



Camp Sunny Junior Families,  
Please carefully read the following 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 healthy snack from home, to be kept in their cubby. If your child has a food related allergy or dietary restriction, please be sure 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 asked to drop off a meal for them.

### **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 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 make our classroom expectations clear and review them regularly.
- We take the child's developmental level into consideration.
- We provide alternatives.
- We encourage children to express themselves in positive ways.

When intervention is necessary, we 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 alternate activities. They can return shortly and try again if desired.)
3. Time in- the child spends a few minutes with the teacher/ counselor. The child is given an opportunity to talk about what happened and express their feelings. The child and teacher/ counselor suggest appropriate ways to resolve the situation and handle it differently in the future.

If a child continues to be disruptive after our interventions, or if the behavior presents a danger to the child or other children in the program, they will be sent home. If behavior issues become significant or frequent, we will recommend a parent conference with the Department Leader to discuss the issue. In the event that excessive behavior cannot be resolved, the child will be asked to leave the program.

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