



# GLEN BERNARD CAMP

## LET'S GET READY FOR SUMMER!

Campers are about to embark on an exciting adventure! There will be new experiences, new skills to learn and new friends to make. It will be a terrific opportunity to belong to a group and share adventures together. Camp is a great place to learn about the natural world and the impact we have on it. At GBC, we try to "Live Lightly", meaning we use the earth wisely and camp is also lots of fun!

**PREPARING FOR CAMP IS MORE FUN TOGETHER!** We encourage parents and campers to do all preparations together! This includes filling out the camper forms, talking about all the great things campers can experience, and packing just before camp.

### **Tips to prepare for a great first time camp experience**

Parents and campers should talk about:

- \*making new friends
- \*trying new activities
- \*the excitement of new experiences
- \*the importance of co-operation
- \*helping each person in the group and including others
- \*who to ask for assistance if needed.

Section Coordinators will call or email all new campers a week or so before the session begins. Write down questions together so that you will remember to ask these when she calls or emails.

**Note to parents:** Above all, be positive! Be supportive of new experiences and the development of independence. Campers should be encouraged to stay for the full session; making a "pick up deal" undermines their confidence and their ability to deal with these feelings, and may intensify missing home as well. Letters from parents should be encouraging and supportive. Keep in mind that for some campers, it's hard to hear about the things that are happening at home while they are away at camp. GBC's program is designed to keep campers involved and active and campers usually feel at home after a few days. During pre-camp training, our staff develop strategies to help campers who miss home. If we have any concerns during the session, we will call you.

### **FAQs:**

#### **What are the meals like at GBC?**

We serve wholesome and camper-friendly meals! Campers sit with their cabin group at breakfast and have the option to choose their seats at lunch and supper. We eat "family style", so there are different parts to each meal and campers can choose how much they want of each item. We are able to accommodate most food allergies and dietary restrictions, please note these on the camper forms. A vegetarian option is available at meals where meat is served for those who select this option on their forms. Glen Bernard Camp is "nut safe" and has a system for protecting those campers with nut allergies. No nuts are served in the Dining Hall or taken on trips. Allergies to other food items (e.g. wheat, milk etc.) are dealt with on an individual basis. Birthdays are a special event at camp, to celebrate, the cabin sits together and a birthday cake is shared with the table.

#### **What if I miss home?**

It's normal for campers to feel nervous and miss home, we all do sometimes! Before leaving for camp, talk with others about what to do if you miss home and who to ask for help if needed. You can always talk to your counsellor. In fact there are lots of staff and each one of them will be happy to help you with any concerns. It's a good idea to practice being away from home if you have never done so. For example, have sleepovers' at friends' houses or go to someone's cottage for a weekend. Camp is busy and fun and the time will fly by! Campers usually feel at home after a couple of days.

#### **Don't Forget:**

##### **✓Complete all forms and return to GBC**

It's very important to provide as much information as possible so that we can provide the best experience possible!

##### **✓Plan your communication**

Discuss how you will keep in touch during camp, keeping in mind the communication details provided.

##### **✓Label everything!**

Including all clothes, shoes, water bottle and camera!

##### **✓GET EXCITED!!**

We're planning a great summer and can't wait for you to arrive!!