



Today's Family 
Early Learning and Child Care

SUMMER
CAMP

Lakewood
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 Backus Mill

Today our bus is a time machine as we travel back in time to Backus Heritage Conservation Area. Campers will be able to see a collection of heritage buildings, including an old school building, a church, a mill and the Backus family home to experience what life was like 100 years ago.

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
Planting Seeds of Hope

Planting Seeds of Hope is 46 acres of organic farmland alive with wildflowers, hiking trails, medicine gardens, a young forest, orchards and a one-acre wetland. Campers will enjoy the colours, sights and sounds of an ever-changing landscape, while learning about ecology, conservation, and restoration while engaging with the natural world in ways that are personally meaningful.

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 toward a sustainable future.

Wednesday, July 20
Pond Life
Backus Mill

Today we are heading to Backus Mill to check out the edge of the pond. 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
Wild Water Works

Pack your bathing suit because today is going to be a splash! Wild Water Works 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 the water.

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 pieces 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
Wildflower Memory Games
Bakcus Mill**

We are in search of the most beautiful wildflowers we can collect. Each camper will find five plants and then test their fellow campers memory by playing a game of "Which One is Missing?" After a picnic lunch, campers will have the opportunity to go for a swim 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 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

Earl Haig Family Fun Park

Pack your bathing suit and your running shoes, because today is going to be filled with both fun on the land and in the water! Earl Haig Family Fun Park has so many activities it might be difficult to choose what to do first. Throughout all this excitement we will be enjoying our lunch in the shaded picnic areas.

**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
Bakcus Mill**

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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A Focus on Time Spent Outside

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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.

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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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.



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/ and click on "Register now" Need assistance? Please contact us: 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.