

◆ Parents Day – Saturday, July 14, 2007

Each year we invite and encourage parents to visit their children in the camp setting on our enjoyable, relaxed Parents Day. Parents are invited to enjoy the Pok-O Picnic and spend the day on the grounds.

Parents Day is also a fantastic opportunity to meet your child's cabin counselor, section head, and the entire camp staff, or even allow a younger sibling to see the fun there is to be had!

Campers are allowed to leave camp for the day with their legal guardians in order to enjoy the surrounding area. Please ask camp staff for recommendations of local attractions and destinations.

If you will be leaving camp, campers should be returned by 6:30 pm to the Theater Barn for the annual Counselor Play. The play is written to remind the campers of why they love camp, and to avoid any possible lingering separation anxiety after a fun day with their families. We ask, therefore, that parents say their goodbyes and depart quickly after drop-off.

It is prohibited to bring food of any sort back to camp after Parents Day.

During the three-week session, parents are invited to visit camp and meet the staff during our annual Big MacCready Horse Show on Sunday, August 5. There will also be a barbecue for parents and administrative staff at the Point House, the summer home of Director Sharp Swan.

◆ Additional General Information

Trunks: We ask that campers pack their things in soft duffle bags. Old fashioned hard trunks do not fit well in the cabins. Duffle bags fold down for easy storage.

Blankets, Sheets and Pillows: All bedding will be provided at no extra charge.

Camp Equipment: Backpacks, Sleeping Bags, Day Packs

L.L. Bean, Freeport Maine (www.llbean.com)

Eastern Mountain Sports (www.ems.com)

Riding Apparel: Recommendations: Riding helmet with chin strap (approved by U.S. Pony Club, inexpensive hard rubber riding boots.

Miller's Saddlery, 117 East 24th Street, New York, NY (212) 673-1400

Beval Saddlery LTD, 50 Pine Street, New Caanan, CT (800) 783-7669

Contact: Sherry Gagliarde

Health Forms: The camp regulations for New York State require all staff and campers to have a physical within the last 12 months. *All health forms must be sent to us by June 1.* Health forms must show all dates of required immunization (mumps, measles, rubella, diphtheria, tetanus and polio).



Pok-O Parent Essential Information

A summer at Pok-O-MacCready Camps offers your child a chance to appreciate the outdoors, develop lasting relationships, self-reliance, cooperation, interdependence, and above all, have fun. The memories forged at Pok-O will last a lifetime.

This guide is designed to offer advice and address specific issues such as preparing for camp, communication with your child during the summer, care packages, medical concerns, and homesickness.

Your active participation, both before and during the camp season, will enhance your child's experience and ensure a successful summer.

◆ Preparing for Camp

Include your child in plans regarding camp. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve. Packing is a good topic of collaboration – but make sure not to buy a whole new wardrobe!

As in life, camp will have its ups and downs. Realistic expectations will make disappointment less likely. Your child will have close friends, as well as those s/he does not like at all. Not every moment will be full of wonder and excitement. Make sure your child understands that some of the most valuable experiences of the summer will involve problem-solving, negotiation, and greater sensitivity towards others.

Above all, of course, be positive!

◆ Money and Bank Account

Campers should NOT bring money to camp. Campers will have a “Blue Boar’s Bank Account” where they can pay for camp apparel, replacement toiletries, and postage stamps. If you’d like a closer look at exactly what campers can spend money on, we will fax you a list upon request.

You can set a limit for your camper’s account. Campers will not be permitted to exceed the amount set by you without your permission. If your child is near the limit, you will receive a call that will allow you to review what your child has spent money on, and decide whether to replenish the fund. Charges will be reflected on the end-of-summer bill. Please note that we do our best to keep campers under their limit, but you are still responsible for all charges.

◆ **Camper Communication**

There are many ways in which you may communicate with your child at camp; however, campers will only be able to write letters and faxes to you, no e-mails or phone calls are allowed. All letters, faxes and printed e-mails are delivered once a day during Rest Hour Mail Call.

Snail-Mail Letters

One of the highlights of your child's day will be Mail Call. Your child will be delighted to get cheerful, positive and frequent mail from family and friends. Mail is often slow in Willsboro, so please allow 4-5 days for letters to pass to and from camp.

Campers are required to write at least one letter to a parent or grandparent each week. Your child will be more likely to write to you if you send him/her to camp with self-addressed, stamped envelopes. Additionally, if you ask specific questions about activities, Big Games, or friends in your communications, your child will be more likely to write more often.

If you are concerned about not having heard from your child please call his or her Head of Camp.

Faxes

You may communicate with your child via fax at (518) 963-4165. Faxes are better than telephone calls, especially early in the camp season. Campers can send a fax back to you, for \$1.00 domestic and \$2.00 international.

E-mails

You have the option to e-mail your son/daughter this summer using a camp e-mail service, Bunk Notes. On our summer website (click on *Summer 2007* at www.pokomac.com) click on the *Camper E-mail* button to register and send e-mails for a small fee. E-mails will be printed out and distributed once daily at Mail Call. Campers do not have access to e-mail and will not be able to reply. **Please do NOT send e-mails for campers to our regular e-mail address.**

Phone Calls

We ask that you refrain from calling your child for the first 10 days of your child's session in order to facilitate the smoothest possible transition to camp. After that you may call your son or daughter between 12:45-1:45 (11:45-12:45 on Sunday): Girls Rest Hour, 518-963-8982, Boys Lunch 518-963-7647. Campers are unavailable for phone calls outside of these hours. Phone calls in an emergency are permissible at any time. Please use the main camp number during business hours (8-5) or the Director's number after-hours.

If you're interested to find out how your child is doing, please contact a Director; do NOT use the main office number.

www.pokomac.com

There will be daily or every-other-day updates to our Summer 2007 website. Check there to see pictures and descriptions of camp events and much more!

Care Packages

Feel free to send any non-food items such as the local sports page, fishing lures, books or camping gear to your child at camp. PLEASE DO NOT SEND ANY FOOD ITEMS to your child. Food will cause conflicts within the cabin, as well as encourage furry visitors.

◆ **Homesickness**

Homesickness may occur, even in the most experienced camper. If a child expects to have a good time, the occurrence of homesickness is greatly reduced. Make sure your child knows that missing home is OK, and that you'll be there when s/he returns after having a great time. Know that our staff has an immense amount of experience and training in handling homesickness issues.

What Can I Do From Home?

- ❖ Be positive. Write encouraging letters to your child instead of things like, "The house is quiet without you."
- ❖ Remember that learning how to be away from home is part of your child's summer camp experience, and that a successful adjustment can be incredibly valuable to his or her long-term self-confidence.
- ❖ Communicate confidence that your child has the ability to handle any situation. Remind him or her of other situations where he or she prevailed and had success and fun.
- ❖ Give your child time to adjust to camp and the new environment. Avoid bargaining by saying, "Give camp one more week and if you still don't like it, I'll come and get you."
- ❖ Support the efforts of the Directors, Heads of Camp, and camp staff to find a solution. Our experience tells us that this tactic is successful in the vast majority of cases.

◆ **Medical Concerns**

The primary concern of the camp Health Care Staff is the health and safety of the campers. It is essential, for optimal health care in your absence, to openly convey information about any medical, behavioral or other care issues regarding your child to the Health Care Staff. All information provided to camp is, of course, held in the strictest of confidence. If there is a concern or questions about your child's health, you will be contacted.