

Just for Kids Summer Camp



Parent Handbook

Dear Parent,

We look forward to having your child in the “Just for Kids” Summer Camp Program. Included in this booklet are rules, regulations, daily schedules, and general information about this year’s program. Please take the time to read this & if you have any questions, please contact the Houlton Rec Department at 532-1310.

STARTING DATE: Monday, June 17th, 2024

CLOSING DATE: Thursday, August 1st, 2024

**** There will be NO program on July 4th and 5th due to the Fourth of July Holiday.**

**** There will be NO program on July 19th due to the Houlton Agricultural Fair.**

LOCATION: Houlton Community Park, Just for Kids Playground

RAIN DAYS

- **ALL AGES** will go to the Houlton Rec Center at 128 Main Street.
 - On rainy days, you may want to send your child with some quarters for some of the game room games such as air hockey / bubble hockey / and foosball.

TIMES

NEW TIMES TO ACCOMADATE A FULL DAY ON FRIDAY!

- **Monday through Friday - 9:00AM – 3:00PM**
- Drop-Off - 8:30-9:00am. **PLEASE NO EARLIER.**
- 9:00am-2:45pm – Program activities
- Pick-Up - 2:45-3:00pm. **PLEASE BE SURE TO PICK UP YOUR CHILD BY 3:00PM.**

SIGN IN/OUT POLICY – If you drop off your child late or pick them up early, you must sign in/out inside the Playground building (or Rec on Rain Days). Once you have registered & begin to check out you will be prompted to provide us with a list of ANYONE that has your permission to pick up your child. Anyone who is not on this list & is picking up your child, please send their names in writing or call the program site at 532-1314 or if a rainy day call the rec department at 532-1310. This is for your child’s safety.

*If your child needs to attend another Rec-sponsored activity or needs to leave the playground for any reason, please send a note so we have it in our office.

TRAFFIC FLOW

When dropping off and picking up children, please enter through the River Street entrance of Community Park – this helps ensure the children’s safety. This way, children are dropped off/picked up on the same side as the playground. On rainy days, enter on the right of the Tennis Courts and continue to the ramp on the left of the building for drop-off and pick-up. We appreciate your cooperation in this matter.

HEALTH AND WELLNESS

Parents/Guardians: Please review this screening list before you send your child to our programs.

Is your child experiencing any of the following symptoms?

- Feeling unwell
- Fever-like symptoms such as body aches, chills, and/or sweating
- Cough, runny nose, congested, sore throat
- Shortness of breath or difficulty breathing
- Headache
- New loss of taste or smell
- Vomiting or diarrhea
- Temperature over 100.4 degrees Fahrenheit
- *****IF your child is experiencing any of the above listed symptoms, please keep your child home from our program.**

*****IF your child has Covid-19, please keep them home. If your child experiences any of the above symptoms while at program, they will be isolated from the group, and you will need picked up him/her immediately.**

***Parents of children with special needs are asked to speak directly with Owen Gallop to set up a specific schedule for their child. *If your child has an aid at school, he/she will need to bring one to this program.

DROP-OFF PROCEDURE

When dropping off your child in the morning, please do not allow them out of the vehicle until you have reached the check-in point and staff have verified you have performed the home health screening and all participants are healthy.

LUNCH / SNACK

*** Staff will ensure that children wash / sanitize hands regularly, including before and after eating.

- If your child is staying all day, they must either bring a lunch or participate in the FREE summer lunch program, which is sponsored by RSU 29 Food Service. Children must also bring 2 snacks per day.
- **There will be NO provided lunch on Fridays. ALL children MUST bring a home lunch on Fridays!**
- Please send your child with a reusable water bottle! There are fountains to refill during the day.
- **LUNCH MENU: (subject to change as needed)**

Monday	Tuesday	Wednesday	Thursday
Chicken fingers Potato wedges Baby carrots Assorted fresh fruit Milk – chocolate, 1% Ranch dressing – fat free Ketchup	Hamburger on a bun Broccoli – raw Assorted fresh fruit Milk – chocolate, 1% Ranch dressing – fat free Ketchup	Stuffed crust cheese pizza Cucumber – raw Assorted fresh fruit Milk – chocolate, 1% Ranch dressing – fat free	Chicken burger Veggie sticks Assorted fresh fruit Milk – chocolate, 1% Ranch dressing – fat free Ketchup Mayonnaise

- Playground staff will take a lunch count each morning at 9am. The count must be sent to Food Service at 9:15am. If your child is going to be late, be sure to send a lunch or give us a call between 8:30-9am at 532-1314 (Playground). On rainy days, call the Rec Center at 532-1310.
- We have a refrigerator to store all drinks and perishable foods. Please be sure to label all food and drinks with your child’s name and age. **Do not send glass bottles.**
- **The week of July 29th – August 1st, your child will need to bring a lunch. There is no free lunch during this week.**

WEEKLY NEWSLETTERS – Youth and parents may pick up a weekly newsletter on Thursday afternoons with a listing of upcoming events and activities. It will also be posted in the JFK building for participants.

- **SPECIAL EVENT MORNINGS** – On Special Event mornings, children who want to, may dress up in the theme of the day! Weekly themes will be posted in the Newsletter.

PERSONAL BELONGINGS – We ask that your child only bring one backpack for all their personal items due to limited space. Please be sure to pack the following items each day:

- A reusable water bottle, sunscreen, snacks, appropriate swimsuit, and towel (for spray pool)
- Please be sure to check your child’s bag each morning as they will not be able to call home for missing items except for emergencies.
- Please be sure to label all your child’s clothes and personal belongings so your child will be able to find them if lost. We will have a Lost & Found box in the Playground building for found items.

FOOTWEAR – Sneakers or sandals with a heel strap are a **must** for the playground! Flip flops will be allowed at the pool area but are not ideal for active play, as we often go on walks, play running games, and perform other activities that require safer footwear.

ELECTRONICS – All-handheld games are not allowed at the JFK playground on good-weather days. Limited use of these games will be allowed on rainy days at the Rec Center.

- We also advise that children don't bring toys from home, except for Show & Tell
- **NO CELL PHONES** unless given permission by staff. Cell phones must stay in backpacks at all times.

DISCIPLINARY PROBLEMS – Occasionally we encounter disciplinary problems at the Playground program. If your child misbehaves or does not listen to supervisors while at our program, the following procedure will be taken:

- Your child will be given 2 verbal warnings.
- If this does not settle the problem, then they will have to sit in "Time Out" for 5-10 minutes depending on the severity of the issue and age of the child.
 - "Time Out" will be in a quiet spot where the child will be alone but within sight of supervisors.
- If the child continues to disturb the program, then the parents will be notified, and we will meet to see if a solution can be worked out. **If the child is dismissed from the program, there will be no refunds.**

PLAYGROUND RULES

***Please go over the following rules with your child, as we will enforce these things for their safety:

- No cell phone use without permission from staff. Phones should be kept in backpacks at all times.
- Absolutely no leaving the playground without permission.
- No sitting or running in the spray pool.
- No putting your face in the spray pool standing water.
- Children must wear sneakers or sandals with a heel strap.
- No sitting or standing on the fence.
- No swearing, hitting, or fighting at the program.
- Rocks and sand stay on the ground.
- Be sure to flush toilets after each use and always wash hands after the bathroom.
- No eating lunch or snack on playground equipment.
- Tire swing and tetherball are not allowed during lunch break.
- Please pick up your own trash after snack and lunch.
- **Please encourage your child to listen to playground supervisors.**
- **If you have any questions, problems, or concerns, please speak to a Supervisor**

**GO TO OUR WEBSITE AT
HOULTONREC.COM
FOR MORE PROGRAMS & EVENTS
HAPPENING HERE IN HOULTON!**

Houlton Recreation Department | "Just for Kids" Program

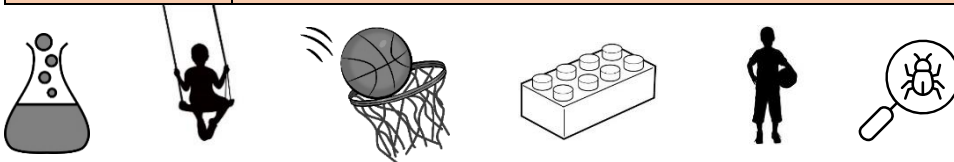
June 17 – August 1, 2024
Monday-Friday 9am-3pm



We are committed to offering your children a safe, fun summer program. Below is a sample schedule of a typical day at the playground.

Sample Schedule

8:30-9:15am	Drop off, attendance, lunch count & announcements
9:15-10:00am	Rotation activities – crafts, active games, playground and spray pool
10:00-10:15am	Snack time
10:15-11:00am	Rotation activities – crafts, active games, playground and spray pool
11:00-11:30am	Prepare for lunch – bathrooms and washing up
11:30-12:15	Lunch, attendance & announcements
12:15-1:00pm	Rotation activities – crafts, active games, playground and spray pool
1:00-1:45pm	Rotation activities – crafts, active games, playground and spray pool
1:45-2:00pm	Snack time
2:00-2:45pm	Rotation activities – crafts, active games, playground and spray pool
2:45-3:00pm	Get ready to go home



Some activities at Just for Kids might include:

Crafts, nature time, dodgeball, 4-square, kickball, soccer, Gaga-ball, board games, tetherball, science fun, storytime, dance, tennis, wiffleball, disc golf, basketball, capture the flag, lawn games, contests, movies, group time, tournaments, and special guests like wildlife and science shows.

Rec Center 532-1310 | Playground 532-1314
Like us on Facebook – Houlton Recreation Department

SUMMER SAFETY PRECAUTIONS

HAND CLEANING

In addition to sunscreen and water breaks, we will be taking regular breaks to wash and / or apply hand sanitizer.

Weekly Newsletter

Be sure to pick up a weekly newsletter so you can be kept up to date on all the happenings at Just for Kids Program!

HOME HEALTH SCREENINGS

Parents – please be sure to monitor your children for any signs of sickness before sending them to Just for Kids in order to keep the program safe and running smoothly.

Movies in the Park

WHOU FM, Houlton Rec

Grab your friends and family and bring some blankets, we're planning Movies in the Park again this summer! Join us with our big screen and enjoy a night under the stars. We will have popcorn, refreshments, and other concessions available for purchase during the movies.

DATES: TBA – Keep an eye on our Facebook page for upcoming dates!

WHERE: Community Park – Bob Ruth Outfield
TIME: Movies start at 8:00pm

COST: FREE!
Concessions will be available

Weather permitting.

Keep an eye on our Facebook Page and Website for updates!

DISCOUNT SUMMER TICKETS

If you are making plans for a summer family vacation and want to save some money, consider purchasing your discounted tickets from the Houlton Parks and Recreation Department. You can save time and money at the gate when you purchase from us! All sales are final; make checks payable to the Houlton Recreation Department.



As soon as we have tickets on-site and pricing is available, we will post it on our Facebook page – watch for updates!

Tickets that will be available:
Funtown / Splashtown Combo Pass **AND** York's Wild Kingdom

Check out the Disc Golf course!

There's a 9-hole disc golf course at Houlton Community Park! Bring your own discs, and it's free to play. You can find the trail map sign at the beginning of the course in the Grove, next to the skate park. The game is easy to learn and fun for all ages. Bring your family and friends and give this fun sport a try!



CARY LIBRARY PROGRAMS

Summer Reading Program

The Cary Library will once again sponsor their ever-popular summer reading program.

This summer's theme is "Reading is a Ticket to Adventure".

This program is available both in-person and online through Beanstack.

Registrations will be taken from June 24th – 29th. Call Cary Library at 532-1302 to register. The program will run July 1st - August 7th. This is a free program for children of all ages. For more info go to cary.lib.me.us

Lego Club

April-June: Every Tuesday from 3:00-4:00pm. July: Every Saturday from 11:00AM-12:00PM.

LOCATION: Cary Library

AGE GROUP: 7 years & older

A theme will be chosen each week, and participants will be challenged to build something related to that theme. This is a free program and Legos will be provided. Space is limited, so SIGN UP IS REQUIRED. Call 532-1302 to register.