

IOWA STATE UNIVERSITY
University Extension

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Welcome Jr. Camper!!!

We are very excited that you have chosen to attend the Southwest Area 5th & 6th Grade Jr. 4-H Camp, June 14th—17th. We have lots of fun and exciting activities planned for you, along with the opportunity for you to make new friends. To help make camp a pleasurable experience for you and your parents we have enclosed an information packet which we hope will answer most of the questions you may have regarding getting ready for camp. Cabin assignments will be included with this letter. Don't worry, we will honor all requests for cabin mates as we know this is an important part of your camp experience, to enjoy it with your friends. If you have any further questions or will be arriving early or late to camp please call me at the Harrison County Extension Office: 712/644-2105 or email me at seilstad@iastate.edu with your questions.

All of the information included in this letter is also available to download or print from the 2009 SWIA Area 4-H Junior Camp Website:

<http://www.extension.iastate.edu/harrison/news/2009jrcamp.htm>

We have requested your **4-H'er Medical Information Release Form** from your County Extension Office. If you did not fill out one of these 4-H'ers Medical Forms at the beginning of the 4-H year or are a friend of a 4-H'er attending camp, you will need to pick up a copy of the form from your ISU County Extension Office or download from the Jr. Camp Website (listed above) and send to Harrison County Extension, 304 E. 7th Street, Logan, IA 51546 or email to seilstad@iastate.edu. You MUST have this form completed in order to attend the 2009 SWIA Area 4-H Junior Camp.

Camp registration begins at 3:30 pm on Sunday, June 14th at Birch Lodge (see the enclosed map). Your parents will need to stay with you during the check-in process. The following things will take place at check-in:

- ⓐ A "Health Check" will be done. The "Health Check" is a screening that will be done for all campers; it looks for common communicable health items (such as lice or athlete's foot). If a child is found to have lice, they will not be able to stay at camp.
- ⓐ When you check in, you will be asked to bring along a completed **Request for Giving Prescription/Non-Prescription Medication at 4-H Event Form** (a blank copy is included with this mailing and also available on the Camp Website) with any medications listed that you will need to take while at camp. All medications need to be clearly marked with the camper's name, doctor's name and phone number, name of the medication, and dosage along with frequency. Any bee sting kits or asthma inhalers will be able to stay with the camper, but all other medications will be given to the camp's Health Director. The Health Director will make sure that all medications are dispensed at the appropriate time.
- ⓐ We need to be informed of any special dietary requirements (allergies or special diet required) The sooner you could let us know, the better.

After sign-in, campers will meet their camp counselors, find their cabin and unpack. There will then be time for cabin activities so that you can get to know your counselor as well as the other campers in your cabin. We have tried hard to make sure that everyone rooms with the cabin mate that they put on their registration forms. The cabin assignments will be listed on the Jr. Camp Website (listed above) after June 4. If for some reason, you are not happy with your cabin assignment, please let us know and we will try to make any needed changes.

Camp check-out will be Wednesday, June 17th at 1:30 pm. **At 12:00 p.m. we will have a closing slide show and will hand out camp certificates in Linden Lodge (the dining hall). We welcome all parents to attend!!** Following the certificate presentations, check-out will occur with all medications being returned at that time. The camp store will be open at that time for any last minute souvenirs.

Do you have a child who needs some special attention?

We have many children and youth come to camp who have special medical issues, as well as, unique emotional and cultural challenges. If we know this information in advance it helps us prepare our counselors, and their preparation is key to a successful camp experience for everyone. Today, many children come to camp with prescription medication; we want to be prepared, and need to have time to train our counselors on what to look for in terms of symptoms and side effects, as well as special circumstances like avoiding exposure to sun, and how to confidentially and quietly take care of any special circumstances which might arise. By having this information in advance we can prepare our counselors to be sensitive and know when a camper in their care may need some additional care or structure that will insure they have a good time at camp.

Please help us help your child, and let us know any way that we can individualize our approach to provide a safe and growing environment where your child can have the best experience at camp. Also, any suggestions you have on individual routines, successful tips to help ensure your child's success if difficult situations arise, would also be helpful in our providing care for your child. If there are any special circumstances we should be aware of please send us a note, or if you are more comfortable, contact us directly by phone: 712/644-2105 or email: seilstad@iastate.edu . We feel it is critical to have this information prior to camp.

If you have any questions or concerns, please contact David Seilstad, 4-H Youth Field Specialist in Harrison County: [email— seilstad@iastate.edu](mailto:seilstad@iastate.edu) or Phone: 712/644-2105. We look forward to seeing you at camp!!

Sincerely:

David Seilstad
SW Iowa Area 5th & 6th Grade Jr. 4-H Camp Director/4-H Youth Field Specialist

Encl:

- #1 Map
- #2 Camp Schedule
- #3 What to Bring to Camp
- #4 A Special Note to Campers
- #5 List of Campers by County for Carpooling
- #6 Request for Giving Prescription/Non-Prescription Medication at a 4-H Event
- #7 Cabin Assignments