



# 2016 NATURE DAY CAMP NATURE ADVENTURE AND TNT HANDBOOK

Week-long camps in July and August  
9am-3pm

Please be sure to read over the whole handbook carefully with your camper so that you're ready for a fantastic week!

## **MONDAY MORNING CHECK-IN PROCEDURES**

- 8:45-9:00am** Meet your Environmental Educator, receive important details about camp, sign in, adults can go, campers start having fun!
- 3:00pm** Pick your camper up and sign them out in their den

## **Nature Daycamp Checklist**

**It's always fun to be prepared!**

**Appropriate Clothing** ☺ We want campers to be safe and comfortable.

- Rain Gear       Warm Play Clothes       Extra Set of Clothes       Hat  
 Comfortable Walking Shoes       Sunscreen       Backpacks are nice, but not mandatory

**Food** ☺ Daycampers are very active.

*(We do not have any overall restrictions on food that campers can bring. Please check the Den Lists (available the Monday before your child starts camp) to see if your child's den has any restrictions. Please notify us if your child has an allergy so we can make accommodations.)*

- Healthy Lunch, Snack, and Drink (campers do not have access to a refrigerator or microwave)  
 **A reusable water bottle is HIGHLY RECOMMENDED**  
 Reusable lunch containers

**Beach Day**

- Closed-toe shoes that can get wet**       Warm clothes       Sunscreen       Hat  
 Clothes that can get wet (bathing suits are not necessary, we do not swim)  
 Dry socks, shoes and clothes to change into after the beach, campers must wear shoes, and dry shoes are always nicest.

♥♥♥ **Nature Daycamp is a 501c3 non-profit.** ♥♥♥

# **THE RIGHTS WE HAVE AT NATURE DAYCAMP**

**I have the right to be treated with kindness at camp.**

This means no one will laugh at me, tease, or insult me.

**I have the right to be myself at camp.**

This means no one will treat me unfairly because I am fat or thin, fast or slow, boy or girl.

**I have a right to feel safe at camp.**

This means no one will threaten me, bully me, push me, or destroy my property.

**I have a right to be heard at camp.**

This means no one will yell or shout at me and my opinions will be considered in any plans we make.

**I have the right to learn about myself at camp.**

This means I will be free to express my feelings and opinions without being interrupted or criticized.



## **The Goals of Discovery Park Nature Daycamp**

- 🌿 To provide a positive experience in nature
- 🌿 To foster appreciation and wonder of our natural world
- 🌿 To provide positive adult and teen role models
- 🌿 To provide opportunities for stewardship within the park
- 🌿 To provide a variety of hands-on, interdisciplinary environmental education activities to program participants
- 🌿 To develop a meaningful volunteer experience involving environmental activities and camper supervision for junior naturalists

## **Camp Details**

### **Where can I find my camper's den assignment?**

Your camper's den assignment will be posted at the Discovery Park Environmental Learning Center the Monday before the child's scheduled week. TNT campers operate as one big group.

### **What can you tell me (the camper) about Nature Daycamp?**

#### **Who will be there?**

Each week children ages 4 -12 participate in **Discovery Park's Nature Daycamp!** Children are placed into small groups (dens) of 8-10. Each den has the same Environmental Educator for the entire week.

#### **Who will be in charge of my den?**

Discovery Park Nature Daycamp's camp counselors/group leaders are called Environmental Educators. We all have CPR and First Aid Training and are Washington State Patrol background checked and have lots of experience working with kids to help foster appreciation and respect of our natural world. Many dens may also have a Junior Naturalist, a kid age 13-16, here to serve as a positive role model and a great helper.

## DIRECTIONS TO DISCOVERY PARK:

From I-5: Take the 45th St. Exit. Go west on 45th St. Follow the arterial as it zigzags, changes names, and eventually becomes Market St. Continue west until you intersect 15th NW. Turn left on 15th, crossing the Ballard Bridge. Take the first right after the bridge onto W. Emerson. Follow W. Emerson to Gilman. Turn right onto Gilman. Follow this arterial as it turns and changes names until you get to 36th Ave W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

From Downtown: Take Denny Way to Elliot Ave. W. Continue north on Elliot as it turns into 15th W. Take the Dravus St. exit. Turn left onto Dravus and continue until 20th W. Turn right on 20th W. Follow this arterial as it changes names until you get to 36th Ave. W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

## Before and Aftercamp Program

### My caregivers need to get to work before my camp starts; can I come to camp early?

The Beforecamp program will be offered Tuesday –Friday 8am -9am. Campers will be entertained and then signed into their dens by the Nature Daycamp Directors. On Mondays we need all caregivers to be present for the caregiver meeting at 8:45 am. Beforecamp fees are \$10/day.

### I love camp and want my day to last a little longer, what can I do?

The Aftercamp program is a fun and safe way to extend your day. Campers will have time to relax, do crafts, play games, and hang out and have fun. The Aftercamp program is offered Monday- Friday from 3-5:00 pm and will be held in one of the Nature Daycamp dens. Aftercamp fees are \$20/day and fees must be paid before a child can attend the Aftercamp Program. Campers may be picked up any time **before 5:00pm**. A note will always be left if campers are out exploring during Aftercamp and you can ask the front desk for assistance in finding your child. The Environmental Learning Center hours are 8:30am-5:00pm.

**If you are late picking up your child from Aftercamp (after 5pm), we will charge you a late fee. Late fees are as follows: \$1 per minute**

You will be required to pay immediately with either check or cash. If you are unable to pay at that time, payment must be received the next day for your camper to attend Daycamp. Please be on time! ☺

## I ♥ LOVE ♥ CAMP AND WANT TO REMEMBER IT FOREVER!

**Please check out our fundraising table as you either drop-off or pick-up your child to find memories that will help your child remember this very special place!**

Nature Day Camp Sweatshirts	\$20-30
Previous Camp Year T-shirts	\$5
Previous Camp Year Patches	\$1
Bandanas	\$5

Nature Daycamp is a 501c3 non-profit. Proceeds go to the Nature Daycamp scholarship fund. Your tax deductible donations also help provide scholarships.

# **Misc. (but important) Info**

## **CONTACT INFO:**

Nature Daycamp Office: (206) 386-4273  
Visitor Center Front Desk: (206) 386-4236  
(The Visitor Center is open Tuesday-Sunday 8:30am-5pm.  
They are CLOSED on Mondays.)

Daycamp Director: [Trixie.Magsarili@seattle.gov](mailto:Trixie.Magsarili@seattle.gov)  
Assistant Director: [Erika.Peterson@seattle.gov](mailto:Erika.Peterson@seattle.gov)

**MANDATORY CHECK IN AND OUT PROCEDURE:** Campers must be dropped off and picked up inside their assigned dens. A parent or authorized adult must sign in and out their child every day when arriving and leaving. Signatures must be at least your first initial and full last name. Children will be released only to those individuals authorized by legal guardians, please keep your environmental educator updated on changes to your pick-up list. **We are grateful for your patience, your environmental educator meets lots of adults and it is their job to make sure who you are. They may ask you everyday to remind them of who you are- remember this is for your child's safety. Thank you in advance!**

**LATE FEE:** Nature Daycamp hours are 9am-3pm. Children look forward to seeing their adults after a busy and exciting day, and it is confusing when no one is there to pick them up. Please help us and your child by being on time. A late fee of \$1 per minute will be charged at time of pick-up. If you are in need of Aftercamp, please see the previous section.

**REPORTING ABSENCES:** The guardian is responsible for notifying Nature Daycamp when a child will not be in attendance for the day or any part of the day. Each camper is important to us and we worry when they are not here on time, please let us know if your camper will be late or unable to attend. **Please call the Nature Daycamp Office at 206-386-4273.**

**ILLNESS:** Children not well enough to follow the day's routine of hiking and outside play must not attend camp. This includes children with the following symptoms: fever, sore throat, active rash, discharging eyes, nausea, diarrhea, stomach pain, early cold.

**CONTAGIOUS DISEASE:** Adults must inform the camp director immediately if a child contracts contagious disease or is exposed to one. This includes but is not limited to chicken pox, conjunctivitis, mumps, measles, viral infections, Fifth's disease, and lice. Nature Daycamp will post a notice to alert others. Children being treated with antibiotics for a contagious disease may not return to our facility until s/he had been using the medication for a 24 to 48 hour period and/or the danger of infecting others is over. Incidents of contagious disease are reported to the Public Health Department.

## **ADMINISTRATION OF MEDICATION:**

**Prescription Medication-** Written parental consent is required to administer any medication. **Please request and complete a Medical Treatment Authorization Form prior to start of your camp week(s). The form needs to be signed by your child's doctor, so don't wait until the last minute!** You can request the forms by contacting Trixie or Erika. All medication must be in its original container and properly labeled with the child's name, date the prescription was filled or the medication's expiration date and legible instructions for administration such as manufacturer's instructions or a prescription label.

**Non-prescription medication-** The following medication can be given with written parental consent, only at the dose recommended and only for the duration and method of administration recommended on the manufacturer's label:

- Antihistamine
- Non-aspirin fever reducer/pain reliever
- Anti-itching ointment or lotion (specifically for itch relief only)
- Decongestant
- Sunscreen/Sunblock

A physician's written authorization is required for non-prescription medication not listed, medication that is to be used in a way other than specified on the manufacturer's label, or that lacks a label. Parents must fill out a Medical Treatment Authorization Form and sign it for each medication that is to be dispensed. All unused medication will be returned to parents or disposed of.

**EMERGENCY PROCEDURES:** In case of a serious illness or injury the following procedures will be followed:

1. Administer immediate first aid/CPR
2. Contact 911
3. Call guardian or emergency contact
4. Transport to nearest hospital (if necessary)
5. File accident/medical report
6. Report to Camp Director/Park Manager



If an emergency arises and you need to contact a child during camp, please call the Visitor's Center at 206-386-4236. Park staff will locate the child for you.

**REFUNDS:** A participant may be issued a refund for a day camp program, if he/she notifies the city staff at least fourteen (14) days prior to the beginning date of the camp. If you have only paid the \$15 deposit, the deposit is non-refundable and non-transferrable and no refund will be given. If you have paid in full and made a request at least fourteen (14) days prior, you will receive a refund minus \$15 (the non-refundable, non-transferrable deposit). No refunds will be made for requests received within fourteen (14) days prior to the beginning of the camp.

**PRO-RATING:** We do not pro-rate tuition fees for illness, absences, behavioral suspensions, or unannounced vacations. Children enrolled in Nature Daycamp are reserving time, space, supplies, and staff whether or not the child actually attends.

**DISCIPLINE:** To maintain a safe and cooperative setting, Discovery Park Nature Daycamp has specific policies and limitations that govern our facilities, program staff, and the behavior of each child. Compliance with imposed limits and policies of the facility and program is expected. Should it become necessary to correct or resolve any dangerous or disruptive behavior, Nature Daycamp staff will follow the following steps:

1. **Reasoning:** Communication between the child and staff where problems and solutions are identified
2. **Time out:** Removal from specific activity for a short period of time followed by child/staff conference
3. **Guardian/Child/Staff conference and contract**
4. **Dismissal from program**

Nature Daycamp staff use a positive behavior reinforcement system to promote appropriate behavior. No form of physical discipline is allowed. We hope to minimize the need for disciplinary methods.

**Your attendance at Nature Daycamp demonstrates your agreement to these discipline guidelines.**

**LOST AND FOUND:** We have a “Lost and Found” bin outside of the Red/Orange Dens. If requested, we can also leave items at the Visitor Center front desk. The Visitor Center is open Tuesday-Sunday 8:30am to 5:00pm.

## What are we going to talk about and when?

*Through nature walks, hands-on exploration, games, stories, songs, crafts, simulation, and imagination, we will have a positive, fun and exciting experience in nature!*

### **What will we (me and my new friends) be doing?**

At Nature Daycamp we spend a lot of time outside enjoying nature: rain or shine. *“If you always have dry feet, you miss half the fun of life”– Thoreau* We feel very lucky to have such a beautiful place to explore and we want to try and see every inch of it by walking, hiking, running, skipping and crawling a GREAT, GRAND, GOOD amount of the time. Each day the dens visit one of the Park’s four main habitats (Pond, Beach, Meadow, and Forest) to explore and learn about the plants and animals that live there! So grab your boots, walking shoes, rain coat, jacket, imagination and join us for a ton of fun!

### **What should I wear?**

We love to get dirty playing and making crafts at Nature Daycamp so please wear play clothes--like the fun memories we make, our stains may last forever. It’s a good idea to have comfortable shoes (closed-toe shoes are the best) or boots that are good for walking, a jacket, and extra clothes just in case—you will have your own cubby to use for the week and you’re welcome to leave extra clothes there.



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## Nature Adventure Camp (ages 6-8)

**Monday (Forest Day): Northwest Native Neighbors!** Welcome to your first day at Nature Adventure Camp! Today we will be on the lookout for the plants that call Discovery Park home. While in the forest we will learn how to identify some native and non-native plants while keeping track of what we find! We have a big day full of hiking around the park so come prepared with appropriate footwear, a water bottle, and a willingness to explore the fantastic forest!

**Tuesday (Beach Day): Shells in the Sea!** For Beach day, we will be exploring the shores of the Puget Sound! We will be paying special attention to our gooey friends in hard shells, (such as geoducks, clams, and barnacles) and how they contribute to the ecosystem. From camp we will be hiking to the beach in the morning and take a bus ride back in time for pick up. Closed toed shoes, plenty of water, and enough sunscreen for the whole day will make your beach visit unforgettable!

**Wednesday (Pond Day): Turtle and Frog Friends!** Today we are exploring the habitat of the ponds. We will be learning about all the various creatures that belong to the pond—inside and out—with a special focus on the turtles and frogs! We will have a wonderful hike, sing songs, and play many games that signify the life within the pond. Get ready for a fantastic day of exploration.

**Thursday (Meadow Day): Munching in the Meadow!** Today we are investigating the different foods plants and animals eat in the meadow. Get ready to look small and big to learn lots about insects, birds, rabbits and the food webs that connect them! Get ready for a fun day of hiking, exploring, and fun!

**Friday (Fun Day): Fantastic Festival and Fabulous Fun!** For our grand finale, we will finish with a fun filled day celebrating our week of learning, exploring, and making friends! We will put our newfound knowledge to use in an extreme all camp relay race. Afterwards, we will venture out on a scavenger hunt for secret treasure. Campers will concoct a delicious “everything pie” consisting of things we discovered this week at camp. To conclude the day we will celebrate all of our accomplishments with a festival of games, face painting, crafts and more. Following our festival, at **2:30pm**, family and friends can join us in the *Silly Spot* for our closing ceremony consisting of songs, den cheers, patches, and “everything pie!”

## Nature Daycamp Staff Bios

**Trixie, Director - Hi!** My name is Trixie and I am looking forward to my sixth summer as the Nature Day Camp Director! During the non-summer months I still explore, learn, play, and hike in Discovery Park as the Nature Kids Preschool Director and Ant Class Teacher!

I received my degree in Elementary Education with an Earth Science background from Western Washington University. I have been a substitute teacher in various local school districts, but more importantly, I have also spent the past dozen+ years enjoying the outdoors and sharing that passion with kids as a day camp counselor for various parks departments and local YMCA branches. When I'm not enjoying the sunny days at Discovery Park, I'm exploring the big backyard of the beautiful Pacific Northwest! I am looking forward to another adventure-filled summer full of fun, learning and new discoveries!

**Erika, Assistant Director - Hi!** It's Erika! I'm back for my twelfth summer at Discovery Park Nature Daycamp. Not only am I Assistant Director, I am also a teacher at Nature Kids Preschool. I am very lucky to spend so much time at Discovery Park. I am super excited to see returning campers and preschoolers as well as meeting the new campers. I received a degree in Elementary Education from Montana State University. Before coming to Nature Daycamp I was a substitute teacher at Nature Kids as well as in Mukilteo and Edmonds Schools. When I'm not at Discovery Park I enjoy gardening, bike riding, hiking, reading and trying to learn Norwegian, but my favorite thing is visiting with my nieces, Kaylee and Jesimae. I am looking forward to sunny days and exploring the park I love.

**Carolyn, Environmental Educator, Orange Den - Hello!** My name is Carolyn Hartman and this is my second summer working as an environmental educator at Discovery Park. I am excited to work with the nature day campers this summer and explore Discovery Park's ecosystems together! I am currently a student at the University of Washington pursuing a dual degree in Community Environment and Planning with a focus in environmental education, and Environmental Science and Resource Management. At UW I am also involved in the ASUW Senate, Northwest Women, and the Campus Sustainability Fund. In the future I hope to find a career that lets me spend time outdoors, and hopefully with students as well. Outside of school and work I am a raft guide and I love spending my free time outside hiking, canoeing, climbing, gardening, and identifying plants. I am looking forward to spending my summer outside at Discovery Park and getting to know the lovely campers!

**Jesse, Environmental Educator, Yellow Den - Hey there!** I'm Jesse and this will be my first summer at Nature Daycamp. I recently graduated from the University of Washington's Program on the Environment and I am excited to apply my education and experience at Discovery Park. I grew up in Vancouver, Washington and spent much of my time fishing the Columbia and its tributaries. As a teenager I worked as a sports camp instructor before interning with the City of Vancouver. I spent three summers as an Environmental Educator intern at the Water Resource Education Center. I also interned with the city's Urban Forestry Department. While attending UW, I was involved with the Society for Ecological Restoration. I really love living in the Pacific Northwest and I still spend my free time chasing our region's anadromous fish. My experiences have allowed me to form a deep connection with nature, and I'm looking forward to sharing that with the campers this summer.

**Ash, Environmental Educator, Green Den - Hello!** My name is Ash, and I am the Environmental Educator for the Green Den! This is my first year at Discovery Park, but I have lots of experience working with kids at other camps and exploring outside! I am a senior at the University of Washington, studying environmental management and aquatic sciences. I was born and raised in Washington, and have cared about the environment ever since I was little. I also love travelling, and recently got back from studying and backpacking around Australia. In my spare time, I like to write, play with my two dogs, and go white water rafting! I'm super excited to spend the summer outside learning about nature here at this awesome camp. We're going to have a blast!

**Bonnie, Environmental Educator, Blue Den - Hi! I'm Bonnie, and I am returning to the Blue Den for my fourth (!!!) summer at Nature Day Camp as an Environmental Educator. I cannot get enough of Discovery Park and all it has to offer through its stunning views, natural beauty, and amazing programs.**

**I am almost finished with my Master's degree in Elementary Education at Southern Connecticut State University in New Haven, CT. For my thesis I am writing an environmental science curriculum for the fourth grade. I received my BA from University of Washington, where I studied Visual Art and Education. I love working with and encouraging kids to learn through art and nature. I've returned to Seattle for the summer because I just can't stay away from the wonderful Pacific Northwest! I grew up in Kirkland and am very familiar with the region's native plants and animals. When I am not at Discovery Park, I am most likely outside. Often times you will see me jogging through the park after camp hours. I love to hike, kayak, paint, read and play rugby. I also enjoy spending quality time with my Russian Tortoise, Phat Tony. I cannot wait to spend my summer exploring, finding bugs, and getting muddy at Discovery Park!**

**Ben, Environmental Educator, Purple Den - Hi there! My name is Ben Tonelli and I'll be working as an Environmental Educator this summer! I am currently a junior at Bates College where I am studying biology. I really love learning about how different plants and animals have adapted to survive in their environment. When I am not learning about biology I enjoy biking, sailing, hiking and running. One of my favorite places to run is right here in Discovery Park! I am so excited to be teaching your kids about nature this summer!**

**Lily, Environmental Educator, TNT - Hello, my name is Lily Wettstein and I am very excited to be working with your child this summer! I am going to be a Junior at the University of Washington where I am majoring in Environmental Science and Sustainability Geography. I enjoy working with children of all ages and have had the opportunity to work at the Betty Brinn Children's Museum in Milwaukee, Wisconsin as a program leader as well as lead backpacking trips for school-aged girls. When I am not outside looking for cool things I enjoy backpacking, kayaking, rock climbing, art and reading. I am looking forward to a great summer full of exploration and learning!**