

# What Parents Should Know for Cloverleaf 4-H Camp 2018!



☺ **PACK** with your child, that way BOTH of you know what's going to 4-H camp. The key is comfort and coolness. When selecting clothing to pack, keep this general rule in mind-If the item cannot be worn at school, it cannot be worn at 4-H camp.

- Please send t-shirts and shorts that you don't mind getting wet and dirty.
- Clothing selections should be modest – tank type shirts should have a 2 inch band on the shoulders
- Spaghetti strap shirts, strapless shirts and short shorts are **NOT** allowed.
- T-shirts **may not** exhibit any profanity, alcoholic products, and or sexually explicit slogans.
- Be sure that the shoes your child takes are comfortable for a lot of walking. Athletic/ tennis shoes and sport sandals with a heel strap are the best.
- Please make sure camp is **NOT the first time** your child has worn their shoes. We see many blisters on kids by the second day of camp due to brand new shoes.
- Flip flops **WILL NOT** be allowed at camp.

## **Bathing Suit Information:**

- Bathing suits are a must for the entire week of camp. We will spend time each day in the water. Please bring more than one bathing suit if possible. 4-H'ers must wear appropriate bathing suit at all times they are in the water.
- **Female campers MUST wear a ONE-PIECE or TANKINI that covers their belly area at camp.**
- **Male campers MUST wear board shorts in the pool and for water games.**
- Campers wearing inappropriate bathing suits will be asked to cover up with a dark colored t-shirt before entering the water.
- Shorts must also be worn over the bathing suit when in lake ecology class and canoeing.

☺ **LEAVE** at home: cell phones, electronics, and any other valuable items; 4-H is not responsible for lost, stolen, or broken items. See page with Georgia 4-H policies as of May 2018.

☺ **ARRIVE** at AMC Movie Theater on Hwy 278 in Hiram by the Park& Ride at **9am on Monday, July 9, 2018.**

☺ **BRING** prescription medications in **original container placed inside a zip-type bag along with completed and signed medical form.** We have available to your child various OTC medications which can be dispensed with prior authorization. (See Medication form on the PC 4-H website)

☺ **PACK a lunch and drink for Monday.** 4-H'ers should have this with them when they board the bus.

☺ **PICK UP** – we will return to the same location AMC Movie Theater on Hwy 278 in Hiram on Friday, July 13, 2018 around 12:00pm.

**Want to send a letter to your camper?**

**See the back for contact information**



# Keeping in Touch

## ☺ MAIL at Rock Eagle:

4-H Camper's name  
Paulding County  
Rock Eagle 4-H Center  
350 Rock Eagle Rd, NW  
Eatonton, GA 31024

☺ Email: [www.georgia4h.org/camp](http://www.georgia4h.org/camp) password is **clover**

☺ REMIND: The REMIND code is @pc4hcamp. You can register at <https://www.remind.com/join/pc4hcamp>

Pick a way to receive messages for PC 4-H Cloverleaf Camp:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/pc4hcamp](http://rmd.at/pc4hcamp)


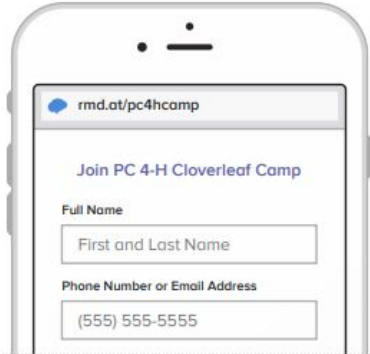
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

**B** If you don't have a smartphone, get text notifications.

Text the message @pc4hcamp to the number 81010.

If you're having trouble with 81010, try texting @pc4hcamp to (870) 533-5196.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/pc4hcamp](http://rmd.at/pc4hcamp) on a desktop computer to sign up for email notifications.

## Contact Information:

4-H Office: 770-443-7616 Mon. – Fri. 8am-5pm, closed 12-1pm

Main Paulding County 4-H email: [paulding4h@uga.edu](mailto:paulding4h@uga.edu)

Paulding County 4-H Staff

Patty McIver: 678-517-1159\*

Kathleen Gilroy: 770-851-0658\*

Juwan Severson: 229-308-4540\*

Rock Eagle 4-H Center: 706-484-2899

*\*Please DON'T call, unless there is an emergency; we will be supervising your child as well as others.*



## **Guidelines for Cell Phone Use & Items of Value at Georgia 4-H Events**

### **General Cell Phone Statement**

Georgia 4-H strongly discourages the use of cell phones and other electronic devices at all camps and events. Georgia 4-H and the 4-H Centers also assume no responsibility for lost, stolen or damaged cell phones or other personal electronic devices that are brought to 4-H events. Some competitive 4-H events may have more stringent policies regarding use of cell phones. Cell phones may not be used during competitions. Keep in mind, if cell phone use is determined to be involved in a violation of the Georgia 4-H code of Conduct, appropriate disciplinary action will be taken.

### **Cell Phones for Cloverleaf Level (4<sup>th</sup> – 6<sup>th</sup> Graders)**

Cloverleaf level (4<sup>th</sup> – 6<sup>th</sup> Grade) 4-H'ers are strongly discouraged from bringing cell phones and other electronic devices to 4-H events and camp. *Cell phones may be confiscated and returned at the end of the event if their possessions or use is determined to be disruptive to camp or event activities.*

### **Personal items of Value and Cell Phones**

4-H'ers are to leave radios, computers, electronic devices, fit bits, valuable watches, and video games at home unless authorized by and used under direct supervision of the member's leader. 4-H'ers are strongly discouraged from bringing cell phones and events. 4-H'ers should not use cellphones after lights out. No programs are to be disturbed or interrupted by use of personal electronic equipment. 4-H'ers are not allowed to bring skates, roller blades, bicycles, laser lights or other personal items that would make safety an issue. 4-H'ers are discouraged from bringing excessive amount of money to 4-H events. Georgia 4-H and the 4-H Centers assume no responsibility for lost money that was brought to 4-H events.

*(These policies are from Georgia 4-H as of 2018)*

# Paulding County 4-H Rock Eagle CAMPER PACKING LIST



- \_\_\_ Positive attitude ☺
- \_\_\_ Bed linens: Twin size sheet or sleeping bag and pillow
- \_\_\_ Bath towels and wash cloths
- \_\_\_ Pool/Beach towel
- \_\_\_ Swim suit (one piece for girls, no bikinis)
- \_\_\_ 6 days of comfortable short sleeve shirts (school appropriate, no spaghetti straps!)
- \_\_\_ 6 days of shorts/capris
- \_\_\_ 1-2 pairs of long pants
- \_\_\_ 6 days of undergarments including socks!!!
- \_\_\_ 2-3 nights of sleepwear
- \_\_\_ Toiletries (soap, shampoo, deodorant, toothpaste, toothbrush, hairbrush, personal items, etc.)
- \_\_\_ Sneakers (closed toe shoes - extra pair is helpful & NO new shoes, make sure they are broken in)
- \_\_\_ Water socks or sandals WITH a heel strap ONLY!
- \_\_\_ Drawstring bag or day pack
- \_\_\_ Refillable water bottle
- \_\_\_ Bag for wet clothing/Bag for dirty clothing
- \_\_\_ Sunglasses
- \_\_\_ Sunscreen, water-proof
- \_\_\_ Insect repellant
- \_\_\_ Raincoat/poncho
- \_\_\_ Swim goggles
- \_\_\_ Money for canteen (small bills and not a lot – in several separate envelopes could be helpful)
- \_\_\_ Medication with over the counter form completed in a labeled gallon sized zipper-type bag (includes eye contact solution)
- \_\_\_ Sack lunch & drink for Monday, JULY 9 —DO NOT pack in your suitcase, put in disposable bag

**Make sure you are at movie theater in Hiram off Hwy. 278 by 9:00 am on July 9!**

**PLEASE LABEL ALL ITEMS WITH CAMPERS FIRST AND LAST NAME!!**


**\*NO CELL PHONES! We, 4-H or Rock Eagle, are NOT responsible for lost, broken, or misplaced items!**

*See page with Georgia 4-H policies as of May 2018.*

# This is how your child's medication should arrive at camp check –in if your child takes prescription medications:



- **Original Medicine containers** should be placed in a gallon sized Ziploc bag along with a completed Medicine Form and write child's name on the outside of bag.
- 4-H Forms can be found at [www.ugaextension.org/paulding](http://www.ugaextension.org/paulding)
- We must have a legible version of this form and any changes to the medical or release forms in our office by June 21, 2018 – drop off or email to [paulding4H@uga.edu](mailto:paulding4H@uga.edu) .
- If it is not turned in, then you need to fill it out 3 times at check in.



**Georgia 4-H Medicine Form**

4-H'ers Name \_\_\_\_\_

County: \_\_\_\_\_ Date(s): \_\_\_\_\_

Activity where medication may be administered: \_\_\_\_\_

Please list any medication(s) your child will be taking while at the above event. (Attach additional page if necessary).

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name of Medication: \_\_\_\_\_

Illness/condition medication is being taken for: \_\_\_\_\_

Date(s) medication is to be given: \_\_\_\_\_ Time: \_\_\_\_\_

Describe what the medication looks like? \_\_\_\_\_

Describe dosage and special instructions: \_\_\_\_\_

**My child will be taking the above noted prescription or over the counter medication that I am providing while they are involved in the above activity. Parent/Guardian Signature: \_\_\_\_\_**  
 Date: \_\_\_\_\_

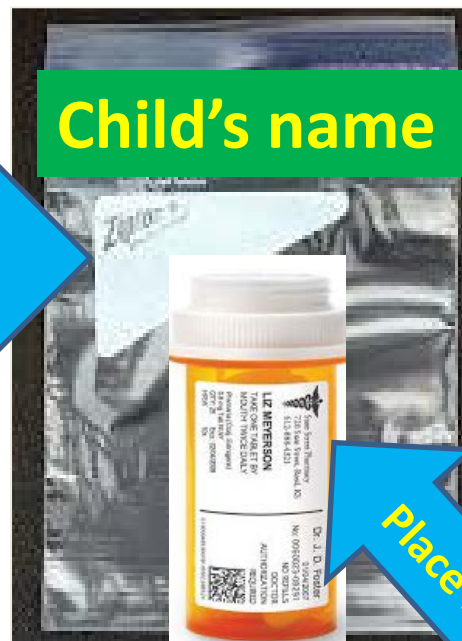
**To be completed by administering leader**

Date	Time	Leader's initials	4-H'ers initials	Notes

This form should accompany any medication to be given at an event.

9/23/2016 ATTACH ADDITIONAL PAGES AS NECESSARY

**Place form in bag too**



**Place in Bag**

# Some suggested over-the-counter medicines which will be on hand at Paulding County's 4-H Cloverleaf Camp.



Questions, contact us at 770-443-7616 or [paulding4H@uga.edu](mailto:paulding4H@uga.edu)

## **Aches/Pains/Headaches/Cramps**

Acetaminophen (Tylenol)  
Ibuprofen (Motrin, Advil)  
Pamprin/Midol

## **Allergies**

Antihistamines (Allegra, Benadryl, Claritin)

## **Upset Stomach/Diarrhea:**

Mylanta  
Pepto-Bismol

## **Skin Rash/Itching**

Hydrocortisone cream (Cortisone 10, Cortaid)

## **Cuts/Scrapes**

Neosporin  
Aquaphor

## **Bug bites/ stings**

AfterBite

## **Illness Guidelines\***

If your child arrives at a 4-H event/activity with an untreated contagious illness or is diagnosed at the event with a contagious illness, you will be asked to pick them up immediately. You will also be contacted if the child has a fever to determine the course of action. Contagious illnesses could include, but are not limited to: head lice, pink eye, mononucleosis, strep throat, flu, or ring worm.

*\*This policy is from Georgia 4-H as of May 2018*



## Planning ahead for 4-H camp-A guide for parents

You and your child are on a journey together. Going away to an overnight camp is one part of this journey. 4-H camp is an opportunity for your child to recognize his or her strength, become more confident, make new friends, develop new skills, be creative and more. How can you help your child and yourself prepare for 4-H camp? Here are some tips!

### Emotional Health

- Talk ahead of time about the camp experience. Discuss what to pack, how money will be spent and what to do in specific situations. Keep in mind your child's maturity. Talk about concerns and difficult feelings. Discussing potentially anxious situations beforehand will give your child the confidence to succeed and reduce fear of new situations.

To Do: Role play some specific situations with your child like how to keep up with money and what to do if he or she doesn't like anything offered at dinner.

- Feeling homesick is natural. Those butterflies in your child's stomach can be calmed if you discuss your separation ahead of time. Acknowledge your child's feelings, but encourage your child not to give up when they feel overwhelmed or lonely.
- Allowing the child to call home will not be the first action to be taken by our staff and volunteers. Our first measure is to make sure your child has a buddy and is involved in camp activities that he/she forgets about being homesick. The 4-H staff will do everything possible to help your child remain at camp.
- Please do not ask your child to call home, as this sometimes does more harm than good. Just remember the "no news is good news," and depend on our staff to contact you if necessary. Phones are not readily available to campers.

Do say: "I think you can go to 4-H camp and have a good time. You may have some feelings of being lonely or sad but I think you are ready to go away for the whole week." Communicate that you have confidence in your child and that you are both ready for this separation.

Don't say: "I'll miss you so much I won't be able to sleep at night. Come home to me soon. I'll just be lost without you." Your child may interpret your anxiety about camp as guilt or your child may take responsibility for your feelings. Is what you're saying or doing serving your own needs or the need of your child? Remember you are the parent, the grown up. Put your child's emotional needs before your own.

- How 4-H'ers can successfully deal with nervous or sad emotions while at camp:
  - ✓ Participate in group activities
  - ✓ Spend time with friends and counselors
  - ✓ Think positively
  - ✓ Write a letter home

To Do: Send a letter or email (using the camp email system) to your child at camp so they will feel in touch with you. Make sure you mail it the week before camp so it will arrive on time.

To Do: Pack a favorite stuffed animal or picture so they'll have a reminder of home.

- Please encourage your child to shower (swimming does not count as bathing), use deodorant, change clothing daily, and to go to bed and to sleep at scheduled times. Otherwise, he/she will not feel like participating in daytime activities- they will not be allowed to take naps during the day, and are expected to be present for all activities.

## Meals

- Tuesday through Thursday, 3 meals per day, served cafeteria style. Snacks available from the canteen at cost. Monday your child will be fed dinner and Friday they will be fed breakfast.
- Water will be readily available to 4-H'ers at all times.

To Do: Talk with your child about the importance of eating meals and not overdoing it on junk food.

Not eating meals or eating too much junk food can lead to illness. Also, discuss the importance of drinking enough WATER during the week....camp will be hot and dehydrated can be a concern.

## Housing-Note: Information here is Rock Eagle specific, change depending camp you are attending

- Campers stay in air-conditioned cottage. Each bedroom has showers and multiple toilets, and sinks. Children sleep on bunks beds. Cottages also have a counselor's room- where Screened 4-H Volunteers stay- which has its own bathroom. Cottages also have a living room area.
- Campers are expected to clean the cottage each morning, including making beds, putting away clothing, sweeping, and some mopping, carrying out trash in hopes of winning the Thunderbird Award- which is given to the cleanest cottage. (The "true" purpose of daily cottage cleanup is to have the 4-H'ers put all of their belongings back in their suitcases in hopes that this will help eliminate the phrase, "Someone stole my.....")

To Do: Talk with your child about keeping up with their belongings. Emphasize how important it is to not accuse someone of "stealing." This can have a negative impact on that child's camp experience. If something should be misplaced. Tell them to see the adult in their cabin.

To Do: Show them how to make a bed and use a broom. This will keep them from feeling inferior in front of other 4-H'ers who already know how to do these things.

## Discipline

- Each of you have received, completed and signed a 4-H Code of Conduct. It is your responsibility to be sure that your child understands the rules by which he or she will conduct themselves during the week of camp. Failure to adhere to the rules will result in disciplinary action as outlined in the Code of Conduct.
- Extension policy states that no corporal/physical punishment is allowed. We will do everything we can to correct minor misbehavior by using such methods as sitting beside a misbehaving child during class time or having the child walk beside an adult if he/she is annoying another child on the way to the cafeteria. Supervising adults are to treat your child the way they would want their own child to be treated.
- Please check your child's luggage for items such as shaving cream and other items that can cause them to get into "trouble."
- The 4-H Code of Conduct will be reviewed with everyone when we arrive at camp during lunch.

## Conduct Expectations and Personal Contact

- You and your child have already signed the 4-H Code of Conduct, however we feel that it is important for the enclosed "personal contract" to be gone over ahead of time. This contract is more "kid friendly" and should clearly state our expectations for their behavior during the week at camp.

To Do: Read over and discuss what each point means with your child.





## **Health is Our Pledge!**

Be part of an important Health is our Pledge (HOP) research study

- Are you a 4-H Camper at Rock Eagle?
- Do you want 4-H Camp to help you be healthier and more active?

If you answered YES to these questions, you are eligible to participate in Health is Our Pledge research study.

The purpose of this study is to improve the Health is our Pledge HOP Class and help 4-H Camp improve the health of our youth through education about eating the right foods and being more physically active. You will be asked by your camp counselor to participate in surveys or interviews during or following camp activities. There is no direct benefit to you but we will use your responses to improve the camp program.

You do not have to participate in this research and you will still have full access to all camp activities.

This study is being done by the University of Georgia undergraduate research fellows employed as camp counselors and Dr. Silvia Giraudo, Department of Foods and Nutrition.

Please contact Dr. Giraudo at [hop@fcs.uga.edu](mailto:hop@fcs.uga.edu) or call 706-542-4907 for more information.

Parental Permission Form  
Impacts of the Health is Our Pledge (HOP) Class on 4-H Youth at Georgia Rock Eagle 4-H Camp

**Researcher's Statement:**

We are asking your child to take part in a research study. Please take the time to read the following information carefully and contact us if there is anything that is not clear or if you need more information.

**University of Georgia (UGA) Research Team:**

Dr. Silvia Giraudo, Principal Investigator	College of Family and Consumer Sciences, Department of Foods and Nutrition	<a href="mailto:HOP@fcs.uga.edu">HOP@fcs.uga.edu</a> ; 706- <a href="tel:7065424907">542-4907</a>
Health is Our Pledge HOP Research Project Information	4-H camp research	

**Purpose of the Study:**

Rock Eagle 4-H Camp offers the HOP Class (Health is Our Pledge) as well as many physical activities and a healthy camp environment. The goal of HOP and 4-H camp is to improve the health of youth through education about eating the right kinds of foods and being more physically active. This year five of our camp counselors who are undergraduate students at four of Georgia's public universities have worked with UGA researchers to develop new lessons to teach at 4-H camps and implement changes to the camping program. The purpose of our research is to find ways to motivate youth to develop healthy habits to improve their lives.

**Study Procedures:**

If you give us permission, your child may be observed and asked to participate in surveys or interviews during or following camp activities. Allowing us to use your child's responses, information from your child's camp registration documents, and notes from our observations is voluntary. There is no penalty for saying "no" to this. Your child will still have full access to all camp activities if they do not take part in the research or stop taking part at any time.

**Risks and Benefits:**

We do not anticipate any harm to participants. While there may be no direct benefit to your child, we will use the valuable information your child can provide to improve the camp programs and find new ways to inspire children to learn more about health and develop healthy habits.

**Privacy/Confidentiality:**

Any research records that can be used to identify your child will be kept secure. Your child's name will not be released or included in any presentations or publications about the research. The project's research records may be reviewed by the Institutional Review Board (IRB) at the University of Georgia.

**Questions:**

Please contact the research team identified above with any questions about the research project. Questions or concerns about your child's rights as a research participant should be directed to The Chairperson, University of Georgia Institutional Review Board; telephone (706) 542-3199; email address [irb@uga.edu](mailto:irb@uga.edu).

**Parental Permission for child to take part in Research:**

I agree to allow my child to take part in the research project described above: ☐ Yes ☐ No

Your Child's Name: \_\_\_\_\_

Your Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Your Printed Name: \_\_\_\_\_

Researcher's Signature: \_\_\_\_\_

Date: \_\_\_\_\_