](#) and 3-5 photos [here](#)!

Harry Potter (3-5)

Teacher: Melissa N.

This week in Harry Potter Camp, the witches and wizards enjoyed exploring the seven books in the series of Harry Potter. We explored several of the magical classes at Hogwarts, including making burning basilisk skin in Potions, learning spells in Defense Against the Dark Arts, and even creating our own mandrakes in Herbology! Many quidditch matches were played throughout the week. We also enjoyed playing other games throughout the week and were able to find the sorcerer's stone, catch a troll in the dungeon, beat the basilisk in the Chamber of Secrets, get an egg from a dragon, find the Goblet of Fire, and locate and destroy all seven horcruxes! It's been a busy week for these witches and wizards and they have officially graduated from Hogwarts at FCS Summer Camp! (But that doesn't mean they shouldn't come back next year and hone in on their wizarding skills!)



See more photos [here!](#)



Camp Model UN (6-8)

Teacher: Langston

This week in Model UN Camp, we practiced being delegates and coming to consensus on some of the world's most pressing issues. On Monday we discussed Physical, Human and Environmental Geography; explored resources like *The World Factbook*; and honed our research

skills looking into the history and mission of the UN by presenting on its six major organs. On Tuesday morning, we discussed the "Universe of Obligation" and the Universal Declaration of Human Rights, and in the afternoon we had our first simulated model UN meeting in which we tried to tackle a zombie outbreak sweeping the planet. On Wednesday, we created our own Declaration of Human Rights and held our second UN meeting, this time on the issue of Climate Change. On Thursday, we researched different nations within the UN to prepare for our upcoming general assembly meeting, and held a UN meeting on the Syrian refugee crisis. On Friday, representing the nations we researched on Wednesday and Thursday, we held an assembly to discuss access to land rights. This group was made up of bright and inquisitive young minds that weren't afraid to ask tough questions and engage in civil and intelligent debate. All in all, this week was a blast!

See more photos [here!](#)

Next Week We are Looking Forward to...

- ❖ Little Explorers: Shipwrecked! (Ages 3 ½ -4)
- ❖ Let's Travel: Asia (Grades K-1)
- ❖ Sticky Science and Creative Construction (Grade K)
- ❖ Sticky Science and Creative Construction (Grades 1-2)
- ❖ Let's Travel: Asia (Grades 2-4)
- ❖ 3D Tech: 3D Printing (Grades 3-5)
- ❖ Percy Jackson (Grades 3-6)
- ❖ Bread-Making Around the World (Grades 5-8)

Sign up for upcoming sessions [here!](#)