



**C.Y.O. Camp Brébeuf**  
Adventure. Faith. Unplugged.

## Parent Information Guide Summer 2023

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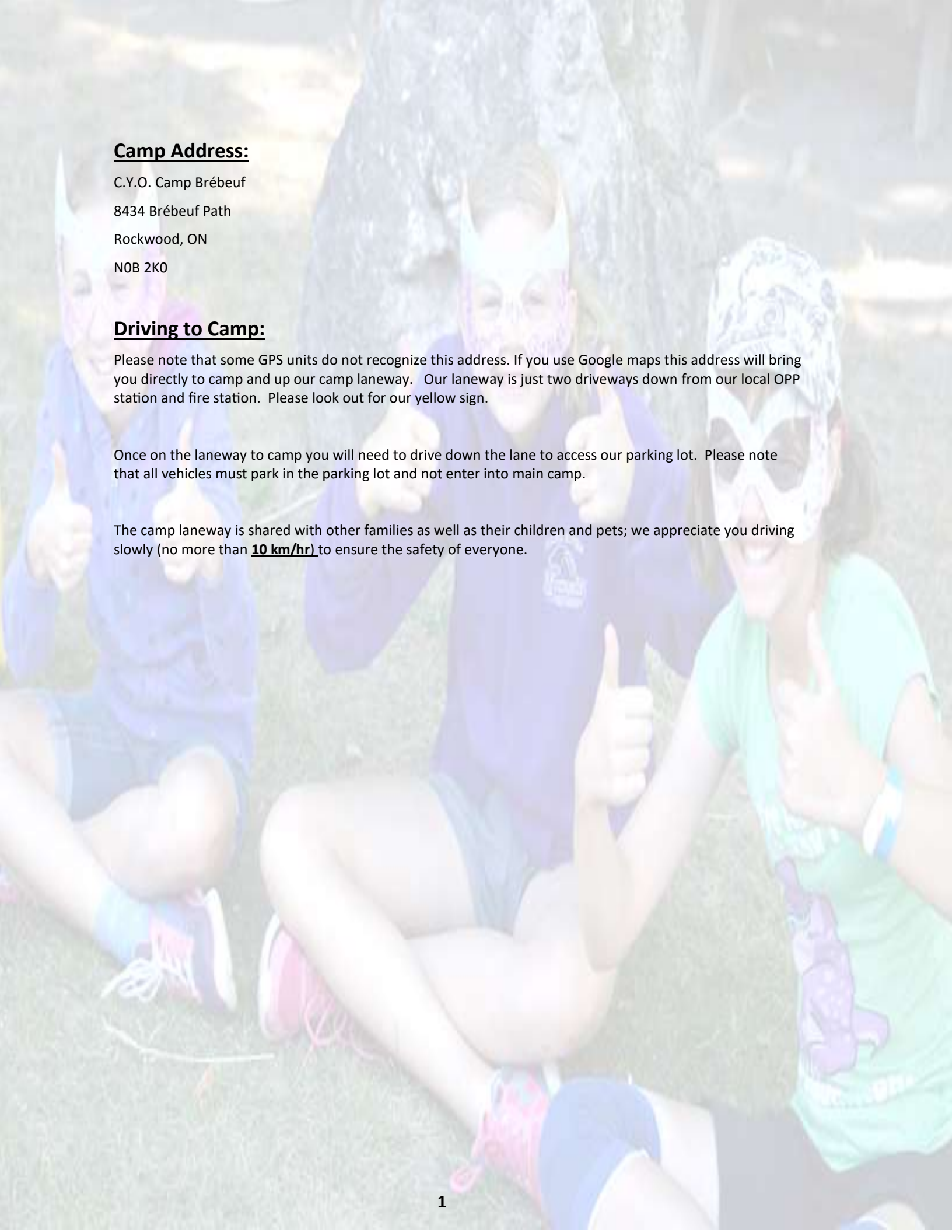
Rockwood, ON

N0B 2K0

# Table of Contents

Page 1	Open House Address Driving to Camp	Page 9	Typical Day at Camp
Page 2	Preparing for Camp Homesickness	Page 10	Overnight Camp Arrival
Page 3	Overnight Camp Packing List	Page 11	Overnight Camp Departure Day Camper Departing Early
Page 4	Camper Behaviour Snacks Cell Phone Policy	Page 12	Day Camp Program Info.
Page 5	Allergies and Dietary Needs Birthdays at Camp Bullying Camp Brain Cabin Groups Calls to and from Camp Cancellation Care Packages	Page 13	Leadership Camp Program Jeremiah Zacchaeus Prophet
Page 6	Cameras Cash Cell Phones & Electronics Contact with Infectious Disease COVID-19 Polices Dress Code Health Insurance Homesickness	Page 14	Emmaus BLT Program
Page 7	Homesickness cont. Inclusion Program Insects IPod and MP3 Devices Letters, Care Packages Lost & Found Medication		
Page 8	Nut Safe Policy Smoking/Drugs/Alcohol Swimming Telephone Calls Theft Tuck Shop Wellness Centre		

Thank you for choosing C.Y.O. Camp Brébeuf. We are excited to see you and your campers at one of our many programs. We hope this package will help answer any questions you have; as well as provide any forms you are looking for.

A photograph of three children sitting on the grass, giving thumbs up. They are wearing costumes: a girl on the left in a blue hoodie and a white crown, a boy in the middle in a purple hoodie and a white mask with purple patterns, and a girl on the right in a green t-shirt and a white mask with black patterns. The background is a large tree trunk.

## **Camp Address:**

C.Y.O. Camp Brébeuf  
8434 Brébeuf Path  
Rockwood, ON  
N0B 2K0

## **Driving to Camp:**

Please note that some GPS units do not recognize this address. If you use Google maps this address will bring you directly to camp and up our camp laneway. Our laneway is just two driveways down from our local OPP station and fire station. Please look out for our yellow sign.

Once on the laneway to camp you will need to drive down the lane to access our parking lot. Please note that all vehicles must park in the parking lot and not enter into main camp.

The camp laneway is shared with other families as well as their children and pets; we appreciate you driving slowly (no more than **10 km/hr**) to ensure the safety of everyone.

## Preparing for Camp

There are many things you can do to prepare your child for camp:

- Talk about the many exciting activities and opportunities your child will have at camp. Share your own excitement and your confidence with your child so that they will learn and grow during their stay!
- If your child has never attended camp before, maybe try “practicing” for camp by spending a weekend at a friends or family members house, sleeping in their sleeping bag etc.
- Have your child assist with packing for camp. Many campers like to bring a familiar article of clothing, or picture of their family to help them feel more comfortable.
- Provide your child with pre-addressed, stamped envelopes or post cards to write home to family and friends.
- You are also welcome to write your child ‘snail mail’ while they are at camp! We suggest sending mail the week before your child attends camp, as it often takes a week to arrive at camp. You can also leave pre written notes with us the day of registration to deliver while your child is at camp.

Send mail to

Camper Name Session #  
c/o C.Y.O. Camp Brébeuf  
8434 Brébeuf Path  
Rockwood, ON  
NOB 2K0

- Except for emergencies and special circumstances, we ask that you refrain from visits and phone calls during camp sessions. From experience we have found that these make homesickness worse. Even if your child is not homesick, it may unfairly affect the experience of other campers in their cabin. If you would like to stay up to date with what is happening at camp, be sure to check our website, Twitter and Facebook page for regular updates.

## Homesickness

- Missing home is normal! It means your child has strong relationships with those they love at home and enjoy spending time with them. Everyone feels some degree of homesickness when they are away from a familiar environment. However, for some children, homesickness can be an overwhelming feeling that may cause anxiety as well as other physical symptoms. Consequently, we train our staff to detect its early symptoms and respond appropriately. We know from experience that a certain percentage of all campers need a day or two to work through being away from familiar settings.
- We also know that getting through it successfully can be a significant factor in helping children to attain a certain degree of independence and confidence necessary to make them self-reliant individuals.
- Our staff will work with your child to assist them in dealing with any homesickness that may occur while they are at camp. Our staff will also keep you informed if any significant or prolonged homesickness occurs.
- Please do not plan pick up promises with your child. We will call and speak to you if your child is experiencing homesickness. When promising too pick them up they can become very focused on this instead of integrating into camp.
- If your child is showing signs of nervousness talk about what they will enjoy at camp and what you will be doing while they are away. Your child can be very worried about your feelings and how you are. Let them know you have plans too. Don't remind them you will be missing them focus on you are so excited for them to come to camp.

## Clothing and Equipment Checklist for Overnight Camp

### **Clothing**

- ◇ 2 Hats
- ◇ 6 T-shirts
- ◇ 3 Sweaters
- ◇ 3 pairs of jeans or pants
- ◇ 5 pairs of shorts
- ◇ 6 pairs of underwear
- ◇ 7 pairs of socks
- ◇ 2 pairs of pajamas
- ◇ 1 or 2 pairs of running shoes
- ◇ 1 swimsuit (*suitable for active play in the pool*)
- ◇ 2 beach towels
- ◇ 1 Raincoat
- ◇ 1 pillow/pillowcase
- ◇ Old shoes (to be used for mud/water activities)
- ◇ Sleeping bag

### **Equipment**

- ◇ Sunscreen
- ◇ Flashlight
- ◇ Insect Repellent
- ◇ Waterproof ground cover – foam or tarp (for sleep outs once a week, dollar store shower curtain works well)
- ◇ Water bottle

### **Hygiene Supplies**

- ◇ Soap or body wash
- ◇ 2 facecloths
- ◇ Toothpaste/toothbrush
- ◇ Shampoo and Conditioner
- ◇ Comb and/or brush
- ◇ Hair elastics

- ◇ Shower sandals
- ◇ Hand Sanitizer
- ◇ Feminine hygiene products

### **Optional Equipment**

- ◇ Camera
- ◇ 1 pair of rubber boots or crocs (for water hikes)
- ◇ Laundry bag
- ◇ Books/magazines
- ◇ Stamped Envelopes/ Stationary
- ◇ Musical Instruments
- ◇ Bed Sheet
- ◇ Theme day costume

## ***Inappropriate Behaviour and Bullying***

Our staff are well trained to lead campers in living together in a community. Cabin counsellors and staff ensure that campers are aware of expectations for behaviour at the beginning of the session and involve campers in setting group goals for the week.

From our experience some children have difficulty adjusting to camp expectations; we follow specific procedures when situations of a serious *disciplinary* nature arise. In most instances, these incidents are dealt with successfully and resolved.

Behaviour that will not be accepted at C.Y.O. Camp Brébeuf or any C.Y.O. Camp Brébeuf event is as follows:

- \* Physically aggressive behaviour (punching, hitting, biting, kicking, slapping, choking, grabbing and inappropriate touching)
- \* Disrespecting staff or other campers.
- \* Disrespecting or destroying C.Y.O. Camp Brébeuf property, staff or other camper's property.
- \* Bullying – Any behaviour that appears to be targeted towards another campers, intended to injure, upset, exclude or offend another person.
- \* Threatening—Verbal or visual threats towards another person at camp.

If, in the Camp Director's opinion, any camper's continued presence at camp is not in that camper's or the camp's best interest, the camper's stay at camp may be ended early. If it is deemed that the camper can no longer stay at camp it is the responsibility of the child's legal guardian to cover all costs associated with transportation of the camper home.

***Please discuss these expectations with your child prior to their session at camp, and assure them that if they have any concerns their counsellor or support staff are available to help them. Please encourage your child to speak to our staff if they are experiencing difficulties.***

## ***Snacks***

Campers in our overnight program are prohibited to bring snacks with them to camp. They often attract unwanted insects or animals to the cabins, and pose risks to our campers with allergies. Campers are served healthy and delicious meals and snacks each day, and have opportunities to purchase nut-free treats at our tuck-shop each afternoon.

Campers that are registered in our day camp program should bring a nut free lunch with them. Please remind your child to not share their lunch with friends. This is to protect our campers that have allergies.

## ***Cell Phones/Electronics***

'Disconnecting' from technology for the week can be a valuable and rewarding experience.

Please note that we have implemented a stricter policy on cell phones. We have found that the presence of cell phones at camp and particularly in the cabins has become a detriment and privacy concern for many campers and staff. Cell phones and electronics will **not be permitted**. If a camper is found with a cell phone or electronic, it will be taken away, labelled and stored in the camp office. Cell phones will be returned to campers on their last day of camp.

## THE A-B-Cs OF CAMP

**Allergies and Special Dietary Needs:** All allergy and special dietary needs should have been recorded on your original medical form. Any changes or new developments after you submitted the form should be sent to the Camp Director by emailing [katie.moncrieffe@campbrebeuf.ca](mailto:katie.moncrieffe@campbrebeuf.ca) as soon as possible. Should your camper require additional supplementary food items to accommodate special dietary needs, please contact the office to make arrangements.

**Birthdays at Camp:** If your child is celebrating his/her birthday while at camp, our team is happy to help make it a special one! We sing a birthday song, and have a treat prepared to honour his or her special day. If you wish to leave a card and/or gift from home, we can arrange delivery for you – Please leave the package with our staff at the registration desk on Arrival Day when you check in. On the exterior of the package, please clearly write your camper's name and birthday. Please Note: we ask that you please respect our "Nut Aware" policy, and omit all food, candy, gum, or snack items from all care packages and/or birthday presents.

**Bullying:** If anyone at C.Y.O. Camp Brébeuf bullies or deliberately endangers the well-being of any camper or staff (physical, emotional, or verbal bullying) or if behaviours or actions occur that diminish the positive experience of others while at camp, our trained staff will take immediate action to quickly resolve the problem or conflict. The goal is to ensure all parties are left feeling safe, and that they will remain comfortable in our community. In the event of repeated or extreme incident occurs, parents or guardians may be contacted. Disciplinary action as a result of bullying is at the discretion of the Camp Director, and can include dismissal from C.Y.O. Camp Brébeuf .

**Camp Brain:** C.Y.O. Camp Brébeuf uses Camp Brain as our online registration provider. All of our forms and registrations can be done through the link on our website. You can also make payments with MasterCard and Visa.

**Cabin Groups and Accommodations:** Cabin groups are comprised of campers of the same gender who are close in age. Cabin groups may have up to 10 campers each. Campers sleep in bunk beds and each camper has a storage area for his or her personal belongings. Counsellors room with the campers so that they are immediately available for any camper's needs.

**Calls To and From Camp:** If you call and our message service is on, please do not panic. While Camp is in session we are very busy making sure your children are having fun. Please leave a detailed message in the general mailbox to ensure your call is promptly addressed and we will return your call as quickly as possible. There is a director on site at all times throughout the summer and messages are checked regularly throughout the day. We do make every effort to respond to calls within a reasonable time frame. We ask for your patience and understanding as we prioritize return calls to families based on urgency. Rest assured, we will return your call as soon as we are able. Please do not be alarmed if you receive a call from C.Y.O. Camp Brébeuf while your camper is here. Sometimes there are administrative details that need clarification. If there is an emergency, we do make every effort to reach parents at their contact numbers as soon as the situation permits, and in the event that parents cannot be reached, we then attempt to connect with the emergency contacts you provided.

**Cancellations and Changes:** Any cancellations or changes to a camper's enrolment must be received in writing. For cancellations, the policy is as follows: A \$25.00 cancellation fee will be charged if a session is cancelled.

**Care Packages:** Gifts such as souvenir C.Y.O. Camp Brébeuf clothing and merchandise are ideal care package contents. PLEASE DO NOT TO SEND OR BRING OUTSIDE FOOD, CANDY, GUM OR SNACKS. We take great precautions to ensure we provide our campers with a healthy, nut safe environment and we can't do it without everyone's support. Campers are not allowed to store food in their cabins or tents so please do not include such items in care packages. Improperly stored food can attract unwelcome visitors, such as flies, ants and possibly raccoons. Clean accommodations are key. Extra snacks are not necessary.

## THE A-B-Cs OF CAMP

**Cameras:** We encourage campers to take pictures while they are here to share with family and friends when they return home! We highly recommend you label disposable cameras or digital cameras with camper's full name (first and last). Smart phones, cellular phones, iPods, or other multi-purpose devices that have cameras built in, that have gaming, Wi-Fi or cellular network capability are not permitted.

**Cash:** Please do not send your camper with cash, as it is not needed. Each camper has a tuck shop limit that you set on the first day of camp. All Tuck purchases (up to the limit you have set) will be marked off your child's card each day. C.Y.O. Camp Brébeuf cannot accept any responsibility for lost or stolen money.

**Cell Phones and Handheld Electronic Devices:** iPods, Smart phones, cell phones, tablets and all other hand held electronic devices with cellular, gaming, or Wi-Fi capabilities are not be permitted at camp. The individual use of these devices isolates the user, and for that reason we ask that if your child brings such devices for his/her travel that they be left with parents, or checked in with our staff upon arrival to be held for safekeeping by the Camp Registrar for the duration of the session. Any devices found will be confiscated, stored in the main office and returned at the end of camp session. C.Y.O. Camp Brébeuf cannot accept any responsibility for lost or stolen electronic devices that are not checked in upon arrival.

**Contact with Infectious Diseases:** Parents who are aware of any possible exposure their camper may have had to an infectious disease, such as COVID 19, chicken pox, cold, or flu virus are requested to advise the wellness coordinator of such exposure before he/she arrives at camp.

**Dress Code:** At C.Y.O. Camp Brébeuf offers both the advantages of residential living, and the ruggedness of a wilderness setting. Camper clothing should reflect the demands of the outdoors. Be sure to keep your camper's most expensive or treasured clothing at home. Despite all of our best efforts, items do get lost. Campers will be active and involved in programs where the quality of the experience is more important than fashion, and damaged or stained clothing may occur. At C.Y.O. Camp Brébeuf we want everyone to be comfortable. If a camper's clothing is offensive or making others uncomfortable he/she may be asked to change (at the discretion of our Director). Please refer to the dress code below.

- Shoulders and heads are to be covered during the day to avoid sun exposure.
- Light coloured, loose fitting clothing is best for insect protection.
- Sturdy, closed-toed shoes and socks are required as campers will be in forested areas on a daily basis; hiking boots or runners are acceptable.
- T-shirts are to be long enough to tuck into the pants of shorts that are being worn. This will help to deter insects.

**Health Insurance:** All campers must have valid health insurance coverage (i.e. OHIP while at camp). For our international and out of province campers, please provide the Camp Registrar with a copy of your travel insurance documents. Please make sure to fill out each child's medical form after you have registered them.

**Homesickness:** One of the goals of the summer camp experience is to foster a child's sense of independence, to teach each camper to learn to live happily while away from home, to make friends, and have FUN in a new setting. We need both parent and camper co-operation in order to achieve these goals.

Children of any age may experience homesickness regardless of whether or not they have ever been away from home before. When homesickness occurs, the child may sometimes describe the situation in a dramatic manner which is often distorted. The child may seem to take on a physical illness. Parents should understand that children are not homesick 24 hours a day, but that they tend to have bouts of missing home, often during downtime, or at night.



## THE A-B-Cs OF CAMP

**Homesickness:** To set your camper up for success, in conversations leading up to camp, we recommend to always be positive about camp with your camper. Focus on all the FUN and new FRIENDS they will meet at Camp. We recommend avoid asking them questions like “do you think you’ll be homesick?” or “are you going to miss me?” as these are seeds of homesickness being planted. Instead, we encourage you to focus on conversations like “I heard they have great food!”, “I’m so excited for you!” and “what activity are you looking forward to the most?” Experience has taught us to advise parents to refrain from giving their camper the option to “come home if they are homesick” as this will often result in the camper “tapping out” at the first bump in the road. If you are concerned that your child may miss home, please send a “happy letter” properly timed to arrive during the first few days of camp, or, leave it with our staff when you check-in your camper(s) at the registration desk on Arrival Day.

Camper phone calls TO and FROM home are not permitted. In case of homesickness, we empathize with the camper, help them understand that what they are feeling is normal and we keep them busy by encouraging participation in activities and the fostering of new friendships. A staff member will be assigned to keep an extra close eye on your camper, making sure the camper eats, looks after personal hygiene and keeps busy and involved. Our wellness team knows how to see the signs of homesickness and how to handle the camper’s needs appropriately.

**Inclusion Program:** C.Y.O. Camp Brébeuf believes every child should be included in the camp experience. For this reason we offer an inclusion program to help support children with exceptionalities. Campers in this program are given extra support during their session with us. This is at no extra cost to the family. Please note that you must fill out an inclusion form before we are able to fully enroll your child. Campers in need of this program are only able to attend one session a summer. If we do not believe our camp is the right place we will do our best to refer you to a different program.

**Insects:** Mosquitoes, black flies, and other insects are part of life in the outdoors at camp. Please make sure that your camper has enough bug repellent (non aerosol can) packed for their length of stay. Bugs are attracted to dark coloured clothing, and perfumes. Please pack light coloured clothing and non-perfumed toiletry items for your camper’s comfort.

**iPods & Portable MP3 Devices:** iPods and similar MP3 Players, personal portable music devices that use headphones are NOT PERMITTED at camp. Camp is a social environment intended for children to socially interact together and not isolate themselves. Please note this policy applies to ALL devices. We want all campers to enjoy their time at C.Y.O. Camp Brébeuf, unplugged!

**Letters, Care Packages & Camp Address:** Mail is picked up and dropped off once daily, Monday-Friday. If there is a holiday, mail will be delayed a further 24 hours. The proper mailing address for C.Y.O. Camp Brébeuf is located on page 2 of this Handbook. Please ensure your camper’s FIRST and LAST names are clearly marked on all items being mailed or sent to camp by courier. We ask that you please respect our “Nut Safe” policy, and refrain from sending all food, candy, gum, or snack items in care packages including birthday presents.

**Lost & Found:** With their busy hectic schedules filled with friends and fun, campers misplace things and sometimes leave items behind. While we cannot prevent children from sharing their belongings, we do try to get as many items as possible back to the rightful camper. Clearly labeled personal items make this job infinitely easier. There are also designated “Lost & Found” boxes which we sort through with campers frequently. Labeled clothing is easily returned to the appropriate campers. Near the end of each week, clothing is set up on the basketball court and cabins look though in a last effort to unite campers with their belongings. Families are encouraged to check the lost and found before departure. At the end of camp we make every effort to contact families and make arrangements for returning lost and found items, with Canada Post shipping costs charged to the families. Items that are not claimed within 21 days of your camper’s departure will be donated to a charitable organization.

**Medication:** Please have all of your camper’s medications easily accessible in your camper’s luggage, and ready to check-in with our Wellness Staff upon arrival. Ensure all medications are packed in a sealed, transparent bag, and remain in their original packaging. All medications must be clearly labelled with your camper’s name, and dosage instructions. Prescription or over the counter medications not in original packaging WILL NOT BE DISPENSED. Medications will be packed in campers bag the last day of camp.

## THE A-B-Cs OF CAMP

**Nut Safe Policy:** C.Y.O. Camp Brébeuf is a Nut Aware facility. Year round, we welcome people with life threatening nut and peanut allergies. In no way do we wish to compromise their safety during their stay at camp. Our Chef has created our menus with this policy in mind. We ask all overnight campers to please refrain from bringing any food/snacks/gum to camp for this reason. Any camper found to be in the possession of any personal food item(s) will have the item(s) confiscated immediately and the item(s) will be permanently removed from camp. C.Y.O. Camp Brébeuf assumes no responsibility for reimbursing the cost of any confiscated food item(s). Please DO NOT send any food products with your camper.

**Smoking/Drugs/Alcohol:** There shall be no smoking, no vaping, no use of smokeless tobacco, and no drinking of alcoholic beverages at C.Y.O. Camp Brébeuf, this includes parents on pick up and drop off days. Please respect our smoke free policy. There will be no use of or involvement with marijuana, narcotics, controlled substances, or any accompanying drug equipment. Use of any of these substances will result in the camper being sent home. NO refund will be provided. Abuse of prescription or non-prescription drugs will result in similar disciplinary action.

**Sun Protection:** Our staff is vigilant about encouraging campers to wear a hat, wear loose fitting, light coloured clothing, and to apply and re-apply sunscreen regularly. For the health and safety of your camper, please discuss with him or her, the importance of remembering sunscreen, and wearing hats and protective clothing.

**Swimming:** For safety reasons, each camper's swimming ability will be assessed at the beginning of each session. This is not a "Pass or Fail" test – it is an assessment to ascertain the swimming ability of each camper in accordance with the Ontario Camps Association (OCA) safety standards. In order to keep swimmer safety our top priority, depending on each individual assessment, campers will be required to wear a bracelet that informs the lifeguards of their swimming ability. Some campers may need to wear a PFD depending on their abilities and any health conditions that could put them at risk. ALL campers and staff regardless of ability are required to wear a PFD when canoeing.

**Telephone Calls:** We do not accept phone calls to campers. Instead you should speak to the Camp Director, Camp Registrar or a Support Staff regarding your child. If there is a family emergency, please contact the office regarding the urgency. Only in rare circumstances will campers be permitted to make calls home.

**Theft:** Any camper caught stealing will be dismissed from C.Y.O. Camp Brébeuf. NO refund will be provided. Items of great sentimental or financial value are best left at home.

**Tuck Shop:** The Tuck Shop is open Monday – Friday during the afternoon. Campers have the chance to purchase some of their favourite treats (chips, chocolate, candy, pop, etc.) Each camper has a limit at the tuck shop that you determine when purchasing their tuck card upon check-in. We suggest a tuck limit of \$25 per camper, per week. The Tuck Shop is open on Arrival and Departure days to purchase C.Y.O. Camp Brébeuf souvenir items such as t-shirts, sweatshirts, and other small items. The Tuck Shop accepts cash, and cheque.

**Wellness Centre:** The wellness centre is where the camp wellness team is ready to care for any campers or staff in need of first aid or that feel unwell. The wellness centre is open throughout the day to dispense medication, administer first aid, and maintain the overall health and wellness of our camp community. The wellness team is well equipped to tend to our campers needs 24 hours a day, 7 days a week throughout the summer. To further support our Healthcare needs C.Y.O. Camp Brébeuf is just a 20 minute drive from Guelph's General Hospital as well as having EMS just minutes away.

## THE A-B-Cs OF CAMP

### Typical Day:

#### Overnight Camp

- 8:15 AM Morning Prayer**
- 8:30 AM Breakfast**
- 9:30 AM Flagpole**
- 10:30 AM Rotation**
- 11:45 AM Bead Time**
- 12:30 PM Lunch**
- 1:30 PM Interest Group**
- 2:30 PM Tuck**
- 3:00 PM Interest Group**
- 4:00 PM Rotation**
- 5:30 PM Dinner**
- 6:30 PM Liturgy**
- 7:45 PM All Camp Game**
- 8:30 PM Campfire/Evening Prayer**
- 9:30 PM Cabin Time/Prep for Bed**
- 12:00 AM Campwide Lights Out**

\*Note – Campers are expected to keep their cabin areas clean and neat. Part of Cabin Clean up each day includes sweeping the cabin and communal areas, tidying personal belongings, making the bed and hanging wet clothing items on the clothesline. Our housekeeping staff clean surfaces and washrooms daily while campers are away active in programs.

## Overnight Camp - Sunday Arrival

Arrival for all campers will be from 3:00-4:00pm. Please DO NOT arrive early, as our entire staff team will be busy preparing for your arrival.

**CHECK-IN AT THE REGISTRATION DESK** – We need to know that your camper has arrived. Please check-in at the registration desk on the basketball court.

**TUCK CARD**—At the registration desk you will have the opportunity to purchase a tuck card for your camper(s). This is an opportunity for the campers each day to pick an item or two from our tuck shop for a snack. Most food items in our tuck shop are a \$1-\$2.

**MEDICAL SCREENING** – After you've checked-in, take your camper and their medications to the medical screening station where you will meet our Healthcare Team and drop off any and all medications. At this checkpoint campers may receive their second COVID-19 screening.

**TUCK SHOP**—If you wish to purchase a C.Y.O. Camp Brébeuf t-shirt, sweatshirt or souvenirs, this is an excellent opportunity to do so. Please see our Tuck Shop before heading down to your cabin. Please note we only accept cash or cheque.

**CAMPERS MEET YOUR COUNSELLORS, CABIN MATES, AND MAKE NEW FRIENDS** - With your baggage in hand, the camp staff welcoming team will assist in guiding you to your camper's assigned sleeping quarters, to meet more cabin counselors and help get campers settled in.

**LET THE FUN BEGIN!!!** - Parents are encouraged to depart as soon as possible and let the FUN begin! Please make your way to your car immediately to avoid large gathering at the drop-off area, as your camper has many new friends to meet and our caring staff will want to get the cabin bonding activities underway!

**PARENTS, ENJOY YOUR HOLIDAY!!!** - While your campers are here at camp, we will make sure that all their needs are met and they are having FUN making lots of friends! To ensure a successful summer camp experience, please take full advantage of this opportunity and enjoy YOUR time as well. As they say, "absence makes the heart grow fonder" and whether it be painting the house and renovating, or having an undisturbed bath in silence, enjoy yourself...your camper will be enjoying themselves!

## Overnight Camp - DEPARTURE DAY - FRIDAY

Friday is departure day when we celebrate our past weeks accomplishments at C.Y.O. Camp Brébeuf. All campers are to be signed out at 3:00 pm

When Arriving Remember To:

- Sign your camper out with their support staff at the designated table.
- Take their baggage to the car
- Visit the Tuck Shop to purchase souvenirs
- Check the lost and found at the basketball court

### Campers Leaving Early

If your camper is being picked up early, please make sure this has been arranged with the Camp Registrar as far in advance as possible. Upon arrival, proceed to the main office and we'll help you sign out your camper.

## Day Camp Program Information

C.Y.O. Camp Brébeuf offers two different day camp experiences summer and March Break. We look forward to working with both our campers and parents on a daily basis.

### **Drop off & Pick Up**

Drop off is at 8:30, Monday through Friday

Pick up is at 4:30 pm, Monday through Friday

C.Y.O. Camp Brébeuf does provide extended hours of care for an additional cost of **\$50.00 per week**.

Please contact our office if you are interested at 519-856-4671 or [kris.drost@campbrebeuf.ca](mailto:kris.drost@campbrebeuf.ca)

The Extended hours are:

Drop Off as early as 8:00 am and Pick Up as late as 5:30 pm

### **Snacks and Lunches**

We ask that parents send their children with a healthy **nut free** lunch on Monday –Friday. Also to stay hydrated throughout the day please send your camper with a water bottle.

Most of the day will be spent outside, so please make sure your child is dressed appropriately for the forecast.

### **Items to bring to Summer Camp:**

- Swim-suit and towel
- Hat
- sun screen
- water bottle
- non aerosol bug spray
- change of clothes
- peanut free lunch and snacks (Mon-Thurs)

## C.Y.O. Camp Brébeuf Leadership Program

Brébeuf Leadership consists of four unique tracks which encourage campers to build on existing leadership skills and experiences. Our campers will build on self-knowledge and accomplishments as they are challenged physically, emotionally and spiritually in daily interactive teambuilding activities.

Through group challenges, faith development, guest facilitators, interacting with the exceptional leadership of counselors and opportunities to design and implement programs, campers will develop an understanding of social justice issues and increase their leadership skills to bring to their home, parish, and school communities.

### **Sleeping Arrangements:**

All Brébeuf Leadership Campers will be sleeping in cabins throughout the camp session. Cabin groups are made up of campers from different tracks to encourage role modeling by the more experienced campers. Campers should come prepared to sleep-out in the woods for one evening activity (sleeping bag, ground sheet etc.)

The **Jeremiah** track is created for younger teens with little or no leadership experience. The minimum requirements are that the camper entering High School in the fall following the summer of the leadership program.

Our overall goal for the Jeremiah program is to open the door to the discovery of SELF; to build confidence and to help the campers feel sure of their abilities to be leaders, as well as proud of and secure in who they are as they begin their journey through high school. Building confidence is a process: it requires self understanding—especially an understanding of personal values—and an ability to use abilities in accord with these values. Above all, confidence is: knowing yourself, trusting yourself, and being yourself.

The **Zacchaeus** track is focused on supporting leaders already involved or looking to increase their level of leadership back home. Challenged to explore their own gifts and self-imposed limitations, the Zacchaeus team spends time understanding the value of all those they meet in our culture. Zacchaeus campers must be entering grade ten.

Building on the understanding of one's own abilities and gifts—as well as weaknesses and limitations—acquired in the Jeremiah track, the Zacchaeus group will primarily work on identifying the gifts and abilities of others and using the gifts of the group to accomplish something as a team. In this track, building on the gifts of all track members the focus will be teamwork. The core components of teamwork are listening, questioning, persuading, respecting, helping, sharing, and participating; in this track the group will challenge themselves to work together to improve in each of these aspects thus improving both communication and teamwork.

The **Prophet's** track serves campers who return to Brébeuf with extensive experience in leadership and want to explore their faith as it relates to service in the community they serve. We challenge participants to look at the world through eyes of faith and require prophets to be prepared to travel off-site to become more aware of the poverty and injustice around them. Prophet campers must be entering grade eleven.

From the skill of using one's gifts and talents to work with others in a team comes the skill of using gifts and talents to serve others—alone or as a member of a team. Thus, service is a worthwhile goal for developing leadership skills. Anyone who wishes to be a good leader must first and foremost be a servant who leads others with the best interests of the others in mind. Practically speaking, service involves identifying the needs of another person or group, developing a relationship with that person or group, taking steps to meet the needs of the other and empowering him or her to be responsible for maintaining these needs.

# C.Y.O. Camp Brébeuf Leadership Program

## Emmaus Track

The Emmaus track is our leadership option for senior camp veterans already active in schools or faith communities that want a challenging, intensive week of program design, and implementation. The Emmaus program is focused on helping these leaders learn how to work in a community, support campers, and ultimately become a camp leader.

Building community is a task that requires confidence, teamwork, service abilities, and above all personal presence and love. In coming together as a group, be it to break bread or to participate in some shared experience, we understand more fully who we are by recognizing who others are. In a community that shares, cares, and is focused on inclusion, our eyes can be opened and our hearts will burn within us. In this track, the leadership potential of the previous tracks is integrated as the group works together to perform specific community building projects learning organizational skills, programming, incorporation of creativity, and how to coordinate community building activities that are fun, but also meaningful.

### GOALS:

- 1) Learn the importance of visioning, planning, and communicating ideas to different members of the community
- 2) To learn about the centrality of role modelling and sharing experience in community life
- 3) To develop facilitation skills such as debriefing and/or front loading an experience, dealing with problems in a group setting, and programming

## Brébeuf Leader in Training (B.L.T.)

This program allows leaders to spend three consecutive weeks at camp with us. Each week will offer a different focus that will help grow their resilience as well as their own leadership skills. Campers will have the opportunity to stay outdoors during the first week and cook outdoors over the fire while connecting with their team. They will have the opportunity to take first aid training, as well as gain other certificates to aid them in becoming a great camp leader.

## Counselor in Training (C.I.T.)

This program allows future counsellors the opportunity to shadow our amazing staff and learn how to be a camp counsellor. They will spend three weeks learning from different counsellors and getting the opportunity to run activities themselves. This program will instill qualities that we look for in future camp leaders such as time management, self-care and responsibility.