



## SEVEN ARROWS ELEMENTARY SCHOOL

# SUMMER C.A.M.P. 2018

Thank you for registering your child for Seven Arrows Summer C.A.M.P. 2018, where campers become Creators, Artists, Makers, and Performers! Whether you're enrolled in Week 1 or Week 2 (or both!), we can't wait to have you join us this summer!

Below please find some important information about Drop-off and Pick-up procedures, lunch and snack guidelines, C.A.M.P. t-shirts, and important contacts on campus. Please don't hesitate to contact us at [summercamp@sevenarrows.org](mailto:summercamp@sevenarrows.org) if you have any questions.

### DROP-OFF & PICK-UP

#### **Morning Drop-Off**

Children may be dropped off at the Seven Arrows Innovation Labs between the hours of 8:45 and 9:00 AM each morning at the front of the school. Please find street parking and walk your child to the building.

Please do not park in the driveway, red or white zones, or in front of the mailboxes on La Cruz Drive. Remember to always cross at the crosswalks when accompanied by children. Do not double park or make a U- or three-point turn in front of the school at any time.

#### **Afternoon Pick-Up**

Pick up for **ALL CAMPERS** is from **2:30 – 2:45 PM**. Similar to morning drop off, please park and walk to the Innovation Labs to pick up your child. Children will be dismissed once they have been signed out by a parent or guardian.

If your child will be having a play date and will be leaving with another camper, please let Colin Simson know by **no later than 12:00 PM**. Similarly, if your child will be arriving late or picked up early, please let Colin Simson know as early as possible.

#### **C.A.M.P. DIRECTOR**

Colin Simson

Phone: (310) 866-2461

Email: [summercamp@sevenarrows.org](mailto:summercamp@sevenarrows.org)

#### **Late Pick Up Fee**

All campers must be picked up by 2:45 PM each day.  
Late pick-ups will incur a fee of \$1/min.

### LUNCH & SNACK

Please provide a snack and lunch for your child every day of C.A.M.P. Snacks and lunches can be brought from home or ordered from the Palisades Garden Café. **Seven Arrows will not facilitate or provide any snacks or lunches.**

**Seven Arrows has a sugar-free and nut restricted food policy.**



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### What does sugar-free mean?

Foods with refined or complex sugars are not allowed. These items, such as gum, candy, sodas, and many dessert items, are not allowed to be eaten on campus during C.A.M.P. hours. If the below guidelines are not met, we will ask children to save their treats to enjoy off campus after C.A.M.P. Please contact Colin Simson with any further questions.

#### Okay Sugar:

- Fruit
- Naturally occurring sugar when used as a substitute (i.e., honey, agave, or 100% maple syrup instead of sugar in baked goods)
- Rice and Pasta (we recommend non-white-flower based grains such as brown rice or whole wheat pasta, but any is permissible)
- Dried fruit or fruit leather (so long as there is no added sugar)

#### Not Okay Sugar:

- Processed sugar of any kind (excluding rice and pasta)
- Store-bought/generic cookies, cake, donuts, etc.
- If the item is in packaging with a food label that indicates that there is sugar in the food
- Naturally occurring sugar as a condiment (i.e. for dipping, syrup over pancakes, etc.)
- Gatorade, Vitamin Water (if it contains sugar), fruit juices, flavored milk, or sugary drinks of any kind
- Sugary yogurts (those flavored with just fruit or honey are fine)

We ask that you please use your best judgment — and moderation — when making treats from scratch, keeping in mind that even naturally occurring sugar consumption in excess has implications for children's ability to learn at school.

### Nut Restriction Policy

Seven Arrows is dedicated to the health and safety of the entire Seven Arrows community. In an effort to mitigate (not eliminate) the occurrence of anaphylaxis due to contact with nuts, Seven Arrows has instituted a nut restriction policy. This policy is designed to lessen the likelihood of an anaphylactic incident, but it is recognized that the school cannot guarantee that it is completely "nut-free."

Seven Arrows requires that students, parents, faculty and visitors refrain from bringing foods containing peanuts or tree nuts\* to school or school related events (including but not limited to after school enrichment, special events on and off campus, school sponsored camps, bake sales and field trips). This restriction includes foods with labels listing ingredients that include peanuts or tree nuts, or labels stating, "May contain peanuts or tree nuts." Foods with labels that say, "Processed in a facility that also produces nuts" or "Processed on a machine that also processes nuts" are allowed.

#### Restricted Nuts:

Peanuts  
Almonds  
Brazil Nuts

Chestnuts  
Filberts/Hazelnuts  
Macadamia Nuts

Pistachios  
Pinenuts  
Walnuts

Cashews  
Pecans



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### MEDICAL INFORMATION

Please bring all of your child's medications and prescriptions to the front desk each day of C.A.M.P. with detailed instructions for dosage and administration.

#### **EpiPens**

Parents of children with anaphylaxis must provide two (2) complete sets of EpiPens to the school (one EpiPen set to be kept at the front desk, and the second EpiPen set to travel with the student).

### WHAT TO WEAR

C.A.M.P. classes including Art, Makerspace, and playtime at the park could get a bit messy. Please make sure your children wear clothes that can get paint, dirt, and water on them. Also, please have Campers wear sneakers or close-toed shoes (no sandals) to protect their feet.

### CANCELLATION AND REFUND POLICY

Cancellations of C.A.M.P. registrations will be refunded in full if done so on or before Friday, June 15, 2018. Cancellations after this date will incur a \$100 fee.

### END OF SESSION PRESENTATION

On the last day of each C.A.M.P. session (Friday), family and friends are invited to watch the campers' imaginations come to life in a stage presentation featuring drama, music, artwork, and makerspace projects. Presentations begin at 2:00 PM in the Seven Arrows Innovation Labs.

### IMPORTANT C.A.M.P. CONTACTS

#### **C.A.M.P. DIRECTOR**

Colin Simson  
summercamp@sevenarrows.org  
(310) 866-2461

#### **DIRECTOR OF OPERATIONS**

Brandon La Brie  
blabrie@sevenarrows.org  
(310) 995-2023

#### **OFFICE MANAGER**

Erin Lewis  
elewis@sevenarrows.org  
(310) 230-0257 ex.120

#### **HEAD OF SCHOOL**

Margarita Pagliai  
mpagliai@sevenarrows.org  
(310) 230-4900