We help campers apply sunscreen in the morning and the afternoon every day during summer camp. We provide Rocky Mountain Sunscreen brand Skin Friendly Sunscreen for Kids. We are happy to keep a different sunscreen that you provide here at the center for your child’s use. Please label it with your child’s name and give it directly to a staff member. Children are not permitted to use spray sunscreen.

We serve a light breakfast in the morning and two snacks in the afternoon. Breakfast is served until 9:15, if you want your child to have center breakfast he/she must arrive no later than that time. Commonly served items are English muffins, fruit leathers, granola bars, cereal, Chex mix, yogurt, string cheese, cuties, apples, goldfish crackers, jelly and cream cheese. If your child has dietary restrictions or commonly needs more than one serving of snack please provide extra food for them in their lunchbox.

Our staff are first aid certified and will treat any small cuts and bruises that happen at camp. In the event of more serious injury or illness we will call a parent for guidance. Please see out attached wellness policy for a description of when a child needs to stay home. Please communicate directly with Zoe if your child has a serious allergy.

Please address any concerns about your child’s health and wellness to Zoe Rolly, Lead Teacher.

What to bring

- Day pack
- Water bottle
- Sack lunch
- Swimsuit and towel (Mon. and Wed.)
- Change of clothes for cub-by
- Wear clothes that can get dirty
- Rain coat if weather calls for rain
- Comfortable walking shoes
- Signed Camper Code of Conduct

*Please label all your children’s belongings with their name.

Health and Wellness

Contact
Zoe Rolly, Lead Teacher
zrolly@uoregon.edu
Classroom phone: 541-346-6598
Class cell phone: 541-915-2114
VOCDC front desk: 541-346-6586

What not to bring

- Heat-up lunch
- Toys from home unless they fit the week’s theme

Hours and schedule

Summer by the week is from 8:00 am to 5:45 pm every day.

In addition to our planned field trips we may take impromptu walks and trips and are likely to be out of the classroom between the hours of 9:30-4:30. Please plan to drop off your camper before 9:30 and pick up after 4:30. We strive to create a dynamic, fun and engaging environment for all our campers; when campers arrive and depart during our activities it is disruptive for everyone.

If you have the need for a late drop off or early pick up, please let a teacher know and we will try to accommodate the request. We cannot accommodate drop off or pick up during field trips.

Check out the sample schedule on the next page to get an idea of what each week looks like. Our planned field trips typically happen on the days and time listed.
Camper Code of Conduct

Attached is a Camper Code of Conduct form. It is essential for the enjoyment of everyone at camp that each member behaves in a way that respects our community. Please review the Camper Code of Conduct with your child and both sign it. We will collect the form the first day of each camp session. Only one copy is needed even if your child is attending multiple weeks.

Sample Weekly Schedule

<table>
<thead>
<tr>
<th>Week: 1 Can you Dig It</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:30</td>
<td>Make name tags</td>
<td>Make dino hats</td>
<td>Dinosaur coloring pages</td>
<td>Make dino feet</td>
<td>Finish projects</td>
</tr>
<tr>
<td>9:30-10:00</td>
<td>Get to know you games</td>
<td>Group Game</td>
<td>Group Game</td>
<td>Small Field Trip</td>
<td>Big Field Trip</td>
</tr>
<tr>
<td>10:00-11:15</td>
<td>Group contract</td>
<td>Make dinosaur egg bombs</td>
<td>Make fossil necklaces</td>
<td>10:00-11:30 Natural History Museum</td>
<td>Dig for fossils at the footbridge</td>
</tr>
<tr>
<td></td>
<td>Make dino masks</td>
<td>10:30 Sun-screen/Change</td>
<td>Create dino land outside</td>
<td></td>
<td>Lunch @ Intra-mural fields</td>
</tr>
<tr>
<td>11:15 Walk to Park, Lunch, Play</td>
<td>Lunch at Fairmount Park</td>
<td>River Play Park</td>
<td>Lunch at Amazon park</td>
<td>Lunch @ law school</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00-1:30 Me Time</td>
<td></td>
<td>Play @ park</td>
<td>Play @ Law lawn</td>
<td></td>
</tr>
<tr>
<td>1:30</td>
<td>Small Field Trip</td>
<td>Return</td>
<td>Swim @ Amazon</td>
<td>Create your own dinosaur</td>
<td></td>
</tr>
<tr>
<td></td>
<td>UO fossil vault</td>
<td>Make dino track</td>
<td>2:00-3:30pm</td>
<td>Sponge fossils</td>
<td>Dino egg scavenger hunt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cookies</td>
<td></td>
<td></td>
<td>Finish projects</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Group Games at Law Lawn</td>
<td>Quiet games</td>
<td>4:30 Outside time</td>
<td>Movie</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
<td>Snack</td>
</tr>
<tr>
<td>5:15</td>
<td>Inside Free Choice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>