



Today's Family   
Early Learning and Child Care

**SUMMER**  
**CAMP**

**GL Armstrong  
Adventure Camp  
2022**



# Today's Family 🌸 Adventure Camp 2022



## Week 1: July 4-8

**Monday, July 4**  
**Welcome to Camp!**  
**Bricks of Belonging**

Welcome to Camp! Children will create building blocks filled with images and words on what makes each one of them unique. The blocks will create a program wide mural on belonging.

Outside, we will use our five senses on a sensory walk exploring all our green space has to offer.

**Tuesday, July 5**  
**Nature Journals**

Today, campers will start their own nature journal: a special book where they can record all the interesting things they

see, smell, hear, feel, eat and wonder about throughout the summer.

**Wednesday, July 6**  
**Bronte Creek**  
**Provincial Park**

Campers will hit the trails in search of wildlife. We're off to explore the Halfmoon Valley trail looping us on 1km hike through sensitive wetlands. After we have worked up a sweat hiking, we head over to the pool for a refreshing swim.

**Thursday, July 8**  
**Food From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world

to learn, prepare and celebrate. Today, campers will be preparing hummus and veggies.

**Friday, July 8**  
**Camp Banner**

Today, we are declaring our camp pride. Together we will design a banner that will represent our camp. This flag will go with us everywhere showing our camp pride!

We will spend the afternoon outdoors playing various team building games.

## Week 2: July 11-15

**Monday, July 11**  
**Self-Portraits**

**DON'T FORGET!!!**  
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**Be sure to bring a nut-free lunch, swim suit, towel, sunscreen, refillable water bottle, comfortable shoes and a hat every day.**

Today we will continue to cultivate a sense of belonging for everyone at camp. Using various art mediums (printmaking, pastels, paint and collage) campers will create self portraits representing themselves to display around the program

**Tuesday July 12**  
**Who Lived Here?**

Today campers will ask who lived on the land our program is on before we did using this map. Campers will find a way that feels personal to them to honor and give thanks to the land and the people who lived here before us by sitting in nature with their journal to express their gratitude.



## What to expect at our Backyard Camp each and every week...

### Artasia

Artasia is a thematic annual arts initiative, bringing children together, community-wide, to discover the transformative power of the arts. Culture for Kids in the Arts will join us each week to engage the campers in a variety of arts activities.

### Community Park Exploration

Community Parks create a relaxed space in which our campers can connect and interact. New friendships are formed, and a sense of community develops that is important for good mental health and a feeling of belonging.

### A Focus on Time Spent Outside

Spending time outdoors is essential to every child's development, health and well-being. It builds a connection to our rich natural and cultural heritage. Kids connected to nature grow up caring for the Earth and helping to conserve biodiversity.



**Wednesday, July 13**  
**Wild Water Works**

Pack your bathing suit, because today is going to be a splash! Wild Waterworks is the largest water park in Hamilton, complete with splash pads, a lazy river and an outdoor wave pool. We'll break for lunch and then get back to water.

**Thursday, July 13**  
**Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing summer rolls.

**Friday, July 15**  
**How the Fox Got His Legs Crossed**

We are reading, "How the Fox Got His Legs Crossed His Legs" and other stories by Indigenous Authors today. Campers will be encouraged to wonder about animals and people and why they do the things they do. (eg. why does a skunk smell, why does the fox have a bushy tail?)

Campers will then take all this wondering to create their own stories to share with each other.

**Week 3:**  
**July 18-22**

**Monday, July 18**  
**Story Telling Through Water**

Campers are going to arrive at camp today bringing with them a jar of water from somewhere they spent time this weekend. It could be from their kitchen tap, a pool, pond or lake! Campers will demonstrate their personal relationship to water by telling the story of their weekend through this natural artifact: where they had been, what they had done, and with whom they had spent their time.

**Tuesday, July 19**  
**The Mess We Made**

Campers will read, "The Mess We Made" visualizing water pollution problems with art. Through various water cleaning experiments we hope to inspire our young conservationists in-the-making to work towards a sustainable future.

**Wednesday, July 20**  
**Creek Life**  
**Bronte Creek Provincial Park**

Today we are taking the Half Moon Valley Trail down to the edge of Bronte Creek. Here we will explore the shoreline looking for water bugs and other aquatic life. Campers will also examine the effects of humans have had on the waterway and brainstorm ways they can help keep waterways clean in their community.

After a picnic lunch, campers will have the opportunity to go for a swim in the pool.

**Thursday, July 21**  
**Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing fruit paletas.



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**Friday, July 22**  
**Recycled Fashion Show**

Campers can bring in recycling from their home to turn into sustainable fashions. Our show stopping looks made from beautiful junk will save items from the landfill and have them landing on our camp runway.

**Week 4:**  
**July 25-29**

**Monday, July 25**  
**We Are the Water Protectors**

Campers will read, "We Are the Water Protectors" by Anishinaabe/Metis author Carole Lindstrom to learn ways to make an impact in your community and further protect the Earth and our waters in everyday life.

**Tuesday, July 26**  
**What Can We Protect?**

We Are the Water Protectors is full of images showing humans as one with nature. Campers will draw a picture of them with something from nature or a natural resource that they would like to protect.

**Wednesday, July 27**  
**Bingemans Fun Park**

Half water park, half sports centre, and a whole lot of fun! Today we will be going to Bingemans! The water park includes water slides, a gradual entry wave pool, and a giant splash area. We'll also practice our putting on the mini-golf course!

**Thursday, July 28**  
**Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing pitas and zatar.



**Friday, July 29**

**Tie Dye Art**

We're getting creative at camp today with a tie-dyeing extravaganza! Remember to bring in an article of white or light coloured clothing to turn into the ultimate fashion statement. No white clothes? No Problem!

We'll have a few peices on hand for you to make your colourful creation.

## Week 5: August 1-5

**Monday August 1**

**Program closed for the statutory holiday.**

**Tuesday, August 2  
Rock Storytelling**

Campers are going to arrive at camp today bringing with them a rock or stone from somewhere they have spent time.

After sharing their rock's story, campers will head outside to collect natural materials to create a map of where their rock was found.

**Wednesday, August 3  
Kickball  
Bronte Creek**

Today, the campers will test their kickball skills in a friendly game against our fellow campers. We're keeping record of the score and will combine them throughout the summer to see who ends up on top! After we have worked up a sweat we will spend the afternoon swimming in the pool.

**Thursday, August 4**

**Foods From Around the World**

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**Friday, August 5**

**Calls to Action**

Today, campers will explore Spirit Bear's Calls to Action towards Truth & Reconciliation in our community. We will have camper's voices be heard by writing and performing our own public service announcement.

## Week 6: August 8-12

**Monday, August 8**

**When We Are Kind**

Today campers are using Monique Gray Smith's book, When We Are Kind, to brainstorm ways we can perform acts of kindness throughout the week. Campers will work together to think about ways they can show acts of kindness in their community.

**Tuesday, August 9  
Mural Planning**

Today, using various art mediums, campers will explore identity, community, family and peers exploring

techniques to help develop a visual language. Various mediums (printmaking, drawing with charcoal and pastels, paint and collage) will be used which, will contribute to the overall design of the mural to be created later in the week.

**Wednesday, August 10**

**Royal Botanical Gardens**

Today, we'll explore the Royal Botanical Gardens! Be on the lookout for some of the prettiest flowers from around the world. We'll also learn some useful gardening tips and inspire our campers to connect with their green thumbs. Children will have the opportunity to explore the Hendrie Valley trail and play in the natural playground.

**Thursday, August 11**

**Foods From Around the World**

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**Friday, August 12  
Mural Art**

Our campers are taking the inspiration they found earlier in the week and designing their own mural to be placed



outside their site. Campers will fill large sheets of plywood with their ideas and paint creating our very own Adventure Camp mural.

## Week 7: August 15-19

**Monday, August 15  
What Makes Me, Me?**

Today we are asking our campers to share what makes them unique. Campers can write, draw, collage or paint to share their various identities with the group.

We will also spend time outdoors building our nature connection to the land we play and learn on, asking questions such as

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"what stories can we find in this place, and who was here first?"

**Tuesday, August 16  
Habitat Hunting**

Today, campers will be detectives in their outdoor space looking for what plants and animals live there. They will explore ideas of where things live, what is around the area and where does it get food/water?

Back inside, campers will make a colour representation of the species and habitat they discovered. We will out them all together to create our own Habitat Diversity Mural.

**Wednesday, August 17  
Kickball Tournament  
Bronte Creek**

Today, the campers will test their kickball skills in a friendly game against our fellow campers. We're keeping record of the score and will combine them throughout the summer to see who ends up on top! After we have worked up a sweat we will spend the afternoon swimming in the pool.



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Campers will create postcards describing all the fun they had this summer. We will then put a stamp on them, walk over to the mailbox and send them home.

## Friday, August 26

### Camp's Got Talent!

Everyone's a star today in our camp wide talent show. Showcase your best dance moves, singing voice or magic tricks! Props and costumes will be available.

## Wednesday, August 24

### Wild Water Works

Pack your bathing suit, because today is going to be a splash! Wild Waterworks is the largest water park in Hamilton, complete with splash pads, a lazy river, water slides and an outdoor wave pool.

We'll break for lunch and then get back to the water!

## Thursday, August 25

### Foods From Around the World

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## Thursday, August 18

### Foods From Around the World

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing cucumber sushi.

## Friday, August 19

### The Colours of Us

Today we are reading "the Colours of Us" by Karen Katz, taking a deeper look at the beautiful colours that make our individual skin tones. Campers will mix and match paint and use collage making to create vibrant self-portraits to be displayed around camp.

# Week 8: August 22-26

## Monday, August 22

### Shi-shi-etko & Memory Bags

Shi-shi-etko is a story by Indigenous author, Nicola Campbell, whose family has many teachings to share with her about her culture and the land. Shi-shi-etko explores the land around her collecting a "bag of memories." Our campers will take some time searching our outdoor space collecting items to place in their own memory bag reminding them of their time spent at camp.

## Tuesday, August 23

### Postcards from Summer Camp

What better way to tell your family what you did at Summer Camp than to write them a postcard.



## DON'T FORGET!!!



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# Today's Family



## Program overview

### Kinder Camp (Ages 4-6 years)

Our Kinder Camp Program provides a great opportunity for children ages 4-6 years to explore their environment in a safe and supervised setting. Campers will enjoy trips in their community, physical activity, songs and games, arts and crafts and weekly outings.

### Adventure Camp (Ages 7-9 years)

Our Adventure Camp Program provides campers ages 7-9 years with an active, fun-filled opportunity. Campers will go on weekly outings, swim, enjoy arts, music and drama experiences, physical activities, outdoor adventures and explore their community.

### Camp Extreme (Ages 9-12 years)

Our Camp Extreme Program is an action packed adventure for campers ages 9-12 years. Campers will experience outdoor activities, sports, arts and crafts, swimming, weekly trips and much more.

### Is your camper 9 years old?

If so, s/he gets to decide whether to have an exciting 'adventure' this summer or go 'extreme!'

### HAMILTON ONLY

### Leader-in-Training (LIT) Program (Ages 13-16 years)

Our Leader-in-Training (LIT) Program provides a great opportunity for teens to develop communication skills in a team environment. Participants also learn how to supervise young children as they plan activities to help them learn and grow.

## Did you know...

### Answers to frequently asked questions

#### Welcome to Today's Family

Today's Family is a non-profit charitable agency servicing children and families in and around Hamilton, Halton and Haldimand Norfolk. We offer a wide range of early learning and child care programs as well as parental support programs to help you and your child every step of the way. It's professional, caring support that makes a real difference in the physical, emotional, social and intellectual development of children.

#### Registration

**Registration for Today's Family Summer Camps will be available and completed online.**

Children who have been in care with Today's Family will receive a unique email to register their child when registration is live. For families who are new to Today's Family, to register for camp, please visit: [todaysfamily.ca/programs/summer-day-camps/](http://todaysfamily.ca/programs/summer-day-camps/) and click on "Register now" Need assistance? Please contact us: [childcare@todaysfamily.ca](mailto:childcare@todaysfamily.ca)

#### Financial Assistance

Qualifying families may be eligible for subsidy through the Social Development and Early Childhood Services Child Care Fee Subsidy Office. For further information, please call:

905 546 4870 City of Hamilton  
905 825 6000 Halton Region  
519 426 6170 Haldimand Norfolk

#### Program Hours

Today's Family Summer Camp Programs operate from 7:00 a.m. to 6:00 p.m. Monday to Friday. We are closed on statutory holidays.

#### What to bring to camp:

To be prepared for camp, please remember to bring the following to camp each day:

- ✓ Lunch (nut-free)
- ✓ Swim suit
- ✓ Towel
- ✓ Sunscreen
- ✓ Refillable water bottle
- ✓ Comfortable shoes
- ✓ Hat

✗ We ask that campers not bring any valuables to camp. This includes: cell phones, electronic devices and games.

#### Hot Weather Policy

To ensure the health and safety of all, camp staff will modify activities to accommodate for hot weather. There will be more indoor time and less strenuous activities with more frequent water breaks. This will allow all campers to enjoy even the hottest days.

#### Nutrition

Today's Family provides snacks in accordance with the Canada Food Guide. Menus are posted and copies are also available to parents and families. Please be sure to alert us of any allergies or food restrictions. If possible, we will try to provide an alternative. Please bring a nut-free lunch and refillable water bottle every day.

#### Guiding Behaviour

Today's Family use re-direction and positive behaviour guidance techniques appropriate to the child's age to promote self-discipline and respect for others and their environment.

#### Serious Occurrences

Serious occurrences that happen in your child's Camp Program are posted at the program location for your information.

#### Volunteer and Student Supervision Policy

Only Today's Family employees will have the direct responsibility for the supervision of children in the camp programs. Please note: Volunteers and students are not considered part of the staff / caregiver to child ratio.