



Camp Sunny Junior Families:

Please carefully read Sun Country Policy regarding Nutrition, Medication, and Discipline:

### **FOOD AND NUTRITION**

Sun Country provides a snack for all students in the morning and afternoon. We offer three snack options each day from at least two different food groups, based on USDA guidelines. Students are also welcome to bring a healthful snack from home, to be kept in their cubby. If your child has a food related allergy or dietary restriction, please ensure that it is indicated on the enrollment form.

Full day campers are expected to bring a nutritious lunch from home. Sun Country does not provide lunch for purchase for Junior Campers. Should your child come to camp without a lunch, you will be called and asked to drop off a meal for the child.

### **MEDICATION**

In the event that your child must take a prescription medication, you are encouraged to ask your physician to prescribe dosage intervals that fall outside of camp hours. If it is necessary for Sun Country to administer medication the following steps must be taken:

1. A Medication Release Form must be completed and turned in to Sun Country
2. A parent must provide a supply of the medication in the original container to Sun Country. The bottle must have a legible pharmacy label with the student's name, medication name, current dose, frequency and the name of the prescribing physician.

Medication will be stored in a locked storage area and will only be administered by trained, qualified individuals.

### **DISCIPLINE POLICY**

We understand that young children are in the process of learning to make safe and healthy choices. We use positive discipline methods at Camp Sunny Junior. We believe that the very best way to handle challenging behavior is to prevent it. We do so in the following ways:

We model the behavior we hope to see in the children  
We take the child's developmental level into consideration  
We provide alternatives  
We encourage children to express their emotions in positive ways

When intervention is necessary, we will follow these progressive steps:

- 1: Verbal warning - the child is reminded of the rule
- 2: Time away - the child is directed away from the activity or immediate area for a brief time. (This is not a 'time out' - we redirect the child to other activities, and he or she is allowed to return shortly if desired)
- 3: Time in - the child spends a few minutes with a teacher. The child is given an opportunity to talk about what happened. The teacher suggests appropriate ways the child could resolve the situation and express his or her feelings.
- 4: Change of scenery - the child moves to another room and spends some time with another group and teacher

If a child continues to be disruptive after our interventions, or if the behavior presents a danger to the child or other children, he or she will be sent home. We request that you respond quickly if called to pick up a child due to behavior issues. If behavior issues become significant or frequent, we will recommend a parent-teacher conference to discuss the issue.

#### **SUN COUNTRY SPORTS - WEST**

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#### **SUN COUNTRY SPORTS - MILLHOPPER**

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