

Welcome to Camp Tournesol's 2018 *Leadership Program*! We are so excited to see you soon at Cedar Glen. Our goal is for campers to come back with enhanced French verbal skills, a greater sense of autonomy and independence, new friends, fantastic memories. For those of you registered as Counsellors-in-Training, rest assured that you after this program you will be prepared to be productive members of our team.

This document is meant to be a tool to help each family prepare for this experience. Please take the time to review it carefully and discuss the content with your camper.

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Accommodations Overview

For this year's Leadership Program, our destination is Schomberg, Ontario at YMCA Cedar Glen. We will be staying in the modern Cedar Glen facilities, a nature haven close to the GTA. This facility specializes in leadership development with several high and low ropes circuits and abundant green space for outdoor games.

Situated on 263 acres of the Oak Ridges Moraine, YMCA Cedar Glen Outdoor Centre is the perfect backdrop for campers to grow their confidence and learn new skills. Cedar Glen offers a wide variety of outdoor experiential learning programs providing a positive experience for each camper. The chalet-style accommodation with private washrooms



creates a comforting atmosphere, and the dining hall provides delicious meals with a breathtaking view overlooking the valley. Campers will be able to relax in a Muskoka chair and take in the view, or play in the games room featuring a pool and table tennis. Cedar Glen also offers fun outdoor challenges like the high and low ropes!

At YMCA Cedar Glen, campers will be lodging in chalet-style rooms, with 3-4 campers per room and a private bathroom, including a shower. Counsellors are just down the hall in their own room, and each cabin has a remarkable view of YMCA Cedar Glen grounds.



Transportation, pick-up and drop-off

If you are driving your child to and from the trip:

The address for the YMCA Cedar Glen site is 13300 11th Concession Road, Schomberg.

When you go to drop off your child, please pull up in the Kiss and Ride area by the mail building, where our Program Director Alexis will greet you. Drop-off can be done any time between 11:00 am - 11:30 am.

For those parents picking up their child on Friday, please pick up your child between 12:45 pm and 1:00 pm at the latest.

If your child is taking the bus to and from the trip:

Transportation for this program is provided by school bus by First Students. Campers who embarked at the first few stops will be allowed to come off and stretch their legs at the last stop before the longer driving stretch and the same on the return trip. Please ensure that you arrive 10 minutes before the scheduled time to ensure that the bus can stay on-schedule. If the bus is running late, you will be contacted.



If you're not sure if you purchased busing, please review your account statement:

<https://register.camptournesol.ca/reg/statement/index.php>. This can be added by contacting our office.



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Bus schedule

Bus Stop	Tuesday, July 3rd	Friday, July 6th
Abbey Lane PS 1160 Old Abbey Lane, Oakville	8:30AM	4:30PM
Credit Valley PS 2365 Credit Valley Road, Mississauga	9:10AM	4:00PM
Yorkdale Secondary School 38 Orfus Road, Toronto	10:00AM	3:00PM
Julliard PS 61 Julliard Drive, Maple	10:45AM	2:30PM
YMCA Cedar Glen 13300 11th Concession Road, Schomberg, Ontario	11:30AM	1:00PM

Itinerary

The detailed itinerary is provided as a tool to track our movements during the trip. It is also meant as a preparation document for the campers. It is possible that some activities will be changed/cancelled or rescheduled because of unforeseen events.

	July 3	July 4	July 5	July 6
8:00	11:30 - Arrival and ice breakers	Breakfast	Breakfast	Breakfast Clean up rooms
9:15		Conflict resolution workshop / Group initiatives (2 groups rotating)	Low ropes / CIT Expectations + Scenarios (2 groups rotating)	Meet your coordinator Large group game
10:45		Conflict resolution workshop 1 / Group initiatives (2 groups rotating)	Low ropes / CIT Expectations + Scenarios (2 groups rotating)	Debriefing
12:30	Lunch	Lunch	Lunch	12:00 - Early lunch
1:30	Shelter Building / Leadership and Communication challenges (2 groups rotating)	Fire building / Workshop on leading arts and crafts and games (2 groups rotating)	Fire building / Game workshop (2 groups rotating)	1:00 - Bus leaves
3:00	Shelter Building / Leadership and Communication challenges (2 groups rotating)	Fire building / Workshop on leading arts and crafts and games (2 groups rotating)	Fire building / Game workshop (2 groups rotating)	
4:30	Optional swim test / Free time to get settled into the cabins.	Free time / pool	Free time / pool	
5:30	Dinner	Dinner	Dinner	
7:00	Labyrinth challenges	Animal Survival game in the forest Build your own campfire	Running Pictionary Build your own campfire	
9:00	Campfire and songs	Campfire and songs or Movie night	Campfire and songs or Movie night	
11:00	Lights out	Lights out	Lights out	

Meals

Meals during the away trip are all provided by YMCA Cedar Glen. Here's a sample menu:

- Breakfast: An assortment of cereals, oatmeal and toast, as well as a hot breakfast offered (French toast, pancakes, eggs and sausage, etc.)
- Lunch: Salad bar, one side (fries, potato wedges, etc.), and a main course (chicken burgers, tacos, wraps, etc.)
- Dinner: Salad bar, two sides (rice, corn, peas, etc.), and a main course (seasoned chicken, pasta, stir fry, etc.)

What to bring

Packing for a short trip can be challenging but please be practical, travel light and dress comfortably. Make sure ALL of your children's clothing is **labeled**. Please remember that the children must be able to take care of their luggage themselves.

We have partnered with **Mabel's Labels**, a company with all types of labels that are colourful, indestructible and fun! With a special 'Camp Pack' available and also a larger "Big Combo", your camper can label absolutely everything! Go to <https://mabelslabels.com/c/?a=tournesol> and then place your order! We look forward to sending campers home with ALL their belongings this summer!



MEDICATION

Please review the Medication section below for all information regarding medication, if your child will be bringing prescription or over-the-counter medication.

BEDDING

Bedding is NOT provided on-site. Campers should pack a sleeping bag and pillow.

TOILETRIES

- Toothbrush, toothpaste, soap, shampoo, facecloth, deodorant, feminine hygiene products etc...(please leave scented products at home)
- MEDICATION in the original packaging (if needed)
- Contacts and eyeglasses if you wear them.
- Bath towel and face cloth
- Hat to protect from the sun during our walks/hikes
- Lip balm
- Sunscreen SPF 15 or higher, VERY IMPORTANT and MANDATORY
- Sunglasses (optional)
- Bug repellent, MANDATORY



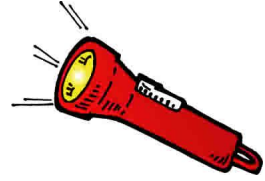
CLOTHING

- 1-2 pairs of long pants (1 jean or tracksuit pants)
- 1 sweatshirt or warmer top with a windbreaker
- Underwear and socks
- 1-2 pair of shorts (or Capri) for daytime and 3-4 t-shirts or tops for day wear
- Flip flops, slippers, or other INDOOR footwear for the evening.
- One pair of good walking shoes for outdoors. They can be running shoes in good condition and tied up.
- Waterproof raincoat and footwear (we will continue our visits rain or shine)
- Pajamas



OTHER

- Reusable water bottle
- Card games or other small games.
- Binoculars (optional)
- Umbrella (optional)
- Flashlight and spare batteries.
- Inexpensive watch (optional)
- Camera with batteries (optional)
- Reading books or magazines (mainly for the bus ride and free time).
- Notebook, pens or pencils
- Swimsuit and beach towel. There will be the option of swimming in Cedar Glen's pool, supervised by certified lifeguards. A swim test will be administered upon arrival for those wanting to swim.
- Musical instruments are welcome and encouraged for campfires or just hanging out
- You may send some snacks with the children for the bus ride but please refrain from sending large quantities of candies and fatty snacks. **ABSOLUTELY NO PEANUT OR NUT PRODUCTS.** The campers are NOT allowed to have food in their rooms. **Any food in campers' possession once we arrive will be thrown out.**



A Note on Valuables

If you choose to send digital cameras, iPod/MP3, handheld video games or any other electronic valuables with your child, they will be their responsibility. Camp Tournesol cannot be responsible for any lost or stolen items. In addition, any devices with wi-fi capability such as handheld video games or iPods will be forbidden during our trip and will be confiscated. Please do not send any valuable/expensive jewelry or watches etc. with your child.

PLEASE DO NOT SEND CELL PHONES, THEY WILL BE CONFISCATED

Lice Policy

In preparation for the overnight trip there are certain lice and nit policies we must inform you of that will be in place during your child's trip. Upon arrival, your child may be checked for lice. To ensure that this check goes smoothly, we ask that you check your child's head for lice or nits a few days before leaving for the trip. By sending your child on the overnight trips, you understand that if your child does have lice that one of the following two actions will take place:

- 1) If the case is mild, the camper will be treated immediately on-site, and expenses will be billed to you.
- 2) If the case is extreme, you will be asked to come and pick up your child.

We want to make sure that no one has to get treated or sent home. By checking your child's head a few days prior to the excursion and treating your child if they have lice or nits, you are helping to maintain a happy and healthy trip for all participants!

Important documents

Prior to attending your overnight trip, it's important that all necessary documents are completed. The information you provide is used to create cabin assignments, prepare meals and snacks that fit any dietary restrictions necessary and let our counsellors know a little bit about your child!



All campers MUST submit a recent photo of themselves as well as a photocopy of their OHIP card in advance of the trip. In addition, you MUST complete our Overnight Information Form.

Your camper's Overnight Information Form which is accessed via your online account. Log in here <https://register.camptournesol.ca/reg/login.php> and follow the following steps:

- Click on My Campers at the top of the page
- Scroll to the bottom of the Camper Information page and click on Overnight Information Form
- Fill in the required information and your name in the electronic signature box at the bottom.
- You must also upload your child's photo and OHIP card on this form.
***Once you click submit, the form is complete.

These documents and forms MUST be submitted as soon as possible. Anyone missing documents will not be allowed on the trip. If you have already submitted, then no action is required. Thank you!

Medication

Camp Tournesol counsellors will assist campers requiring medication if the Medication Form is fully completed with parent/guardian consent. Otherwise your child will not be authorized to have medication onsite. Please help us keep everyone safe by respecting this procedure.

You can find the Medication Form here:

<https://www.camptournesol.ca/wp-content/uploads/Medication-Form.pdf>. This is to be completed and given to your child's counsellor on the first day of camp (either when you drop them off on-site or at the bus stop).

Please complete one form for each medication you would like your child to have onsite or for us to assist your child with. When you send medication to camp, please follow the following requirements:

- Over-the-counter medication:
 - Must have camper's name, parent's name, and contact phone number on it
 - This must be sent in original packaging with only the intended number of doses to be used (i.e. don't send an entire bottle if you don't anticipate it all to be used)
- Prescription medication:
 - Must have camper's name, parent's name, and contact phone number on it
 - Please ask your doctor to prescribe only the required number of doses for the length of the trip, or alternatively, only count the number of dose yourself. The number of dose, what it is, and what it treats must be well identified.

Please ensure that the medication is handed in to your child's counsellor accompanied by the Medication Form. Please reinforce to your child that they are not to take any medication without consulting their counsellor.

EpiPens

If your child required an EpiPen, you must send two EpiPens. EpiPens MUST be carried by the camper in a pouch around his or her waist or in a backpack at all times (their counsellor will wear the other one in a pouch as well). Please make sure that your child's profile is up to date and indicates that your child requires an EpiPen, the allergy that triggers the EpiPen, and the EpiPen information. You can find their profile here: https://register.camptournesol.ca/reg/child_info.php

Campers requiring an EpiPen must also complete an Epinephrine Action Plan form, which can be submitted to waivers@campt.ca. Anyone who has indicated they require an EpiPen will be contacted in



advance with a reminder that the form needs to be completed. The form is found here:
<https://www.camptournesol.ca/wp-content/uploads/Epinephrine-Action-Plan.pdf>.

Photos and Blog

Our counsellors will take pictures and videos during the trip that will be uploaded from time to time on our social media networks. Unless you have selected to NOT allow us to take pictures, your child will be included in these clips and photos. At no time will we identify or name the children in the pictures. If you do NOT allow us to take pictures, please take the time to prepare your child so that she or he understands why they are asked to step aside when pictures are being taken.

You are more than welcome to request a copy of the pictures that you see on our sites. Our staff are NOT allowed to send you the pictures themselves. The request must be sent to the office.

Facebook: there will be a special album created on our Facebook page called

- Leadership 2018

If you like the album, you will see the pictures on your feed as they are uploaded. You can find us on Facebook here: <https://www.facebook.com/camptournesol/>

Instagram and Twitter: we will also use the hashtag #Leadership2018 on our Instagram and Twitter posts, so you can also find the pictures that way. Feel free to use this hashtag to post feedback and pictures after you pick up your child from the trip!!

Emergency Contact Information

If you need to reach your child in case of an emergency, please contact the Camp Tournesol office at 905-891-1889 during working hours. After hours, send an email to martine@campt.ca or reach her on her cell at 647-998-5728. *Please remember that this is an emergency number.*

Alternatively, in case of **emergency only after 9pm**, please contact the Cedar Glen office at 416-817-5664.

Code Of Conduct

At Camp Tournesol, we want all children to have fun and have an opportunity to learn. In order to achieve that, it is important that each camper conduct himself or herself in a respectful and appropriate way. Parents and Campers should review our guidelines together and ensure that your child understand them. Our code of conduct is based on the following 3 principles:

1. Don't physically endanger anybody.
2. Don't tease/put people down, even a little bit.
3. Don't do anything illegal, or that would horrify your parents.

More specifically, at Camp Tournesol safe, respectful and appropriate behavior does NOT include:

- Leaving an area without permission AND without a buddy.
- Standing on tables or chairs.
- Climbing trees or breaking branches.
- Carrying or throwing sticks, stones or sand.
- Being disrespectful to counselors or other campers or disregarding counselor's instructions.
- Water fights or throwing water (unless planned!).
- Hitting, kicking, biting, wrestling moves or violence.
- Swearing or explicit and violent language.
- Stealing.
- Consistent use of English / no efforts made to use French

Here are the behaviors that ARE acceptable:

- Making efforts to express yourself in French all day and try to use English as rarely as possible.
- Obtain permission prior to leaving an area where your group is
- Always use proper language (no swear words or violent words)
- Follow instructions as given by counselors
- Participate in the activities with enthusiasm.
- Be respectful towards all the counselors and your peers.

Any person found violating this code will be dealt with according to the following procedure:

1. Warning/discussion by their counselor and appropriate consequences depending on the gravity of the behavior (sitting out an activity etc.).
2. Meet with the Lead Counselor and a phone call to parent to identify a potentially successful strategy to improve the situation.
3. Expulsion from the trip.

Evaluation during the trip

During the entire program, all of our staff will be informally evaluating participants. Staff will be looking at their efforts to communicate in French, their leadership skills, and their interaction with other campers and with the staff. For those not registered in a CIT program this summer, this information will be kept on file, should they decide to apply to the program in the future. For those who are participating as CITs, this information will be passed along to their campus Team Leader so that they have an understanding of the CIT's strengths and areas of improvement prior to developing their weekly schedule.

Please note that should a participant refuse to speak in French or should they jeopardize their safety by disregarding staff instructions, the camper will no longer be eligible for the CIT program, as their behaviour would not represent the kind of role model we look for in a CIT. We don't anticipate this being a problem with any of the Leadership Program participants, however we encourage you to remind your child that they are participating in this program to learn how to be a CIT, and all CITs act as mentors for our campers, so we are looking for good behaviour and efforts to speak in French!

Anti-Bullying Contract

In ensuring the campers understand the behaviour that is expected of them at camp, all campers will sign an Anti-Bullying contract upon their arrival at camp. You may want to discuss some of the expectations (see below) with your child before leaving for the trip.

- I will be inclusive with my language and my actions.
- I will respect all members of our group, including the leaders.
- I will be aware of and respect the diverse needs of each individual.
- I will speak about people the way you would like to be spoken about. I will not spread rumours or gossip.
- I will be kind. I will not compromise anyone's physical or emotional safety.
- I will talk to the appropriate people about my problems.
- I will care for and respect all members of the camp community including staff and campers
- I will report any bullying that I witness to the appropriate staff member.
- I will not allow others to be bullied. Instead, I will actively stop others from lowering my peers' self-esteem.



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CIT Contract

For all CITs in attendance, the CIT contract that they had previously signed will be reviewed. A copy of the contract will be provided on-site. For your reference, please find the contract below:

- ✓ I understand that this is a French camp and that the expectation is that I will always make an effort to express myself in French with my peers and with the staff.
- ✓ I also understand that I must respect the code of conduct described in the manual I will receive.
- ✓ I also understand that I am expected to act as a role model for the campers.
- ✓ I agree to obey by all the rules as set out by Camp Tournesol staff and understand that this is important for my safety and that of my peers.
- ✓ I understand that my senior counsellor will evaluate my performance in this program and this evaluation will weigh heavily in my ability to obtain employment at Camp Tournesol when I become eligible. Only a select few CIT are invited to work following their graduation from grade 9, however, the completion of the CIT program does not guarantee employment.
- ✓ I further understand that inappropriate behaviour or refusal to follow the rules of discipline, or my unwillingness to speak French will result in my being sent home and expelled from the program for the remainder of the week or subsequent weeks if applicable.

Our staff

There will be several counselors accompanying the children on this trip. All counselors have provided a police background check, have extensive experience caring for children and are trained for First Aid and CPR. Here is a brief biography of the counsellors.

Alexis Asselin

Alexis is the Program Director at Camp Tournesol. He joined the Tournesol family in the summer of 2017 as a veteran camp person, an outdoor educator extraordinaire, a skilled administrator and accomplished facilitator. Growing up with one foot in Franco-ontarian culture through his father's side, one foot in Quebec's French immersion system, Alexis has lived experience navigating second language education as well as practical experience tutoring French learners in a private setting. Outside of camp, Alexis enjoys connecting with nature, is a voracious reader, and is a proud "papa" to a year-old daughter.



Sarah Holmes



Sarah has been a counsellor at Camp Tournesol for a wonderful seven years. She has worked with campers of all ages at several different campuses at our day and overnight camps and feels very lucky to have met so many incredible families and staff.

In the fall she will be pursuing her Master's of education, having completed her undergraduate degree at the University of Toronto. Sarah has been educated in French her whole life and is happy to be able to help others develop their French language skills. In her spare time she loves art, sports and is an accomplished ballerina and ballet teacher.

She worked at Camp Tamarack and Cedar Glen as part of the Tournesol team in previous years and has attended both Tamarack and Couchiching as a young camper, so she is very comfortable at all our host camps and excited to be returning to familiar grounds. She is known for her infectious laugh and

smile!

Clément Moudiongui

Salut! Je m'appelle Clément Moudiongui et je suis Animateur Culturelle de profession pendant l'année. Pendant 11 ans, j'ai agi en tant que moniteur de camp d'été dans le nord de l'Ontario. J'adore la musique, la littérature, le voyage, les dessins animé ainsi que les mangas. C'est un plaisir de joindre l'équipe du Camp Tournesol cet été, et j'ai hâte de m'amuser et apprendre avec vous!



Jules Ducau

Hi! My name is Jules! I currently live and work in Toronto as a French child and youth worker, but originally I'm from France! My hobbies include playing the guitar and participating in many outdoor activities (I'm essentially a big kid at heart!). My favourite camp activities are playing fun games, sports, singing around the campfire, and making wacky dances. I'm very excited for this summer and to meet your child! See you soon!

Steph Couture-Vanasse

Steph comes from Québec, so he has always been in contact with the wonderful language that is French. He's currently studying at Cégep Édouard-Montpetit, in Longueuil, to study law or geography in university. He loves travelling and being in contact with other cultures and languages. Also, he adores running, biking, playing tennis, doing yoga, reading and drawing.

He used to work in the Camp Tamarack kitchen, which is where he met the Camp Tournesol staff. He's really happy about joining the team! He can't wait to meet the kids to help them to improve their French skills and to make the summer unforgettable.



