

Welcome to Summer Day Camp at Cheeky Monkeys' Indoor Playland



PARENT HANDBOOK

This handbook contains valuable information to assist you in preparing your child for a positive summer camp experience. We are very excited to be offering an action packed program and can't wait to tucker out your cheeky monkeys!

Contact Information

Cheeky Monkeys' Indoor Playland
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www.cheekymonkeysplayland.ca

Cheeky Monkeys' Playland Rules

Parents, please review these rules with your child(ren) before they arrive at camp. This will help us to ensure that everyone has a safe and fun experience:

- Stay with your counselors at all times.
- We are not allowed to climb slides on the playgrounds.
- Socks must be worn at all times.
- Respect others and use good manners
- Bring a reusable water bottle to make sure you always have something to drink.
- No chewing gum.
- Wear comfortable play clothing.
- Have fun!

What You Need to Bring to Camp: *Please label everything*

Socks

Refillable water bottle

Wear a yellow or brightly coloured shirt

Wear comfy bottoms

Lunch, Snacks & Drinks (if not registered for the Healthy Camper Meal Plan)

Please send your child in clothes that can get dirty.

If applicable: Medications & 2 Epi-pens

Please do NOT send

- any electronics

- peanut or nut products

- clothes that can't get dirty

- toys or jewelry

Arrival & Pick-up

Program Times: Full Day 9am-4pm Half Day AM 9am-12pm Half Day PM 1pm-4:00pm

Drop off time starts at 8:55am

Pick up time no later than 4:05pm after which Extended Care fees will apply

Our staff will be waiting to check in your cheeky camper. Any notes or concerns should be addressed to the staff at this time. Please advise staff when dropping off your child(ren) if someone else will be picking them up.

If you arrive outside the set arrival and pick-up times, you will be included in our extended care program and charged accordingly.

Extended Care Program

This program applies to campers who are dropped off earlier than 8:55am and who are picked up after 4:05pm. This is a supervised program.

Before care: 8:30-9am

After Care: 4-4:30pm

After Care: 4:30-5pm

Charges: \$4 / half hour / child or \$6 / half hour / family

Absences

All absences must be notified to the front desk. Please call as soon as possible to notify us if your child will be absent. We will gladly except your child for a make-up day if there is space available.

Payment

A 50% non-refundable deposit is required at the time of registration. The balance is paid the morning of the first day of camp.

Refunds

Camp refunds are only issued with a doctor's note. Sorry, there are no exceptions.

Lost & Found

PLEASE LABEL ALL CLOTHING. Non-labeled items are placed in the lost and found box located on top of the lockers in the lobby. The lost and found is kept for two weeks and then donated to the Good Will.

Food & Lunches

As parents, you can help your child get the most out of their day by ensuring they get the nutrition they need by sending a wide variety of foods.

- Be sure your child's lunch has their name on it
- Do not pack food that must be refrigerated. If needed, use an icepack and pack the lunch in an insulated bag

For those that are receiving the Healthy Camper Meal Plan please notify the front desk of any food specific requests.

All allergies are to be recorded on the camper's Health Form.

Peanuts & other Nut Products

All food brought to camp must be peanut free due to campers with life threatening allergies. We cannot guarantee a peanut free site but do everything we can to try and reduce the risk of exposure.

First Aid & Health Policy

In the event that first aid is required, all our summer camp staff are CPR certified and will take excellent care of your child. Your child's health and safety is very important to us. Providing the best care we can and continually inspecting our facilities is our responsibility. Your responsibility is to provide us with up-to-date medical information. We need all changes to your child's health in writing.

Campers should not come to camp with known communicable diseases or viruses (rashes, chicken pox etc.) that may be contagious. Please be considerate to other campers and keep your child at home until they are well. Your co-operation on this matter is greatly appreciated by all and is essential to everyone's health and safety.

Medication

If your child requires medication while at camp please note that all medication must be brought in the original container with your child's name, medication and dosage clearly marked. Please send clear written instructions detailing the administration of the medication and the reason for taking it. Also include the time the medication is to be taken and whether the medication needs to be taken with food. All medications are to be given to the camp counselor upon arrival and will be stored and locked in the camp locker. A camper health form must be completed.

Epi-Pens

If your child carries an Epi-pen we require that two (2) epi-pens be brought to camp. One will be kept at the front desk and the other will be carried by the camp counselor in a fanny pack. All epi-pens will be returned at the end of the camp session.

Head Lice

Please check your child thoroughly for head lice/nits before they arrive at camp and during the camp session. Because of the potential for head lice to spread in a communal setting, we wish to be proactive in order to avoid any problems. If your child arrives at camp with head lice, a parent or guardian will be asked to remove the camper from Camp and he or she may only return when the head is clear of any nits or lice.

Sample Daily Schedule

All times are approximate:

8:55	Drop-off begins
9:15am	Introduction games and review of daytime events & rules
9:30am	Fun interactive games in our playground
10:15am	Snack & washroom break
10:30	Board games or free play in our playground
12 Noon	Lunch Time
12:45-2:00	Board games, stories, songs, crafts, baking
2:00-2:30pm	Tidy up, snack & washroom break
2:30-3:30	Free time on Cheeky Monkeys' Indoor Playland's playground
3:30-4:00pm	Story telling and wrap up
4-5pm	After care - games, crafts, free time on our playground

Healthy Camper Sample Meal Plan Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Granola Bar Apple Slices Juice	Toast with Jam Banana Juice	Cheerios with Milk Apple Slices Juice	Oatmeal Cookie Banana Juice	Granola Bar Oranges Juice
Lunch	Chicken Nuggets (Honey, Plum Sauce) Carrots Milk Cookie	Hot Dog Cucumber Milk Popsicle	Ham & Cheese Sandwich Carrots Milk Fruit by the Foot	Bagel with Cream Cheese Cucumber Milk Popsicle	Pizza Cucumber Milk Chocolate Chip Cookie
PM Snack	Crackers Watermelon Juice/Water	Sun Chips Oranges Juice/Water	Crackers Watermelon Juice/Water	Sun Chips Apples Juice/Water	Frozen Yogurt Tube Watermelon Juice/Water

* Substitutions for food allergies are available

* Milk – option of chocolate or white

* Water is available at all times in the camp room