



SUMMER CAMP

PARENT NEWSLETTER

March 2023



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A NOTE FROM THE CAMP TEAM:

As the days grow longer and stay lighter into the evening, we are eagerly anticipating all of our summer camp programs beginning. The Summer Camp team is working hard to get our programs ready, our activities planned, and meet all the new staff that will be your camper's best friends this summer! This summer we are excited to re-connect with one another and with our natural world. At Camp Chief Hector YMCA, we believe everyone has a place to belong, grow, thrive and lead, including your camper. This newsletter aims to provide you some resources to start discussions as a family and prepare emotionally and mentally to be at camp this summer. We cannot wait to meet you!"

Taylor Hodson

Assistant Camp Director, Camp Chief Hector YMCA



Camp Chief Hector YMCA is situated on the Ancestral Lands of the Stoney Nakoda People including the Goodstoney, Chiniki, and Bears paw. YMCA Calgary is also situated on the Ancestral Lands of the Blackfoot Confederacy: Siksika, the North and South Piikani Nations, and the Kainai Tribe, including members of Treaty 7 First Nations, the Tsuut'ina Nation, and the Metis Nation of Alberta, Region III, and all those who make their home in this area.



THANK YOU

FOR REGISTERING FOR OUR 2023 SUMMER PROGRAMS

2023 NEWSLETTER INFORMATION

Each month, we will publish a newsletter similar to this with information to get you and your camper prepared to join us in our summer programs. It will be sent to you and published mid-month on our website. Below is a list of topics included in the upcoming newsletters.

EVERY ISSUE

- Contact Information for CCHY
- Kid's Corner- for the campers!
- Meet the Staff Feature
- Alumni Information

MARCH

"Preparing Emotionally for Camp for both Campers and Parents"

APRIL

"Let's get sorted! Packing Information, Camper Medical Forms, and Transportation Information"

MAY

"Communication: with your camper and with us during summer"

JUNE

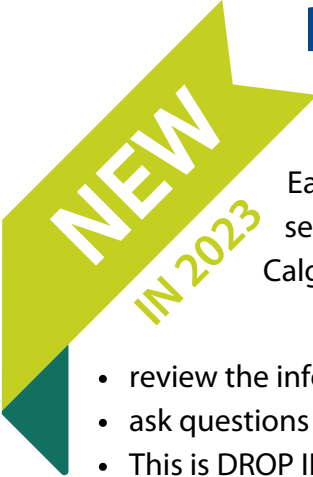
"Last Steps: Camper Checklist and Final Reminders"

FRIEND REQUESTS

Camp is a place for everyone to make new friends and to spend time with friends you have met before!

If your camper would like to be in the same group as a friend, you will submit a "Friend Request" when providing your camper's information. More information on 'when' and 'how' to provide this information and make Friend Requests will be available in the SPRING.

Please note: we cannot accept friend requests via email and requests may only be made for campers enrolled in the same program and session (i.e. a Mistaya camper cannot request a Kananaskin camper.)



PARENT AND GUARDIAN INFORMATION NIGHTS

Each month, we will be providing drop-in information sessions held at Shane Homes at Rocky Ridge YMCA in Calgary, AB for registered participants. These sessions will include the following:

- review the information provided in our newsletters in greater detail
- ask questions regarding your camper's registration
- This is DROP IN, no registration is required.
- Bring your questions or your nervous camper to talk to camp staff and get some answers and get comfortable!

March 29

4:30 - 6 p.m.

Art Studio C

APRIL 26th



Times and Rooms to be

MAY 31st



announced in April's Newsletter



CAMP FOR EVERYONE!

We support campers and families that are in financial need to send their kids to camp. If you are interested in donating to this cause, please click the link here to become a donor:

Let's Raise

NEED FINANCIAL ASSISTANCE?

We have subsidies available to help with camp fees for those campers who may not otherwise be able to attend. If you would like further information or to start your eligibility assessment, please send an email to

cchy@calgary.ymca.ca

Emotionally Preparing for Camp



If your camper has never had a sleepover or stayed overnight somewhere other than their home it is important that they do this before attending camp.

While camp is an incredible opportunity to build this skill, research has shown that campers that have not had this experience before are most likely to be homesick, or not be able to successfully complete a stay at camp.

Staying away from home for the first time can be difficult. We want to encourage our campers to have the ability to enjoy camp, thrive and focus on the fun-- not just on the sleepover part!

Tips and Tricks to Combating Homesickness Before Camp:

SLEEPOVER PRACTICE

Stay at a family member, neighbour, or close friend's house where they are already comfortable with the surroundings of that home.

Let them know that this is to practice sleeping over at camp. This way, they understand that staying at camp is similar to sleeping over like this experience.



PACKING

Pack familiar things to keep them comfortable. Let them choose a stuffed animal, which pajamas they want to wear, and maybe even a book to help them read before bed. Giving your camper the autonomy to choose these items will help them feel in control of the situation.

VALIDATE FEELINGS

Encourage them to talk about their feelings and validate that it is new, uncomfortable, and it's okay to miss their family.

Let them know that other campers are feeling the same way. At camp, we love to talk about it together as a group to help us all through it.

If your camper is still very nervous—consider taking them camping for a night before camp and to attend our open house so they can see where they will be sleeping and staying while at camp.

TIPS FOR YOUR CAMPER TO BE SUCCESSFUL AT CAMP



1

VISIT CAMP AHEAD OF TIME

- Plan to check out our open house on May 28th.
- If you drive past camp on the way to Banff, point it out to your child to get them excited!
- Follow our social media to see camp updates!
- Check out our website and look at the program guide with your camper!

2

KEEP CONVERSATIONS POSITIVE AND CALM

Check out our section about Emotionally Preparing for camp to know how to navigate conversations with your campers prior to camp.



3

FOLLOW THE PACKING LIST

... and get your camper involved!

- While packing, get your camper to help! If they choose items that they want to wear and bring, they are more likely to not lose them (or at least remember that they are theirs).
- Write your child's name on everything you pack! We have over 1000 acres of land, lots of distracting fun, and unfortunately sometimes items get left behind. If an item has a name on it, we are then able to ensure your camper get's it back.
- Allow them to bring 1 comfort item like a stuffed animal or a book they want to read before bed.

Packing lists will be included in the next newsletter.

4

ENCOURAGE INDEPENDENCE IN YOUR CAMPER

- Our staff provide supervision and guidance for your camper, however they are still required to be able to be independent in areas such as hygiene and personal packing.
- When they are being independent, be encouraging and provide rewards for the progress you see. Our campers are responsible for setting the table and cleaning up afterwards, this is a great place to practice at home before coming to camp!
- Assume that your camper will stay the for the entirety of camp. Prior to coming to camp, if you encourage that "they can come home/call home anytime" this often leads to the camper not completing the session. Instead, encourage them to focus on the activities they will experience and what there is to look forward to.

5

GET OUTSIDE AND PRACTICE DISCONNECTING

- At camp, we have a zero-technology policy as we believe camp is a place to disconnect to reconnect with nature and our own selves. We see that campers often struggle with losing access to their iPads, phones, and televisions within the first 24 hours. If you practice no technology times before arriving to camp, it helps with this transition period.

Did you know: As they settle into the routine and engage in programming, they often forget about their technology altogether!

- During these no technology time blocks, we encourage you to get outside! Our camp is nature based and campers spend majority of the day outside aside from meals. This includes all types of weather! While camp has lots of big programs available to keep the kids outside and engaged—it's great to start building outdoor resiliency at home.

Tips and Tricks: This can look like going for a 15 minute walk everyday, going for a hike on the weekend, playing at a playground or park, or even just playing in your backyard instead of your basement!

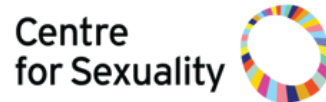


Allyship



Camp Chief Hector YMCA is dedicated to providing an inclusive program for all participants. Our team works with the Centre for Sexuality to continually develop our program and spaces to reflect this mission. If you would like to connect with someone at CCHY to discuss your camper's needs, please email taylor.hodson@calgary.ymca.ca prior to your camper's session.

This year, Camp Chief Hector YMCA is partnering with the Centre for Sexuality to host Camp fyrefly. If you would like to learn more about this program or apply to attend, please check out this website: <https://www.centreforsexuality.ca/programs-services/2slgbtq-programs/camp-fyrefly/>



MEET THE STAFF

Each newsletter, we will introduce you to a few members of our staff team here at Camp Chief Hector YMCA. We look forward to meeting you this summer in person!



Katie Enderton

Administrative Coordinator



Rosie Latimer

Lead Wrangler

KNOW SOMEONE WHO WOULD LOVE TO WORK HERE?

SCAN TO APPLY



Our team for 2023 is filling up fast-- but we still have a few positions available including:

- Kitchen Staff
- Higher Ground Staff
- Summer Admin Staff
- Expedition Centre Staff

Come to Camp!

Open House

FOR ALL SUMMER PROGRAMS

MAY 28th

MORE INFO TO COME...

DID YOU KNOW?

In 2023, we are bringing back the Sac Dene Leader in Training Program!

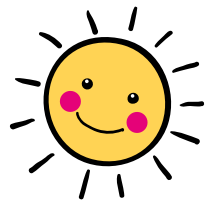
Candidates for both Sac Dene and Mainsite LIT programs are currently completing their interviews, and an update on your application will be emailed to you on:

FEBRUARY 17th, 2023

If interested in joining our Leader in Training program, please send us an email. We have limited spaces still available.



KID'S CORNER



SHARE THIS PAGE WITH YOUR CAMPER TO GET THEM EXCITED FOR CAMP



What is something that the more you take, the more you leave behind?

Answer is found on the last page of the newsletter.



what a great party!



we are always invited!

**Why is the mushroom always invited to the party?
because he's a FUNGI**



NATURE FACT

You can find Aspen Trees all over Camp Chief Hector Site. You'll notice them by their white powdery bark, and patterns that look like eyes. Did you know that the powder on the bark protects the tree from sunburns and has a SPF of 5! These trees are also considered to be genetic clones, as they live in groves connected beneath the soil through their root system.



Family Getaways at Camp!

“Ever wanted to experience camp just like your child does?”

Well now is your chance by signing up for one of our Family Getaway weekends!



The Family Getaway program takes place from 6pm on Friday until 4pm on Sunday and will have different outdoor and nature-based programming daily, dependent on weather and registration. Program highlights include our high ropes course, scenic hikes, horsemanship activities, archery, and our challenge course. You will also get the opportunity to spend the weekend in our brand-new Yurts!



Spaces are still available October 13th-15th.



For families registered for upcoming Family Getaway weekends, we will be sending out an FAQ two weeks before your scheduled arrival. Please ensure that you have filled out all required registration information, including dietary restrictions and allergies before this date. You will find where to input this information on your Avocado Portal.

For any questions regarding Family Getaway weekends, please contact Peter Robinson at peter.robinson@calgary.ymca.ca.

RIDDLE ANSWER:

Footsteps

In case you missed the riddle, go back to page 7.



Reconnect with Camp

Did you spend your summers hiking through the mountains at camp?

Reconnect with us through our Camp Chief Hector YMCA Alumni Program.

Fill out the survey by clicking the button below and sign up for our newsletter!

Alumni Survey



WE ARE EXCITED TO SEE YOU THIS SUMMER!

LOOKING FOR MORE INFORMATION?



EMAIL US:

cchy@calgary.ymca.ca



CHECK OUR WEBSITE:

[Camp Chief Hector Website](#)