

Humber Arboretum's

March Break Camp



Parent and Guardian Information

March Break Nature Camp operates March 15th to the 19th from 9:00 am to 4:00 pm.

Camp will take place in our environmentally friendly building, the Centre for Urban Ecology, located on the Arboretum grounds. Camp is an outdoors, hands on experience geared to specific age groups ranging from 5 to 13 years old. These *specialized nature programs* ensure a high level of activity and interest for each participant.

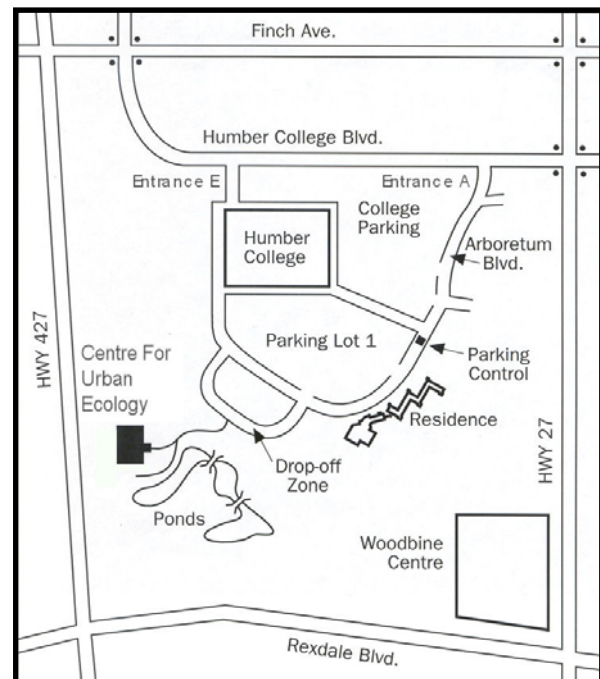
Nature interpreters, who work regularly throughout the year with school classes and community groups, will be part of the staff at each camp session. There will be a minimum of one counsellor or leader-in-training for every five campers.

Meals

The children should bring their own morning snack, lunch and drinks each day except for Friday. Humber Nature Camps will provide a healthy afternoon snack each day; as well as a pizza on Friday. Please inform us of any food allergies and do not bring nuts of any kind to camp.

Transportation

The Centre for Urban Ecology is accessible by TTC. Please contact us for further details.



Before and After Care

Before and After Care is available for those campers who need to come to camp earlier or stay later.

8:00 am to 9:00am **\$8.00 per day, \$40.00 per week**

4:00 pm to 5:00pm per week **\$8.00 per day, \$40.00 per week**

or both **\$80.00 per week**

After care ends promptly at 5:00pm. Late picks ups will result in a \$5.00 per minute charge that MUST be paid on the spot or BEFORE sign-in the next morning.

Activities may include:

- Nature Walks
- Chickadee feeding
- Tobogganing (weather permitting)
- Snowshoeing (weather permitting)
- Maple Syrup Harvesting
- Outdoor games and activities

Litterless Lunches


We wish to reduce the amount of waste that is produced at the Centre. For more info on Litterless lunches check out www.wastefreelunches.org. We will ask campers to:

- take their garbage and anything that can't be recycled here back home
- compost any food waste using our on site compost bins

Reduce

Avoid over packaged food such as pre-packaged or single use containers.

Buy Bulk foods such as dried fruit or snacks from a bulk food store.

Let Nature pack for you Hard boiled eggs and most fruit does not need to be packaged. They come in their own handy packaging. 

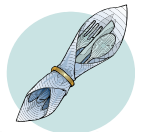


Reuse


Bring your lunch in reusable containers such as thermoses, water bottles, lunch boxes, and reusable plastic containers.


Use cloth napkins and reusable utensils.

Avoid disposable containers and utensils such as plastic bags, paper bags, Styrofoam containers, foil wrap, paper napkins and plastic utensils. These just end up in the garbage after one use! **Garbage must be taken back with you.**



Recycle

Recycling reduces waste. At our Centre, we can only  recycle aluminum cans, glass and plastic bottles. Everything else must be taken back with you.

Only recycle what you can't reduce or reuse. Recycling takes energy. Aluminum cans can be recycled many times but plastics  can only be recycled once and can only be made into different products.

Compost

Bring only what you can eat.

Compost food waste at our Centre. We have an indoor worm bin and an outdoor compost bin.



What to Bring to Camp Checklist

Footwear

- Warm, waterproof boots for outdoor activities
- Shoes to wear indoors

Outerwear

- Warm winter coat
- Hat, mitts, and a scarf
- Snow-pants



Everyday wear

- Extra socks and mitts
- Clothing that can get dirty while doing crafts and playing outside



- Layered clothing in case of temperature changes



Health and Safety

- Medications, inhalers etc. (in a fanny pack/bag)
- Sunscreen
- Water bottle



Other

- Litterless lunch (except Friday)
- Backpack or cotton bag
- Plastic bag (to carry wet clothes home)



*Remember that as an outdoor nature camp, your child will be spending time playing outside rain or shine. Please dress your child in **weather appropriate clothing that can get dirty**.

Leaders in Training

Students of the Leader in Training Summer Camp program are eligible to participate as helpers during March Break Camp.

You are invited to call the Camp Director at 416. 675. 5009, if you are 14 years of age or older, to confirm your participation.



Camper Registration Information

The number of participants is limited to 40 children so REGISTER EARLY. Registrations will be accepted on a first-come-first-serve basis. Confirmation will be sent by email or mail (where email is not available) upon receipt of registration form and fee.

Camper's Name: _____

Birth Date: _____ Age _____

Address: _____

City: _____ Postal Code _____

Phone: _____ Email: _____

Parent's Name: _____ Signature: _____

How did you find out about us?: _____

Fees:

Camp, March 15th to 19th : \$190

Before and After Care

- 8:00a.m. to 9:00am \$8.00 a day, \$40.00 per week
- 4:00p.m. to 5:00pm \$8.00 a day, \$40.00 per week
- Both \$80.00

After care ends promptly at 5:00pm. Late picks ups will result in a \$5.00 per minute charge which MUST be paid on the spot or BEFORE sign-in the next morning.

Add the before/after care to your registration fee and:

- mail to (please no post-dated cheques):
Humber Arboretum Day Camp
205 Humber College Blvd.
Etobicoke, ON M9W 5L7
- or bring this form and a cash payment in person to the Centre for Urban Ecology, in Humber Arboretum (behind Humber College North Campus)
- Forms can be faxed to 416-675-2755. However, payment must be made by cheque or in person.

Camper's name _____ Age _____

Please note that **we can not accept credit card payments** at the moment. Sorry for the inconvenience. We are currently in the process of setting up an online registration and payment system which should be up and running soon.

Cancelling up to two weeks prior to camp will result in a \$50.00 processing fee. A cancellation fee of 50% the camp fees will be charged for cancellations with less than two weeks notice.

Camper Sign-Out



To ensure the safe arrival and departure of our campers, every child **MUST** be signed in/out every day by a caregiver. Signing in/out will be done at the front doors of the Centre. Photo identification (either driver's license or health card) is required.

These people are allowed to pick up the child from camp:

Full Name _____ Relationship to camper _____

Full Name _____ Relationship to camper _____

Full Name _____ Relationship to camper _____

Change of pick-up forms are available at sign-in in the event that someone else will picking up the camper. Camper custodial issues must be discussed with Camp Administration on or before the first day of camp.

Photo Release Form

We occasionally take pictures during camp that may be used for promotional purposes by the Humber Arboretum. We would like your permission to take pictures of your children for promotional purposes **only**. Please provide the information requested below, indicating your wishes.

Child/Children's Name(s): _____

- Yes, you may take pictures of my child/children
- No, do not take pictures of my child/children

Signature: _____

NUT ALLERGY ALERT

We have children who have allergies to nuts.
Please do not pack any *peanut* or *nut* products
in your child's lunch.

Thank you for your understanding and cooperation.

Humber Arboretum Nature Camps Medical Forms



Name: _____ Male Female (Last/Family Name)
 (Given/commonly used name)

Height _____ Weight _____ Eye Colour: _____ Hair Colour _____

Health Card Number (including 2 letters that follow, if applicable): _____

Family Doctor's Name: _____ Phone number: _____

Emergency Contact _____ Phone Number: _____
 (Name) (Relationship to Camper)

Emergency Contact _____ Phone Number: _____
 (Name) (Relationship to Camper)

Health History (check all that apply and elaborate where indicated)

Medical Conditions:

- Ear infections
- Heart defects/disease
- Diabetes
- Seizures
- Asthma
- Recent injury/illness _____
- Other: _____

Allergies:

- Environmental _____
- Insect bites/stings _____
- Penicillin
- Other medications _____
- Peanuts / nuts
- Other foods _____
- Other _____

Does your child have any special dietary requirements? _____

Are there any other current medical problems, long or short term, of which the Humber Arboretum should be made aware and/or which may impact on the child's participation in camp activities?

Carries Epipen : Yes No Carries Inhaler: Yes No

Please list any medications your child takes:

| Medication | Condition | Time(s) taken |
|------------|-----------|---------------|
| | | |
| | | |
| | | |

If your child has to carry an Epipen or any other medication, please provide him/her with a fanny pack including the medication and simple detailed instructions for use of the medication. Please call 416-675-5009 to discuss your child's medical situation with the Humber Arboretum Staff in advance of the start of camp

