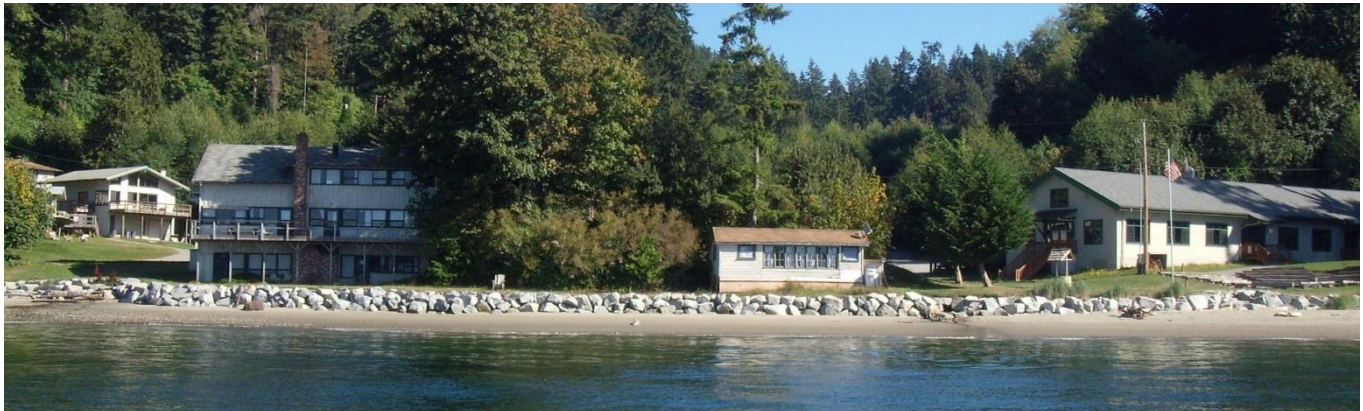




2023 TEACHER & CHAPERONE GUIDE

**OUTDOOR EDUCATION PROGRAM
CAMP SEALTH
CAMP FIRE CENTRAL PUGET SOUND**



Dear Teachers and Chaperones,

Welcome to the Camp Sealth Outdoor Education Program!

This manual should contain all of the information you need to prepare yourself for a visit to Camp Sealth. Please take some time to review the enclosed materials to familiarize yourself with our program, policies, and facilities.

Your contribution as a chaperone while here at Camp Sealth is such an important one. Students will walk away from this experience talking about all the fun, learning, and new experiences they've gained. It is because of you we are able to run the Outdoor Education program and we wouldn't be able to do so without you! We are so grateful to you for sharing your valuable time and energy in support of our programs here at Camp Sealth. Thank you for everything!

Sincerely,
Robin Dein
Outdoor Education and Retreats Director



Camp Fire Central Puget Sound Program Outcomes

Camp Fire was established with a strong foundation and belief in providing positive outdoor experiences for youth. The belief that children need a connection with the natural world is fundamental to the Camp Fire mission, core values, and programs. We believe in the power of nature to awaken a child's senses, curiosity, and desire to learn.

Youth development outcomes are the benefits young people receive, or the changes in their behavior, skills, knowledge, attitudes, values, condition, or other attributes through participation in a program. The following outcomes provide the foundation for the design of our outdoor program:

- Develop knowledge and appreciation for the natural world
- Develop and build leadership skills
- Acquire and improve their social and emotional learning skills
- Develop skills for academic and workplace success
- Value people of diverse backgrounds and abilities
- Demonstrate civic engagement and stewardship
- Develop and maintain active and healthy lifestyle habits
- Be empowered with a sense of purpose and optimism for the future

The Outdoor Education program at Camp Sealth generates these outcomes through:

Program Setting:

Camp Sealth is located on 400 acres and includes a mile and a half of beachfront. The opportunities for experiential education here are fantastic. Our site encompasses many diverse ecosystems which serve as our classroom. We focus on experiential education through holding classes outdoors, taking advantage of our beautiful environment and extensive trail system.

Creating Community:

Camp Sealth's property provides a natural, self-contained environment with access to all of the essentials of living: safety, wellness, food, and shelter. Sharing a living space builds community as students learn how to care for themselves as well as live well with others. Also, some of the best youth development occurs in a small group setting where students are allowed to take the lead in accomplishing tasks and setting the pace for their own learning.

Program Structure:

Schools can select from a wide variety of curricula choices, and schedules can be designed to meet each organization's needs. Program activities are structured to allow students to have the most positive and beneficial experience possible. Students can be successful at camp in ways that the structure of a school environment may not allow them to be.

Discovering Sparks (New Experiences and Passions):

Camp Sealth's Outdoor Education program encourages students to build a sense of individual competency through trying new activities. These new experiences lead students to discover new concepts and acquire

new skills which Camp Fire calls “sparks”. Helping students find their sparks is integral to our program as we see it as the foundation of fostering long term interests and/or hobbies in student beyond their time in the Outdoor Education program. Over time, these sparks can result in anything from students feeling more invested in potential conservation action at home or school to interests that eventually become careers.

How Camp Works

A Little Bit About Camp Sealth:

Camp Sealth is owned and operated by Camp Fire, a national youth development organization. In addition to a summer program for over 2,000 campers, more than 5,000 individuals participate in other camp programs, including outdoor education, leadership retreats, and recreation activities. About 8 staff work at Sealth year-round, and only in the winter are things a little quiet!

Camp Sealth is on the unceded ancestral land of the first people of Vashon Island: the Duwamish, Suquamish, and Puyallup tribes. Sealth is a namesake from a Duwamish and Suquamish chief: Chief Si’ahl. We recognize this land and its surrounding waters for their significance to the Coast Salish peoples who came before us and those that still inhabit the land today. We honor with gratitude the Coast Salish peoples and the land itself as well as encourage others to do the same.

What To Expect on Your Arrival Day:

Arriving at Camp

On the day you arrive, Camp Sealth staff will meet you in the Orchard (the large field surrounded by trees) at the bottom of the camp driveway. Our staff will help busses turn around before unloading the students. Cars should park with their fronts facing the logs bordering the Orchard

Orientation

This is our opportunity to welcome you to camp. The orientation includes a quick overview of camp facilities, an introduction to our dining hall procedures, and a review of rules and expectations for your students. This is a great time for any announcements you have.

Getting Settled

After you unpack your vehicles, you will be given time to eat lunch and move in. We will give you suggestions about the best place to eat depending on the weather. Please help your students clean up any trash (extra trash bags are available from your host). Any food left in cabins or on the ground will attract birds, rodents, and raccoons. We generally also meet with teachers and chaperones during lunch to provide additional relevant information to your time at Camp Sealth.

Before starting afternoon activities, you will be directed to your cabin area. Please move in, choose bunks, and get settled. This is a great time to set up cabin rules or agreements between your students and their chaperones.

Getting Started

On the first afternoon, classes will meet at the main amphitheater near the beach known as “Green Circle”. This is usually where all classes will meet, although occasionally an instructor will choose to meet their class at a different place in camp to save time or travel. Listen for this information during announcements at the end of meals. At least one chaperone should accompany each class and in most cases are welcome to join in activities. The adult may need to act as the “tail” on a hike, assist the instructor with a class, walk students somewhere, or deal with a behavior problem or first aid situation.

What To Expect on Your Departure Day:

Clean Up and Check Out

At the end of your visit, we expect the students to leave their cabins in the same condition they found them. There is dedicated time after breakfast on departure day to pack up all student items, sweep the cabins, and bring small trash bags in the cabin to large trash cans in the bathroom.

Departure & Goodbye!

Following the last class or activity of the morning, all groups are brought back together to take a final head count, eat a final meal or pick up their sack lunches, and depart. Depending on time constraints, some schools choose to take theirs to go, while others choose to eat on-site (and leave their garbage in safe hands). Camp staff are around to take any group photos needed, as well as wave everyone off!

Student Behavior Expectations at Camp Sealth

- While we are at Camp Sealth, we respect PONY meaning we respect Property, Others, Nature, and Yourself. Keep this in mind in everything that you do here.
- Green circle is a low-energy space so when you are at Green circle, you should be sitting on or walking between the benches. Jumping between or running around the benches is not permitted for the safety of your knees. All rocks and sticks must stay on the ground at Camp Sealth but especially at Green Circle.
- We use the Truddy system at Camp Sealth which means that you must always travel in groups of 3 whenever you are leaving your group. This can either be a group of 3 students or 2 students with an adult depending on the recommendation of your school. Students must always ask an adult if they need to leave the group.
- Closed-toe shoes are required at all times when you are outside of your cabin to protect your feet. If your day includes the following activities: **Low Ropes Course or Bouldering Wall**, please wear long pants to protect your legs from potential injuries. We recommend wearing long pants at all times to protect your legs from thorny and other irritating plants along our trails.
- Whenever you leave your cabin, make sure you are wearing weather-appropriate clothing, have applied sunscreen if needed, and have a day bag containing a full water bottle, raincoat (if needed), extra warm layer (if needed), and any other items you might need for a day of outdoor activities.
- Swimming, wading, and walking on the docks is not allowed except during designated waterfront and touch tank times with Camp Sealth staff. When you are on the beach, please do not climb up, down, or across the large rock wall along the beach (bulkhead) or remove any rocks from it. There are several staircases built into the bulkhead and coastline that provide safe access to the beach.

- The only thing you may climb at Camp Sealth are stairs which means please do not climb trees, buildings, flag poles, the bulkhead, or any other structures even if they look like they might be climber friendly.

Cabin/Facilities Expectations at Camp Sealth

- Please do not enter any buildings or activity areas around Camp Sealth except for the cabins your group is staying in, Rounds Hall, and any buildings which Camp Sealth staff have invited you into.
- We ask that you be extra gentle and careful when using our plumbing system to prevent clogging. Please do not flush anything down the toilet other than toilet paper and human waste, even if it says flushable on the label. If you see the water rising in a toilet, TELL AN ADULT IMMEDIATELY!
- Please help us conserve electricity by keeping the lights in your cabin off, the heat turned down low when you are not present in the cabin, and the cabin doors closed to keep the heat inside.
- Forest critters like raccoons and rodents like to partake in your snacks if they are left out so please keep all food items out of your cabin. A Camp Sealth staff member can show you safe locations to store food.

Camp Sealth Stewardship

To keep Camp Sealth a clean, safe, and pleasant place to learn and live in, everyone needs to do their part. Students will be expected to clean up after themselves.

Bathrooms

Students are responsible for keeping the bathrooms they use neat and tidy. There will be many people using the bathrooms and it is important that everyone take part in keeping this space clean for everyone.

If you wish to use cleaning chemicals in your bathroom closet to clean, we ask that only adults use the chemicals.

Litter

Students should always be on the lookout for litter. We encourage them to help keep camp a beautiful place and dispose of it properly in a trash or recycling can. Future students will thank them!

Cabins

To help make cleaning up on the last day go faster, we encourage students to clean their cabins daily. Daily cleaning duties are a good thing to decide upon as you are moving into your cabin. At the end of your visit, students should leave their cabins in the same condition they found them. Before leaving their cabins, students should:

- Check under beds, mattresses, and window sills to make sure no items are left behind.
- Sweep all areas of cabins including under beds and porches.
- Pick up all trash in the cabin, remove the trash bags from the cabins, and place them in the large trash can in the bathroom.

Chaperone Responsibilities

The primary responsibilities of a chaperone while at Camp Sealth are:

- Help students stay engaged during lessons and activities

- Help students come prepared for the day with a full water bottle, close-toed shoes, and extra layers as needed.
- Assist with the supervision of your cabin and trail group
- Model positive behavior for students.
- Reinforce manners and proper behavior during mealtimes.
- Assist with student supervision during evening programs.

Arrival

For arrival, please help guide all students to the Green Circle log amphitheater or Rounds Hall (weather dependent). Chaperones will be participating in orientation with the group as well as an additional orientation for adults. Students will then be dismissed with their chaperones to eat lunch and move into their cabin spaces. Please help students find their luggage and guide them to where they will be staying.

Outdoor Education Lessons, Activities, and Choice Time

At least one chaperone must be present during our Outdoor Education lessons at least in part to meet minimum supervision ratios. Your role is to ensure that all students are engaged, their behavior is under control, and following the instructions of the instructor. If a behavior situation occurs during an activity, in most cases the chaperone should take the involved student(s) aside and address the issue. The activity can usually continue under the direction of the Camp Sealth instructor. When the issue has been resolved, the student can rejoin the activity.

During the activity, a chaperone may either be actively doing the activity alongside the students where appropriate or may assist in leading the activity. Either way, we ask that chaperones should be actively involved with the students and helping the instructor keep the students' attention engaged.

Cabin/Free Time Supervision

Cabin time or free time is a great opportunity for a bit of less-structured time to fit your students' needs. We ask that at least one chaperone must be present in the same room as the students or within eye/ear shot if outside as these are times in the schedule when camp staff will be unavailable for additional supervision. Set clear expectations for this time including boundaries and expectations. These may include where students can be and what they can do. Please enforce Camp Sealth rules as needed. Outdoor activities or explorations should include boundaries, expectations, anything off-limits, etc. We do ask that you please stay out of buildings not used by your group while on-site and exploring.

Meals

Meals are their own fun and exciting adventure at Camp Sealth. To help everything flow smoothly, please arrive 5 minutes before each meal is supposed to start. We ask beforehand that everyone washes their hands well with soap or at least makes use of the hand sanitizer provided on the table. Once we enter the dining hall, all students will head to their seats and there should be at least one chaperone per table. Please help make sure that you and your students listen to all of the announcements and directions during meal times. Please remind the students when they need to listen. If you must get up, make sure that another adult is supervising your table. We usually serve family style, so please make sure that the serving container goes all the way around the table to ensure that there is food for everyone.

Evening Programming

For evening programs, plan on arriving at your designated meeting area for the activity 5 minutes early prepared for the weather considering the activity as announced at dinner. Help students listen and stay engaged during instructions and the activity and don't be afraid to participate yourself! After the completion of evening programs, chaperones should assemble their cabins with a head count and return to the cabin. On the final night, please help students plan ahead and start packing their gear for the next day's departure.

At all times Camp Sealth advises:

Adults should avoid being alone with an individual student at all times especially out of the sight of others. This is to ensure the safety of both students and adults. We recommend the "truddy" system in which everyone moves around camp in groups of 3. This can be any combination of students and adults. We recommend creating a plan for how your school will maintain supervision in the following situations:

- Restroom and shower protocols
- A healthcare setting
- Students needing personal care assistance
- Desire/need for 1:1 conversations including location and content of the conversation

Camp Sealth Staff Responsibilities

Program

Camp Sealth hires skilled and competent staff to teach classes, run program areas (such as archery) and facilitate activities. The Outdoor Education and Retreats Director is available to help you plan your visit with a curriculum and schedule that meets your educational needs and goals.

Housing

Organized in cabin clusters, lodging, and program spaces can be assigned to accommodate small or large groups. "Main Camp" has heated overnight accommodations as well as non-heated facilities. Well-cleaned and maintained cabins help to ensure your visit is a comfortable experience. Bathrooms and showers are typically located in a nearby separate building. Some of the facilities are those originally built in the 1920's adding a nice historic and rustic feel to Camp Sealth. Others were built in the 1950s and 1960s. Wrangler, our newest unit was built in 1992.

Food Service

We are prepared to provide meals throughout your time with us including accommodating any special dietary needs. Small groups can do their own cooking in the Wrangler Unit.

Setting Students Up for Success: Tips & Tricks for Your Cabin Group

Bed Time

Getting ready for bed after a busy day can be difficult as bedtime routines and expectations will vary from child to child. Here are a couple of suggestions to help streamline the process:

- Set a timeline for getting ready and stick to it as close as possible. Giving structure to the evening can make your expectations clear and give students the time to prepare and transition appropriately.
- Create a quiet, mellow atmosphere by using inside or quiet voices to help create a safe, low-key environment. Steer the conversation with a couple of these suggestions to continue thoughtful, reflective discussion as you wind down and get ready for bed:
 - Highlights: Have each student share something that was their highlight of the day.
 - Shout-outs/Props: Have students share about someone who brightened their day or did something nice for someone else.
 - Read a story: If you don't have a book with you, Camp Sealh has many loaner books. It can be a novelty to have an adult read a story to the group before bed.
- Establish a time for quiet/reading or flashlight time and a firm lights-out time for the group. Transitioning can be the key to success so each student can be respectful of the downtime and sleeping needs of the others.

Preparing for Classes

Work with your cabin on a small, repetitive list to go through before you leave for an activity. Make it into an acronym, song, jingle, or hand motions to help students remember if that is helpful.

Students should have the following with them each day:

- Closed-toed shoes
- Rain jacket
- Extra layers
- Water bottle
- Sunscreen (if needed)
- Long pants if the student is participating in the Low Ropes Course or Bouldering Wall that day.

Time Killers (Riddles, Activities, and Games)

Finding yourself with time to burn between activities? Having some back-pocket options to keep your cabin entertained can help prevent behavior issues and boredom and create lifelong memories! Here are a couple of options to keep in mind:

- Make a cabin group name, cheer, or song
- Alphabet Game
 - Students look for things beginning with an 'A'. After 'A', move through the rest of the alphabet.
- Poor Kitty
 - Kitty is 'it'. The other students sit in a circle and the kitty goes to each one. The kitty can crawl, purr, meow, or do anything a cat can do. When the kitty stops in front of a student,

the student must say, 'Poor kitty, poor kitty', without laughing. If the student smiles or laughs, he or she is the new 'kitty'.

- Story Doodles
 - Someone takes a piece of paper for each person and draws a random doodle on it. Pass out the papers and have the students make a picture of their choice from the doodle. Then the students make up a story about the picture and share it with the rest of the group.
- Car
 - While the mind reader is away from the group, the group picks an object. The mind reader returns and is shown three objects, one of which is the chosen one. The mind reader then tries to pick the correct item. Here's the trick: The leader calls the mind reader back into the room with a statement that begins with either C, A, or R. For example, 'come in', 'alright', OR 'ready'. If the word begins with C, the first object the leader points to is the chosen one. If the word begins with A, it's the second object, and so on.

Homesickness Help

Homesickness is a common occurrence at camp. It occurs more prevalently with younger kids, although students of all ages will experience homesickness at times. Students can experience a wide range of emotions related to this, from mild/distracting to overwhelming. Research indicates that more than 80% of students of all ages experience homesickness at some point

Prevention

You can help students avoid homesickness by getting them involved in the camp community right from the start. Developing a rapport with each student will help them feel safe and taken care of. Making friends within the cabin group will keep them from feeling lonely. Also, making sure the schedule is full of fun and challenging activities will keep kids' minds from dwelling on thoughts of home. Try to avoid having too much downtime, since that is a common time for homesickness to occur.

What It Looks Like

Not all homesick students will cry as homesickness will look a bit different in every student. It often depends on factors like age and personality. These are some common signs in a student that might indicate homesickness:

- Sad/gloomy demeanor
- Not feeling well/stomachache/headache
- The student is quiet or withdrawn
- Talking about home excessively
- Disengaged from the group
- Crying
- Student shuts down

The Psychology of Homesickness

There are many possible causes and manifestations of homesickness, therefore the same techniques might not work the same for two different kids. Understanding some of the mental processes behind homesickness can usually help solve the problem for an individual child.

First of all, homesickness is at its worst when the student is reminded of people or things from home. It is most likely to occur at bedtime or during quiet hours, because he or she may be reminded of how different the camp setting is from home. Their mind is also more likely to think about home because they're not engaged in doing activities like they are during the day. Along those lines, things that will make homesickness worse are talking/thinking about home, things that remind a student of home, and talking to his or her parents. It's why we don't suggest that students call home.

Homesickness can be contagious, especially with younger children. One child talking about home reminds another child of home, and so on through the cabin. Try to shut it down early, so it doesn't have a chance to spread.

What Not to Do

Since the psychology of homesickness is so complicated, it's just as important to be aware of the things that you should not do as the things that you should.

- Avoid promising a phone call home
 - Calling home makes homesickness worse.
- Avoid bribing a child
 - It's okay to use tactful incentives, like getting them excited about an activity that is happening tomorrow but don't use an outright bribe to get them to stay at camp.
- Avoid close contact with students
 - A friendly pat on the shoulder or a reassuring voice can be helpful but avoid hugs or excessive comforting. This will encourage the student to stay homesick as getting this kind of attention feels good.
- Avoid giving excessive attention
 - Kids will keep up the homesick routine to get this attention. Along the same lines, avoid having more than one person talking to the child at once.

What you Should Do

Remember that every homesick child is different, so some of these techniques will work and others won't. Don't be afraid to keep trying until you find something that works. Only when we've exhausted all our options will we start working with the parents to send the child home.

- Validate their feelings
 - Tell the child that you understand they are missing home, that this is a completely normal feeling, and that lots of people feel this way. If you can, share an experience where you felt homesick and how you got over it.
- Ask about home, then redirect the conversation
 - Remember, dwelling on home makes homesickness worse, but you can start by talking about home, then relate that to something that is happening at camp. Try to engage the child in conversation on a topic that they are interested in, to take their mind off home.
- Give strategies for coping with homesickness
 - Ideas include giving them an activity to do during quiet time (read a book, make a friendship bracelet, draw pictures, do a puzzle, etc.), hugging a stuffed animal (Ask a Camp Sealth staff member if we have extras), talking to a friend in the cabin, or thinking about something they really enjoy about camp.
- Reduce downtime

- It's important to have a rest period each day, especially for younger kids, but try to avoid too much downtime. Try to fill extra time with low-key games or other activities.
- Connect them with a friend
 - Kids will be less homesick if they feel truly connected to their cabinmates. Try to pair them up with someone in the cabin who will include them in activities.
- Get excited about activities.
 - Find out what activities the child is really looking forward to, or what activities they like to do at home. Psych them up for what's going on the next day. If possible, try to incorporate an activity they like from home into your schedule.
- Challenge them
 - Present the idea of overcoming homesickness as a challenge. Help them think of how proud they will be when they make it through the week. You can even offer an award or reward (not a bribe) if they do make it through.

Meals At Camp Sealth

Meals will take place at Rounds Hall, the main lodge. There are bathrooms across the room in the back corner through the double doors. If you need to fill up your water bottle, there is a sink next to the coffee bar. Only adults may use the coffee bar during your time at Camp Sealth. Recycling bins are available in Rounds Hall and Parsons Lodge and there are large collection bins behind Rounds Hall. Please refer to the signs near the bins to know what can and cannot be recycled as it might be different than what you are used to. All recycling can be mixed together but please prevent recycling contamination by keeping garbage and non-recyclable items on the sign out of the recycling bins.

Kitchen Party (KP)

Students help with meal set up and clean up. Teachers assign one KP group per meal. You may choose to assign this duty however you wish, but logistically, the best way we find to do it is to assign 1-2 cabin groups per meal to do KP depending on your group size. We provide a form to help with assigning KP duties.

KPs need to wash their hands and report to the dining hall 15 minutes before the meal. Camp Sealth staff will direct KP to set all the tables with plates, cups, and the appropriate silverware.

Before the meal:

- Move benches from tables to the floor
- Wash hands and wear gloves
- Wipe down tables
- Set the table with dishes and cold food

After the meal:

- Clear the table
- Wipe down table and benches
- Put benches on top of tables
- Sweep under the table

How Meals at Camp Work

It's helpful to discuss dining hall procedures with your students before they arrive at camp. We will give a demonstration of procedures during orientation.

Everyone at camp eats together in Rounds Hall or Parson's Lodge (if your group is staying at Wrangler). Meals are served at the same time each day as indicated on your schedule. As they enter the dining hall, all students must wash their hands before sitting at a table. Students will sit at tables in a system determined by teachers and Camp Sealth staff. If KP is still finishing setting up the tables, students should line up in front of the doors until KP has finished and wait to be let in by KP.

Meals are often served family style (but might be served buffet style) and **at least one adult is encouraged to sit with each group**. Food is brought from the kitchen on large carts. These carts are heavy and the food is hot, so please help us keep everyone seated and chaos to a minimum. Students should be encouraged to start with small servings so that everyone gets a first helping from the food on your table at the beginning of the meal as well as reduce food waste. A seconds cart will be available soon after everyone has been served. They will be asked to be specific about the number of people they need seconds for as any food that goes out to the tables cannot be saved. Use your serving dishes to get seconds for everyone at your table. To reduce chaos, accidents, and spills, **there should only be two people up from the table at any time during the meal** (including meal clean up).

An options cart will be brought out around the same time as the hot food. This cart has other options for people with specific dietary needs, like food allergies, vegetarian, vegan, dairy-free, gluten-free, etc. There will only be enough food on this cart for the people whose needs were noted on the final confirmation form. Please make sure all participants (including adult chaperones) understand this process and turn in their special diets ahead of time so our Food Service Manager may adequately prepare.

Camp Sealth Outdoor Education and Program Activities

Planning Process

Selection and planning are important to a successful experience at Camp Sealth. You can customize your program by choosing the classes that best meet your goals. We are available to help you plan your time at Camp Sealth to create the best learning experience possible for your students. The following information may help identify your goals and choose classes that will help you meet them.

Connection to School

The Camp Sealth experience is most effective when it is connected to the lessons and learning that are part of your school's curriculum. We can build on class themes or be an introduction to future topics your students will pursue. For example, an evening hike can be a great opportunity to discuss and review nocturnal animal habitats. Connecting the learning at camp to your classroom, both before and after your Camp Sealth visit, results in a richer learning experience.

Schedule

Every school has unique goals and a different budget. Therefore, we are flexible about the length of your program. We recommend staying for 3 days and 2 nights to offer a full day of programming. The planning and prep time for a longer trip is not very much different from a shorter stay and the students have a chance to adjust to their new environment and get the most out of their experience.

The schedule on the following page is only a sample of what the Sealth Outdoor Education Program can look like. We are happy to alter the schedule to different styles and lengths of classes and breaks based on what you think would work best for your school. We can also help with evening programming by hosting an activity, like an evening hike or scavenger hunt, or supporting your school's activity, like a campfire/skit night.

Sample Schedule

Camp Sealth Elementary School 5th Grade Outdoor Education Trip April 25th – April 27th

| Day 1 | Day 2 | Day 3 |
|--|--|--|
| 11:30 Arrival 11:45 Orientation 12:15-12:45 Sack Lunch brought from home 12:30 Chaperone Meeting 12:45 Move into Cabins | 7:30 Wake-Up 8:15 KP to Dining Hall 8:30 Breakfast 9:30 Programming Slot 3 10:30 Bio Break 10:45 Programming Slot 4 11:45 KP to Dining Hall 12:00 Lunch | 7:30 Wake-Up 8:15 KP to Dining Hall 8:30 Breakfast 9:15 Pack Up, Clean, and Move out of Cabins 9:45 Programming Slot 7 10:45 Pick up/Eat Sack Lunch 11:15 Restrooms and Load Buses 11:30 Departure |
| 1:30 Programming Slot 1 2:30 Bio Break 2:45 Programming Slot 2 3:45 Snack 4:00 Cabin Rest/Free Time 4:45 Choice Time | 1:00 Cabin Rest/Free Time 1:30 Programming Slot 5 2:30 Bio Break 2:45 Programming Slot 6 3:45 Snack 4:00 Cabin Rest/Free Time 4:45 Choice Time | <u>How to be Prepared for Camp Each Day</u> <ul style="list-style-type: none"> • Always wear closed-toed shoes on your feet. • Wear long pants if you are doing “Low Ropes” or “Bouldering Wall” that day. • Wear weather-appropriate clothing. • Always have a full water bottle with you. • Apply sunscreen if needed. |
| 5:15 Dining Hall Setup Help (KP) to Dining Hall 5:30 Dinner 6:30 Evening Program Preparation 7:00 Evening Program 8:00 Return to Cabins 9:00 Lights Out | 5:15 KP to Dining Hall 5:30 Dinner 6:30 Evening Program Preparation 7:00 Evening Program 8:00 Return to Cabins 9:00 Lights Out | |

Camp Sealth Curricula and Activity Options

Forest Ecology

Students explore the cycles and systems of forests in the Pacific Northwest. Activities illustrate the diversity and interdependence of elements including soil, water, habitat, wildlife, and vegetation as well as showcase native Pacific Northwest plants.

Wildlife Ecology

Students learn about different kinds of wildlife that live in the Pacific Northwest and what their role is in their ecosystem. Activities involve learning about food webs, adaptations, population dynamics, and animal tracking using footprints and scat.

Wetlands Ecology

Students explore the diversity and dynamics of a wetland site. This class focuses on the interdependence of elements found in a wetland habitat. Build a watershed, identify wetland indicators, do stream studies, and discuss the role of wetlands in bird migrations and habitat.

Marine Ecology

The cold marine waters of Puget Sound and the Washington Coast are some of the most productive in the world. Study the intricacies of an aquatic environment and how they might compare to life and systems on land. Students examine intertidal invertebrates, explore the beach at low tide, collect and examine plankton, and learn about moon phases and tides.

Nutrient and Energy Cycling

Forests would not be able to function without hard-working decomposers returning nutrients to the soil. Using both our camp garden and the forest as examples, students learn about plant growth, decomposition, and soil ecology. Activities may include exploring and working in the garden, plant biology, decomposer scavenger hunts, and helping maintain our worm bin.

Astronomy

Our Star Lab is a great place for students to start their exploration of the universe including activities involving our solar system, constellations, moon phases, and tides. Students will also hear stories behind the constellations from around the world.

Initiatives (field game-style teambuilding activities)

Students participate in group games and challenges that can help them get to know each other better as well as introduce them to basic teambuilding and leadership skills.

Low Ropes Course

The low ropes course is a tool for continued team-building, individual confidence building, and fostering good communication in a group of people (usually done after completing initiatives). Facilitators balance fun, teamwork, and learning through a series of physical and mental activities.

Bouldering Wall

Students climb horizontally around our former water tower using climbing holds with the help of fellow students spotting them. Spotting not only keeps students safe but provides an opportunity to practice their communication and teamwork skills learned while participating in Initiatives and the Low Ropes Course.

Archery

Students test their skills by shooting arrows with recurved bows at our foam targets. No prior archery experience is necessary to shoot!

Archery is offered to students in grades 4 and above on our 2 archery ranges. The archery ranges and their equipment are available for use by participants only when a qualified archery instructor is present and safety rules are in practice. Participants need to be attentive, conduct themselves safely, and cooperate with others. All students must wear close-toed shoes while on the range and must wear an arm guard when shooting. Teachers and chaperones can assist instructors by helping students put on safety gear, ensuring safety practices are being followed, and providing assistance when possible. They are welcome to try to shoot only when all students have had a chance.

Guided Hikes

Students are led on a leisurely hike by a Camp Sealth staff member on one of Camp Sealth's many trails. These hikes can involve different activities like plant identification, trail games, and solo walks.

Fire Starting

Students attempt different methods for starting a fire in a controlled and safe setting as well as how to best construct a fire for their intended purpose.

Shelter Building

Students learn best practices when building a shelter made of only natural materials and test their skills by building their own. Be careful of sudden rainstorms!

Orienteering with Compasses

Students learn how to use a compass to determine headings and navigate through challenges in addition to the benefits of a compass in the age of GPS.

Knot Tying

Students learn how to tie different types of knots, each knot's intended purpose, and how knots can be helpful in their everyday lives.

Driving Directions to Camp Sealth

Address:

14500 SW Camp Sealth Rd
Vashon, Washington, 98070
Phone: 206 463 3174

From Seattle:

1. From I-5, take the Spokane St./West Seattle bridge exit west to the top of the hill in West Seattle.
2. Proceed through a business district 4 blocks to the busy 5-way intersection of Alaska St. & Fauntleroy Way.
3. Turn left (south) and follow Fauntleroy Way past Lincoln Park to the Fauntleroy Ferry Terminal.
4. Take the ferry to Vashon Island (you'll be charged for a round-trip ticket on the Seattle side).
5. Follow the cars up the hill; you'll be on Vashon Island Hwy. Go south several miles into the town of Vashon.
6. Continue on Vashon Is. Hwy south through the town of Burton.
7. Three miles past Burton, make a sharp right onto Wax Orchard Rd. (sign also says Westside Hwy.)
8. Go 1/2 mile north and turn left onto Camp Sealth Rd.

From Tacoma:

1. From I-5, take Hwy. 16 westbound toward Bremerton.
2. Go just a couple miles on Hwy 16 and take the 6th St. exit. Stay in the middle lane on the exit ramp.
3. Turn left onto 6th, then make an immediate right onto Pearl St.
4. Go north down Pearl St. to the Ruston community and the Pt. Defiance ferry dock.
5. Take the ferry to Vashon Island (you'll be charged for a round-trip ticket on the Tacoma side).
6. Turn left off the ferry ramp and travel north 2-3 miles on Vashon Island Hwy.
7. Take a left at the big Y intersection onto Wax Orchard Rd. (sign also says Westside Hwy.)
8. Go 1/2 mi. north, then turn left on Camp Sealth Rd.

Once on Camp Sealth Property (Past the Camp Sealth Sign):

Please follow Camp Sealth's speed limit of 10 mph on all roads

How to get to the Office, Main Dining Hall (Rounds Hall), and "Main Camp" area:

Drive to the bottom of the road (over a mile). The office is a two-story building right on the water across a big grassy field at the bottom of the hill.

Park in front of the building or as directed by your group leader or someone who greets you.

How to get to the Wrangler Retreat Center:

Drive in about 3/4 mile on the camp road. Take a right on the road marked "Wrangler Retreat Center" with the big log over the top of the gate.

Suggested Packing List

Important! Please note that Camp Sealath will not be responsible for lost items. Do not bring irreplaceable or breakable items to camp. Remember that “old” clothes are good camping clothes. Please label all items with the student’s full name. Sturdy luggage and bags are recommended. Please pack only what’s needed. Students should be able to carry their own luggage without assistance.

Packing Tips:

Pack things as compactly as possible.

If you don’t have exactly what is suggested, just bring what you can.

Please check to make sure you have not packed something on the ‘DO NOT BRING’ list.

Be sure to pack a healthy sack lunch and drink for the first day.

*******DO NOT BRING*******

Electronic items of any kind including cell phones (unless a specific use plan is developed), food, candy, gum, fireworks, knives, cigarettes, alcohol, jewelry, valuables, or “favorite” toys, blankets, or clothes that, if lost, will cause heartbreak.

Clothing

- _____ Jeans or play pants
- _____ T-shirts or other casual shirts
- _____ Warm sweatshirts or sweaters
- _____ Warm jacket
- _____ At least 1 pair of underwear per day
- _____ One or two pairs of socks per day
- _____ Gloves/mittens and warm hat
- _____ Baseball cap
- _____ Warm pajamas/sleepwear
- _____ 2 pairs of comfortable walking shoes/boots

Raingear (MOST IMPORTANT)

- _____ Waterproof jacket and pants
- _____ Waterproof rain poncho
- _____ Waterproof shoes/boots

*Classes will not be moved indoors or canceled due to rain showers

Personal Items

- _____ Towel
- _____ Washcloth
- _____ Soap
- _____ Toothbrush/toothpaste

- _____ Comb/hairbrush
- _____ Shampoo
- _____ Deodorant

Bedding

- _____ Sleeping bag or warm bedding
- _____ Fitted Sheet for twin mattress
- _____ Pillow

Miscellaneous

- _____ Dirty clothes bag
- _____ Day pack (small backpack)
- _____ Water bottle
- _____ Clipboard, pencils/pens
- _____ Sack lunch/drink for the first day

Optional

- _____ Camera (not a phone camera)
- _____ Flashlight
- _____ Binoculars
- _____ Sunglasses
- _____ Reading material
- _____ Stationary/stamped envelopes
- _____ Stuffed animal
- _____ Alarm clock
- _____ Extra blanket

CAMP SEALTH

Vashon Island, Washington

Cabin Map

