



2019 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 (and only Monday) 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 (for your camper to carry lunch/water)
(**NO flip-flops!** We don't want any stubbed toes)

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.

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.

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.



Nature Adventure Camp (ages 6-8)

Monday (Forest Day): Frolicking Fun through the Forest! Welcome to Nature Adventures!

Today we will become Forest Explorers as we make scientific observations, take notes and draw sketches of trees that are native to Discovery Park. We will use our senses while we hike through the park in order to find out what makes the forest such an incredibly diverse environment. There will be lots of fun hiking in store for us today so bring your water bottle, closed-toed shoes and watchful eyes to see what we can discover together!

Tuesday (Beach Day): Biodiversity at the Beach! Today we will be visiting the beach, learning about the plants and animals that live there, and discovering the biodiversity through citizen science. Before we start out on our hike, we will use movement and games to learn more about some of the creatures we might see down at the beach. While at the beach we will observe and record in our journals what we see in one foot-by-one foot plots of land in different areas. After we’ve finished exploring the beach, we will get a school bus ride back to camp and finish the day with a colorful craft and recap all of our observations!

Wednesday (Pond Day): Exploring biodiversity of Streams and Ponds!

Today we will be exploring various aquatic habitats and collecting data on the diversity of life. We will be exploring ponds, streams, wetlands and riparian zones. The campers will be surveying and documenting the biological diversity (biodiversity) found in each of these areas and we will be searching for evidence of arthropods (insects, spiders, crayfish), mollusks (snails and mussels), fish, amphibians, reptiles, birds and mammals. We will use a variety of tools including binoculars and nets for the surveys and we will learn how people can determine water quality by looking at the macro-invertebrate species found in a body of water. Through learning games and habitat surveys, campers will learn about the concepts of biodiversity, the water cycle, pollution, riparian zones, wetlands, and water conservation. The day will end with a very creative and engaging craft!

Thursday (Meadow Day): Discovery Park- Past, Present, and Future! Today we will be exploring the meadow and observing what Discovery Park looks like today, uncovering what it looked like in the past, and predicting what it may look like in the future. Campers will learn how different groups of people have occupied this land over time, how they have used the land (e.g culturally, for utility, for recreation), and how they have changed it. We will learn about human's relationships to Discovery Park throughout time and the constant changes in the environment around us.

Friday (Fun Day): Fantastic Festival and Fabulous Fun! To celebrate the exciting week and the many adventures we had together, we will finish it off with a fun-filled Friday complete with activities to recap the week! Campers will also prepare a delicious "everything pie" composed of the things we discovered this week at camp. To end the day, we will celebrate our accomplishments with a festival of games, face painting, crafts, and more. After our festival, **at 2:30pm, family and friends are invited to join us at the Silly Spot for our closing ceremony** involving songs, den cheers, patches, and "everything pie!"



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 9am-6pm.
They are CLOSED on Mondays.)

Daycamp Director: Trixie.Magsarili@seattle.gov
Assistant Director: 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 next 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.

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.

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.

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 9:00am to 6:00pm during the summer.

CONTIGENCY PLAN FOR POOR AIR QUALITY:

Poor air quality from wildfires have been a health issue during the summer months in recent years. The staff closely monitors the air quality over the days and hours when air quality becomes an increasing health concern.

There is a consistent Air Quality Index used and the categories of the Air Quality Index range from Good, Moderate, Unhealthy for Sensitive Groups, Unhealthy, Very Unhealthy, and Hazardous. We will cautiously conduct camp when the air quality moves into the Unhealthy for Sensitive Groups and may possibly cancel camp any day the air quality reaches or is forecast to reach the Unhealthy range.

When the air quality rises above the Moderate level, we may modify our activities and adjust our programming. Health officials recommend reducing activity and spending more time indoors when the air quality moves beyond the Moderate level.

If camp were to be cancelled due to poor air quality, we will do our best to notify families as soon as possible. A refund may be issued for days cancelled due to poor air quality from wildfire smoke.

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 \$11/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 \$22/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.

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! ☺

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.

Nature Daycamp Staff Bios

Trixie, Director - Hi! My name is Trixie and I am looking forward to my ninth summer as the Nature Day Camp Director! During the non-summer months I still explore, learn, hike, and play 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 nearly twenty years enjoying the outdoors and sharing that passion with kids while “day camping” 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, “ah-ha” moments and new discoveries!

Erika, Assistant Director - Hi! It's Erika! I'm back for my fifteenth 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.

Cierra, Environmental Educator, Yellow Den - My name is Cierra and I graduated from Western Washington University with a degree in environmental policy. I have experience teaching children about the intertidal zone, the importance of the filter feeders, such as clams, the water cycle, and what children can do to keep their local watersheds clean and healthy! I also spent six summers teaching summer camp at Vertical World Climbing Gym here in Seattle. In my free time in the summer I enjoy biking, hiking, climbing and doing just about anything that gets me outside! As a Magnolia native I'm so excited to show your child the wonders of Discovery Park whose beaches and trails I spent many days exploring as a child!

McKenzie, Environmental Educator, Green Den - My name is McKenzie Boyle. This is my second year as an environmental educator at Discovery Park. I grew up attending Seattle Parks and Recreation camps like this one in my childhood and am excited to be joining for another summer. I am currently working towards completing my bachelors at Quest University Canada with a focus on environmental justice studies. In my free time I love to backpack, read, ride my road bike, and hammock. I am looking forward to camp this summer!

Maddie, Environmental Educator, Blue Den - Hello, my name is Maddie and I am so excited to be an Environmental Educator at Nature Day Camp this summer! I recently graduated from San Diego State University with a Bachelor's degree in Sustainability and a minor in Recreation and Tourism Management. I grew up in the coastal town of Monterey, California where my love for the environment and being outdoors came to be. Some of my favorite outdoor activities are backpacking, hiking and tide pooling because I am able to observe different habitats and all of the interesting critters that live within them. I am passionate about creating a more livable world for all and believe a powerful way to do so is through getting outside and understanding how amazing the natural world is. I can't wait to explore Discovery Park and learn new things at NDC!

Joe, Environmental Educator, Purple Den - Hi. My name is Joe. I am the environmental educator for the Purple Den. I have a bachelor's degree in Environmental Education from Slippery Rock University. Also, I have a master's degree in Environmental Studies from Ohio University, where I focused on using citizen science in environmental education programming.

I have experience as an educator with the National Audubon Society and the Franklin Park Conservatory & Botanical Gardens in Ohio. I was also a seasonal naturalist with state parks in New York, North Dakota and Ohio. Recently, I have been an educator with various outdoor science schools in southern California.

I love the natural world and enjoy hiking, camping, birding and nature photography. I am very excited to share my knowledge and love of nature with the children here at the Nature Day Camp!

Kristin, Environmental Educator, TNT - Hi, I'm Kristin, one of the summer camp educators! I first worked at the Nature Summer Camp in 2012 and am thrilled to be back at the beautiful Discovery Park. I am also an Assistant Teacher here at Discovery Park's Nature Preschool.

I have been working in education for the last 20 years with a focus in environmental and early childhood education.

I've lived in Seattle for 10 years now; I love the city as much as the natural beauty that surrounds us in the PNW. In my downtime I enjoy crafting, puzzles, recreation, and community events. I look forward to exploring and learning together at Discovery Park!

Kassie, Environmental Educator, TNT - Hi, I'm Kassie! I am a graduate of Slippery Rock University in Pennsylvania with a degree in Parks and Resource Management and a certificate in Sustainability. I love exploring new places and finding out more information on topics. I have also worked as a camp counselor before and I can't wait to see what this summer will bring as your Environmental Educator!