



# Camp Echo Bridge 2021 Family Handbook



Dear Camp Echo Bridge Families,

We welcome new and returning campers as we prepare to start the 43<sup>rd</sup> summer of Camp Echo Bridge. This summer we are back at Mason Rice School, located at 149 Pleasant Street, Newton MA 02459.

**We will be hosting an opportunity for campers and families to visit the school before the first day of camp between 1:00pm and 2:00pm, Thursday, July 1.**

This handbook has been prepared as a reference for what you and your child can expect from Camp Echo Bridge. Included are helpful hints that will assist you in preparing for this summer. There is a sample schedule of what your child's day might look like as well as important numbers that you will want to keep handy. Thank you for taking the time to look over this handbook. The best way to contact us before July 6th is at [campechobridge@gmail.com](mailto:campechobridge@gmail.com) or by calling Mark or Karen at the Park and Recreation office (617) 796-1527. Starting July 6<sup>th</sup> you can call the camp office at (617) 559-9585. We look forward to having your child at camp this summer.

## Camp Overview

### **Week 1 July 6-9 (NO CAMP MONDAY)**

The Sun Man rises for another season of Camp Echo Bridge. Tuesday features the always popular T-shirt ceremony. Wednesday, we welcome the High Flying Frisbee Dog. Friday, Animal Craze Adventure will be visiting to end a great first week.

### **Week 2 July 12-16**

This week at camp we are celebrating Adventure Island. Tuesday is Pirate Day so dress up as your favorite Pirate. Wednesday is the Annual Camp Car Wash and Cabot's Ice Cream Day. Families are welcome to bring their cars to the car wash. Time to be announced that week. Thursday you will feel like you are in the Caribbean with Reggae Music Day. Friday, we have a special performance by Branches Steel Drum Band from Boston.

### **Week 3 July 19-23**

LIFE IS GOOD AT CEB! All week long we will be spreading good vibes and positivity during Life is Good Week. Wednesday, come dressed as your favorite Superhero. Friday, we will get down and boogie with the Life is Good Dance Party.

### **Week 4 July 26-30**

THE 2021 TOKYO OLYMPICS It's Olympics Week and we will be choosing our countries, making flags and practicing for the CEB Olympic Games on Friday. Wednesday, the Taiko Drumming Ensemble will join us for a special performance.

### **Week 5 August 2-6**

It's Hollywood Week at Camp for week 5! Get ready to show off some talents at CEB's Got Talent on Wednesday! Thursday, the units will be preparing for Friday's big event... "The Red Carpet Costume Runway Show". Everyone will dress up and walk the red carpet and enjoy a pizza party from O'Hara's!

### **Week 6 August 9-13**

The last week of day camp we say, "Lights, Camera, Action!" All week we will be preparing and practicing for the highly acclaimed Camp Show. The last week is always full of surprises so get ready to shine!

## TOP 2 WAYS TO CONTACT CAMP FROM JULY 6 – AUG 13

Camp Office (as of 7/6)

(617) 559-9585

E-Mail

campechobridge@gmail.com

## PRIOR TO JULY 6 OR AFTER AUG 13 CONTACT

Parks & Recreation Office

(617) 796-1527

Mark's Cell Phone (for emergencies)

(617) 212-0703

E-Mail

mkelly@newtonma.gov

Please Note: We are always on the move. Emailing us is fantastic and goes right to the camp directors' phones! The camp office phone is great for leaving messages (that are checked throughout the day).

### Camp Location

Mason Rice School  
149 Pleasant Street  
Newton, MA 02459

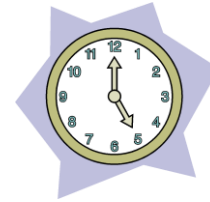
Crystal Lake  
16 Rogers Street  
Newton Highlands, MA 02461



**Save a tree.  
Send an  
email.**

### Camp Hours

**8:30am – 2:00pm**



### Drop-Off & Pick-Up

All campers will be dropped off in the gym. Parents/guardians can park in the parking lot and enter the gym door with their camper(s) at 8:30 or campers can enter alone. Counselors will be there to meet them. **Anyone who enters the gym must be wearing a mask.** At 2:00 all units will come outside to the grassy area on the side of the building to meet their rides home. If you are late dropping off please bring your child to the camp office located off the parking lot and one of the directors will be happy to help. Camp Echo Bridge does **not** have front door access so always enter from the side parking lot. Please be mindful of the other cars and children in the small parking lot when dropping off and picking up.

### Snack, Lunch, & Food-Related Allergies

Each day, campers should bring a morning snack, a lunch, and a water bottle. Please do not send beverages in glass bottles. We will not be using the refrigerator at the school, so please send your camper's snack and lunch with an ice pack if necessary. Don't forget utensils!  
**LUNCH WILL BE EATEN OUTSIDE.**

Due to food-related allergies we have a no food sharing policy at camp. We will also make sure all hands and tables are washed before and after snack and lunch time and provide a peanut-free table. Everyone can help by sending in peanut free lunch and snack items.

## T-Shirts

Camp Echo Bridge T-Shirts will be presented to all campers on their first day of camp and can be worn any day they like.

## Clothing

Campers should wear comfortable clothes to play in. They may get dirty and possibly wet. You may want to pack an extra change of clothes. ***Please label everything.*** Label towels, bathing suits, lunch containers, clothing, etc. This will help to ensure that items go home with their rightful owners. Items that are left behind at camp will be placed in a lost and found bin. Please check this bin at the end of each week to make sure you have all of your camper's belongings.

Campers should wear sneakers and socks to camp! Campers walk back and forth from camp to Crystal Lake and flip-flops, crocs, etc. lead to blisters, trips and falls.



## Swimsuits

Campers should bring a bathing suit and towel every day. On very hot days water play at camp is our way to have fun and keep cool. Sometimes rainy mornings turn into hot afternoons, so please pack a suit and towel even if you are unsure. **Campers should wear their swimsuits to camp Monday, Tuesday and Thursday for morning swimming at Crystal Lake.**

## Absences

If you know in advance that your child will be absent, late, or picked up early we ask that you put it in writing and give it to your child's unit leader at camp. If you realize in the morning that your camper is sick and not going to come to camp please notify camp *by 8:30am* at (617) 559-9585 or at [campechobrige@gmail.com](mailto:campechobrige@gmail.com). If you don't contact camp, we will be calling you to find out where your child is that day.

## Notebooks

If you would like to have daily communication with the staff please let us know and include a small notebook in your son or daughters backpack.



## Newsletters



This year we will continue to send a weekly e-newsletter. This will make communication with our many camp families easy and efficient. Please look for important information about the daily activities of camp and useful reminders each week. We can provide paper versions of the newsletter if this option is more comfortable for your family. Just let us know.

## Sunscreen

Please pack at least one bottle of sunscreen in your camper's backpack with their name on it to be used throughout the summer. We spend a large portion of the day outside. Sunscreen will be applied before going in the water at the lake and before outside activities at Mason Rice. We request that you apply sunscreen to your child before your child comes to camp as well!

## Buddies

Every day, campers and counselors will be assigned buddies. It is both the campers' and counselors' responsibility to keep their buddies safe and to make sure that their buddies are having plenty of fun. It is a fabulous system that both ensures the safety of everyone at camp and helps to form new friendships among campers.



## Daily Schedule Example:

8:30	Campers Arrive
8:50	Morning Meeting
9:20	Math Madness/Athletics/Literacy
10:00	Walk to Crystal Lake
10:20	Swim
11:00	Change, snack, and return to Mason Rice
12:00	Lunch
12:30	Social Club/Arts and Crafts
1:00	Games Galore
1:30	Closing Circle
2:00	Go Home

- This schedule is not a representation of any specific week, unit or day at camp. Rather it is intended to show the rotation of activities.
- Wednesday and Fridays will feature all-camp special events.

## Crystal Lake

**We are so excited to be able to swim at Crystal Lake this summer on Mondays, Tuesdays and Thursdays. Units will walk to and from the Lake on swim days.** When we are at the Lake, campers will have free swim where they will swim and play in the water with peers and counselors. A counselor will always be assigned to be with your child in and out of the water.

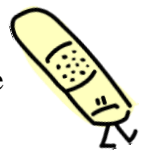


## Enrichment Sessions

Camp Echo Bridge will be offering Enrichment Sessions into its typical camp experience. Specialists in Math, Social Pragmatics, and Literacy will be at camp each week to help build on a variety of skills. All campers will participate in interactive and creative lessons that will develop these areas.

## Health /Safety & First Aid

Camp Echo Bridge is certified by the Newton Health Department and overseen by a Healthcare Consultant. Camp Echo Bridge will have a Healthcare Consultant on site to handle emergencies and dispense medications. Additionally, staff members will be trained in First Aid and CPR.



Any time that first aid is administered to a camper, the date, camper name, injury, treatment, and the person administering first aid is recorded in the first aid log book in the camp office. If the injury is severe and 911 will be called, parents will be contacted immediately. If the parents cannot be reached, the emergency contact will be called. If a child needs to leave camp in an ambulance, a staff member will travel in the ambulance with the child and stay with the child until a parent or the emergency contact arrives.

## COVID SAFETY

- Mask - Wear a mask when indoors – masks are not required for outdoors.
- Distance – Campers should be seated a minimum of 3 feet apart in classrooms. When not seated or when eating, students should maintain a distance of 6 feet, when feasible.
- Hygiene - Keep your hands clean. Wash/sanitize frequently including upon arrival at camp, before eating, after using the bathroom and after blowing your nose/coughing/sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Daily Assessment - Stay home if sick. Staff and families should use the following self-assessment tool at home, prior to coming to school each day.

*Do you/your child have any of the following symptoms?*

- Fever (100F or higher), chills, shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache (when in combination with other symptoms)
- Muscle aches or body aches
- Nausea, vomiting or diarrhea
- Fatigue (when in combination with other symptoms)
- Nasal congestion or runny nose (not due to other known causes, such as allergies and when in combination with other symptoms)

**IF YOU HAVE ANY OF THESE SYMPTOMS PLEASE STAY HOME AND DO NOT COME TO CAMP**

### Medication

The Health Care Supervisor administers all medication at camp. If your child will be taking medications at camp or has an Epi Pen or an inhaler, you must fill out the following two forms on epack:

- 1) *Newton Parks & Recreation Medication Form*
- 2) *Authorization to Administer Medication to a Camper Form.*



Medication must be brought in the original (pharmacy label) container to camp. All medications (with the exception of inhalers and Epi Pens) will be stored in the camp office in a locked cabinet. If your child will be taking medication at camp, you should have already received the above medication forms on epact. If you haven't already, please request complete forms online:

### **Sick Children**

If your child is not feeling well during camp and the symptoms are non-COVID related, every effort will be made to care for them at camp. However, if symptoms are COVID related or should your child be better cared for at home, you will be asked to make arrangements to pick them up.

Please do not send your child to camp if they are vomiting, have a fever, diarrhea, chicken pox, conjunctivitis, head lice, or any other illness that may be spread through contact.

A camper will be excluded from camp if he/she has:

- A fever of 100° or greater in the past 24 hours
- A cold in the active stages – coughing, sneezing, nasal drainage
- A sore throat and/or swollen neck glands
- An undiagnosed rash or skin eruption
- Vomiting or diarrhea in the past 24 hours
- Head lice that have not been chemically treated

### **Gender-Neutral Bathroom**

A gender-neutral bathroom will be available in addition to the existing male/female bathrooms. This bathroom will be located on the second floor of Mason Rice next to the Main Office and will be available to all campers and staff members.

***We are so looking forward to having your child/children at Camp Echo Bridge this summer. If you have any questions or concerns please reach out to us or come to visit on Thursday, July 1, 2021 between 1:00 and 2:00 at the Mason Rice School.***

