

Overnight Camp 2022—Parent Info

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General Information

WHY CAMP

Camp is all about relationships because the heart of God is relational. Inside relationship is where we are known and allow others to know us. It is also where we let down our walls and build trust. We believe the good news about Jesus Christ's love for us is best shared inside relationships. Camp gives a unique environment for your kiddos to build relationships and hear this great news.

We want kids to know and grow in 4 areas during their time at Camp.

1st: Know Jesus more and Grow in their relationship with Him

2nd: Know their peers more and Grow those relationships

3rd: Know the grown-ups of NCBC and Grow relationships with them

4th: Grow in their abilities

AGE GROUPINGS

Overnight Camp is for children who have completed 1st grade through 5th grade.

CABIN GROUPS

- Each cabin is designated by a color and number.
- Cabins are made up of 6-10 campers of the same sex and similar age.
- Each group is led by 1 adult Senior Counselor (16+) and at least 1 Junior Counselor (8th grade+).
- Each camper can choose one buddy to have in his or her group.

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2022 Theme Info

Theme: VIP: All Access

This summer we will take kids from wherever they are to what God has next for them. They will reenter the world ready to embrace the unique ways God has designed them and throw off everything that hinders so they can love and serve others well.

Verse: Ephesians 3:12

In him and through faith in him we may approach God with freedom and confidence.

Speaker: Marissa Bushlack

Marissa is a teacher at Uncommon Collegiate Charter in New York City. She has been an active member of the NCBC family and a servant in the NCBC Kids Ministry for many years.

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How to Prepare for Overnight Camp

WHAT TO PACK

Bring these to Camp

- Clothing for hot days and cool nights
- Tennis shoes (flip-flops are only for trips to and from water activities)
- Swimwear
- Towel (with your name on it)
- Bible
- Pillow
- Sleeping bag
- Personal toiletries
- Insect repellent
- Flashlight
- Sharpie marker for signing shirts
- Large plastic bag for dirty clothes
- Large plastic bag for anything wet
- Favorite stuffed toy
- Life jacket or arm floats for weak swimmers

Leave these at home

- Anything fragile
- Anything valuable
- Anything irreplaceable
- Electronics and phones

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WHAT TO TALK ABOUT

The best way for your kiddo to be excited about Camp is for you to be excited about it! We know it can be rough having your child stay overnight without you. Please know we are prepared and excited for this time with them and they will have a blast! It is best if you do not make any promises to your child about calling home or coming to get them.

Conversations with your child about what's to come are always a great idea. Here are a few suggestions to start these conversations

- What are you most excited about doing at Camp?
- What are you most nervous about?
- What do you think the role of your counselor is at Camp? Is there a leader from church you hope to see at Camp? Tell me about a counselor you remember from last year?
- How will you remember or learn the names of all the kids in your cabin?
- What if there is a kid you don't like in your cabin?
- What might be hard about being at Camp?

WHAT DOES MY CHILD'S DAY LOOK LIKE?

We have set up your child's day into four sections: Prepare, Work, Rest & Community.

We wake up each day at 7:00 a.m. to prepare for our day. They will eat breakfast, work on a devo book and get ready.

The work your child does at camp is relational – learning about God through his word and learning about themselves as they interact in their cabin groups.

We rest by making choices for free time activities like playing basketball, going swimming, learning to canoe, playing miniature golf.

Then we participate in community by worshiping together, hearing God's word taught, playing large group games, and having a talent show.

We head back to our cabins for the night around 9:00 p.m.

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MY KIDDO TAKES MEDS. WHAT DO I DO WITH THOSE?

Bring these in the original container labeled with your child's name. At registration you will check in with the nurse to fill out a medical form with all the dosing information. The nurse will keep all meds and distribute them at the times you have designated throughout the day.

WHAT WILL THEY EAT WHILE AT CAMP?

A menu for each day is at the end of this packet. If your child has dietary restrictions, you will need to provide a similar alternative menu item. A food substitution list is also included at the end of this packet. Please pack these items individually labeled with your child's name, what meal it goes with and what it replaces. (ex. Sally Jones, Day 2 Lunch, gluten free bun for sandwich) At registration you will check in with the kitchen team to deliver your food and share details.

CAN MY KIDDO BRING SNACKS TO CAMP?

We will provide all the food for your campers. Twice during the day, we will open a snack area – once during free time and once in the evening. Campers will choose their snack from a variety of options such as Goldfish crackers, fruit, popsicles, and granola bars.

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Dropoff and Pickup

We are meeting at East Iowa Bible Camp and parents are responsible for getting their child to and from Camp.

East Iowa Bible Camp:

1433 F52 Trail
Deep River, IA 52222

Check-in 4:00-4:45 PM

Upon arriving at EIBC, you will be directed to registration where you will make four stops.

- 1) Registration Table – check all personal info.
- 2) Nurse – check in all meds.
- 3) Kitchen – check in all special foods.
- 4) Cabin – drop off your camper and their bags in their cabin.

Saying goodbye

Once you arrive at the cabin, the counselors will be ready with activities to get to know their campers. Plan to leave your kiddo at this time to begin bonding and having a blast with their cabin. Our camper welcome will begin at 5:00 pm, therefore we ask that you give yourself enough time for your child to be checked in and with their cabin group by 4:45 pm.

Picking up

Parents are welcome to attend a short send off Chapel at 10:00 am on the last day. We will share some of the fun things we did at Camp. After Chapel, you will need to sign out with your camper's Senior Counselor. Then collect their meds, leftover food, and luggage. Please be mindful of our need to prepare Camp quickly for the next session.

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SO, my kiddo is at Camp.... WHAT should I do?

Pray for them!

- For what God is going to do in their lives in this short amount of time
- For the relationships inside their cabin groups
- For their Counselors
- For safety and unity

Enjoy yourself

Do something fun because your kids certainly are! Go on a lunch or dinner date with your spouse or a friend. Spend special one on one time with kiddos still at home with you.

Watch your email

We will send picture updates each day. Take time to look through those to find your child and to see what's going on each day.

We will also be sending parent content that corresponds with what your camper is doing. Please know this is an amazing time for your child. They will be learning about who God is and who God says they are. God is going to use this time to grow, teach and change them. He has uniquely created them for something specific and powerful, not when they are grownups but for right now. They will be challenged to go home and live out what they learned. Be ready for this!

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Emergencies

The Camp Staff Team is prepared to respond to a variety of emergency scenarios. We will contact parents in the event of an emergency as quickly and safely as we can.

We will always contact both parents first. We ask for an additional contact person in the unlikely case that we can't get a hold of you.

If your family has an emergency and needs to get in touch with your camper, please call the numbers listed below.

**Cell and internet service are not always reliable

Camp Program Lead

Julie Pegump
319-210-0944

East Iowa Bible Camp:

1433 F52 Trail
Deep River, IA 52222

Tel: (319) 655-7693

<http://www.loveibc.com>

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Food Menu

Day 1:

Dinner

Hamburgers
Optional: Cheese, Onions, Pickles
Tater Tots
Baby Carrots
Salad Bar
Gatorade

Evening Snack

Chocolate Chip Cookies

Day 2:

Breakfast

French Toast Sticks
Sausage
Milk
Orange Juice

Lunch

Chicken Nuggets
Macaroni and Cheese
Watermelon
Salad Bar
Gatorade

Afternoon Snack

Options will include:
Chips or Crackers
Granola Bar
Fresh Fruit
Popsicles

Dinner

Walking Tacos
Optional: Cheese, Lettuce, Salsa, Sour Cream
Peaches
Salad Bar
Gatorade

Evening Snack

Ice Cream Sandwich

Day 3:

Breakfast

Scrambled Eggs
Bacon
Buttered Toast
Milk
Orange Juice

Lunch

Corn Dogs
Sweet Potato Fries
Pears
Salad Bar
Gatorade

Afternoon Snack—Same Options

Dinner

Pizza Bread
Salad Bar
Gatorade

Evening Snack

S'mores

Day 4:

Breakfast

Cold Cereal
Donuts
Milk
Orange Juice

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A Note from Kitchen Kate

I'm Kate Smith. I've been serving at camp for over 10 years. I am eager to help you and honored to serve your kids at Camp.

Kids Camp is all about the kids! If your child(ren) have been to camp previously, you know that one of the highlights of camp is mealtime! Our desire is to have minimal distractions or attention drawn to kids with food allergies. By following a few helpful tips, mealtime will be seamless and just as fun! :)

By the way, these guidelines are for the kids who have known food allergies/sensitivities to certain foods. It's not for kiddos that just don't like something. There is always plenty to eat and we will always encourage them to at least TRY a BITE. Who knows?? Your child may come home with a new-found favorite food. :)

Please take the time to CAREFULLY REVIEW the menu. Ask questions.

In making substitutions, please try to supply a food that closely resembles what the other campers are having. For example: on Pizza Bread night, you might send a gluten free pizza.

Again this year...Salad Bar!!! It's possible that your child may be able to eat an entire meal off of the Salad Bar. I encourage you to take this into consideration.

Label EVERYTHING with your child's name (first and last), as well as their age/grade. Bring everything to camp in a small cooler/bag. You will leave the food with the Kitchen Ladies at the time of registration. Everything will be stored in the fridge and freezer in the kitchen.

As much as possible, send food that is already pre-made or has "quick to make" instructions. Although, on the flip side, I'd rather not serve a soggy bologna sandwich on the last day of camp when it had been made at home 3 days prior. Again, ask questions. :)

Please fill out the "Kids Camp Food Substitutions" sheet completely. Indicate what needs to be subbed and what we can serve from our own menu. Finally, include the reaction that your child would have, if the wrong food was consumed. Both our nurse and kitchen staff will have that information.

Please contact me with any questions. Thank you!

Kate Smith - 319-350-6865 - jhawkbandmom@gmail.com

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Name: _____ Bunk: _____

		Menu	Substitution	Reaction
Day 1	Dinner	Hamburger with bun		
		Cheese		
		Tater Tots		
		Baby Carrots		
	Gatorade			
	Snack	Chocolate Chip Cookie		
Day 2	Breakfast	French Toast Sticks		
		Sausage		
		Milk		
		Orange Juice		
	Lunch	Chicken Nuggets		
		Mac and Cheese		
		Watermelon		
		Gatorade		
	Dinner	Walking Tacos		
		Peaches		
		Gatorade		
Snack		Ice Cream Sandwich		
Day 3	Breakfast	Scrambled Eggs		
		Bacon		
		Buttered Toast		
		Milk		
		Orange Juice		
	Lunch	Corn Dogs		
		Sweet Potato Fries		
		Pears		
		Gatorade		
	Dinner	Pizza Bread		
		Salad		
Gatorade				
Snack		S'mores		
Day 4	Breakfast	Cold Cereal		
		Donuts		
		Milk		
		Orange Juice		
All Days	Snack Options	Chips or Crackers		
		Granola Bar		
		Fresh Fruit		
		Popsicles		

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