



Hand in Hand

November 2023



Day Camp Success

We had a blast during Fall Break Day Camp. Days were filled with crafts, geocaching, corn grinding, playground time, Legos, and meeting new friends.

Winter Break Day Camp

Winter Break Day Camp registration will be opening very soon!

When: January 2-5

Time: 8:30a-3:30p (Before and after care available)

Cost: \$120 (Before and after care additional)

Meals: Lunch and 2 snacks included each day

Grades: Kindergarten—5th grade

Activities: Indoors and out, STEM/STEAM science, crafts, games, cookie/cupcake decorating, and so much more.

Register at www.campmack.org

CONNECT AT CAMP

Dec. 2/3	Cookie Days	Jan. 27	Snow Camp Jr.
Dec. 2	Wreaths and Swags	Feb. 3	Snow Camp
Dec. 11/13	Homeschool Food Science	Feb. 11	Eagle Watch
Jan. 2—5	Winter Day Camp	Feb. 12/14	Homeschool Forensics
Jan. 8/10	Homeschool Mad Science	Feb. 22—25	Scrap/ Craft Retreat

Please register 2 weeks in advance for events at www.campmack.org



Camp Alexander
Mack

WINTER BREAK Day Camp

Jan 2-5 | **8:30AM** | **\$120**
Grades K-5 | **3:30PM** | Per Child

Before & after care additional fee

Activities include: indoor & outdoor, STEM/STEAM science, crafts, games, cookie/cupcake decorating, and so much more!

Register at www.campmack.org

~~A Stress Free Holiday~~ Holiday Survival Guide

December had been designated by some as National Stress-Free Family Holiday Month. Creating a stress free holiday season with kids may seem completely unattainable. So, let's call it what it is, a holiday survival guide. When we teach wilderness survival at camp, we talk more about preparation than anything else. Below is a list of thoughts on preventing stress and reducing anxiety during the next few months. There are even a few ways camp can help!

Keep Routines: Changes in sleep routines and meals can throw you off so quickly. And how are kids hungry 24 hours a day during school breaks? Try to keep bedtimes, consider a zero day to recover after a busy day, and stock the counter or refrigerator with easy to grab healthy snacks.

Prepare Kids with Expectations: Holidays can be an overwhelming sensory experience with changes in routines, being surrounded by people, and noises, lights, and smells that are different from normal. Guide your kids through what they may expect during an event or any behavioral expectations that may be different.

Quiet Time: Set aside time each day for quiet activities such as reading, doing puzzles, naps, or finding a spot to sit in nature. Also, pull away to a quiet spot if overstimulated in an environment to refocus and find a calm space. Finding time to breath can prevent a breakdown.

Get Outside: Throw on your layers. Jump in the leaves, take a walk in the woods, roll a snowman, hop in every puddle, lay back and look at the clouds, follow tracks, explore, and inquire. Activity and natures Vitamin D will help reset the balance.

Bake Together: Make a family recipe, roll out cookies, make puppy chow, or try out a new recipe together. Enjoy a time of conversation while washing dishes.

Say No: Prioritize you plans and be ok with saying no to one more activity. Take the time to be present in the moment. Take the time to breath and bring your family back into routine.

Help Others: Adopt a family for Christmas, send cards of encouragement, deliver a freezer meal to a friend.

I hope this gives you a few ideas for surviving the holidays. Prepare for the weeks ahead and remember to give yourself and your family a bit of grace as routines are thrown off, you've eaten too many cookies, and are in need of a nap. Happy Holidays!

Jessie K, Program Director



2023—2024 Homeschool Days at Camp Mack

December 11/13: Food Science Day

January 8/10: Mad Science STEM/STEAM Day

February 12/14: CSI Forensics

March 11/13: Primitive Tools and Skills

April 15/17: Intro to Camping and Backpacking

Additional details at www.campmack.org/homeschool.

Limit 20 students per session.

Follow *Camp Alexander Mack Outdoor Education* on Facebook for events, photos, and educational tidbits.



EVENT FOCUS: COOKIE DAYS

Cookie Varieties: Chocolate Crinkle, Chocolate Chip, Sugar, Snowballs, Peanut Butter, Monster, Snickerdoodles, Butter Cookies.

**Butter cookies are prebaked and ready for you to decorate at camp*

-Choose 4 batches of cookies that each make around 3 dozen cookies.

-Some families just want to decorate and choose 4 batches of butter cookies. That's 12 dozen cookies to decorate with their family!

-Each \$55 registration includes 4 batches of cookies and 1 lunch. Additional batches and lunches can be added to your registration.

-We provide all the ingredients, bowls, and utensils to mix and scoop. We will help bake them off (or you can scoop and take frozen dough home).

-Bring aprons and containers to take all your baked goods home.

-3 sessions available: Dec. 2 AM, Dec. 2 PM, Dec. 3 PM

