

This camp pack is for the following weeks:



30th June to 4th July

7th to 11th July

28th July to 1st Aug



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1 Health Guidelines

Health Guidelines

The Mindful Camp follows the guidelines of MOH to keep our children, staff and families safe.

Please note:

• If your child is unwell with respiratory symptoms like cough, sore throat and runny nose, please let them rest at home. Children with temperatures higher than 38°C will be sent home. Children who miss more than 2 days of camp due to illness will be given a credit note for future camps.

2 Ensuring Safety



Your child's safety is of paramount importance to us. We work together with both parents and our vendors in ensuring the safety of your child.



To help our campers prepare for the week, we hope you would review the notes in our Code of Conduct with your child.



Facilitator-to-camper Ratio

We maintain a ratio of ONE (1) facilitator to EIGHT (8) children to ensure a safe and welcoming environment for all.



Aggression and Unsafe Behaviour

Parents will be notified if their child exhibits aggression and unsafe behaviour during camp. <u>Aggression & unsafe</u> behaviour will not be tolerated.

We will require a child to leave should their actions endanger the safety of themselves and others. Any form of refund will not be provided in such cases.



Injuries

Over the day, children may sustain small bumps or scrapes during playtime or outdoor activities. We seek your understanding that such mishaps may occur and is an essential part of growing up and taking risks.

3 Important Information



A WhatsApp Group will be set up on Sunday to put out daily announcements and reminders.

For urgent matters, the Camp Leader is your point-of-contact in camp.



Special Needs

Our facilitators are not able to provide 1 to 1 or the same level of support as educational assistants or behaviour therapists. If your child has special needs and/or is experiencing behavioural issues, please contact us at 9797-0091.



Camp Photos & Videos

Photos and videos taken during the camp may be used for our marketing materials. Please let us know if you prefer your child not to be photographed.

3 Important Information



Lunch & Snacks

Campers are served a packet of nutritious lunches daily. Snacks are provided twice a day. In addition, our caterer offers options for regular, vegetarian, gluten-free, egg& dairy-free and seafood-free options.



Special Dietary Requirements

Please let your Camp Leader know if your child has other special dietary requirements or allergies.

We apologise for any inconvenience caused while we cannot cater to specific dietary needs and food allergies.



Minimising Nut Allergens

While we strive to provide a safe environment for all campers, please note that our camp is not 100% nut-free. To minimise the risk of allergic reactions, we kindly request that you do not send snacks or food containing nuts to camp.

4 Arrival and Pick Up



Please notify your camp leader if you are running late for Dropoff or Pick-up.



There will be minimum supervision outside of the official hours.



	MON	TUE	WED	THU	FRI
<u>Official</u> <u>Arrival Time</u>	9.00am	9.00am	9.00am	9.00am	9.00am
<u>Official</u> <u>Pick Up</u> <u>Time</u>	12.00pm	12.00pm	12.00pm	12.00pm	12.00pm

Drop-off and Pick-up are at the same point daily unless otherwise notified.

5 Camp Base



Address:

Dulwich College Singapore 71 Bukit Batok West Avenue 8, Singapore 658966



Meeting Point
Your Camp Leader will
meet you at the Drop-off
point on Monday



Please drive around to Junior School drop off

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am - 12:00pm	Warm Up & Agility Games	Warm Up & Passing Techniques	Warm Up & Shooting Skills	Warm Up & Ball Control & Footwork	Warm Up & Quick Touches
			Morning Snack		
	Dribbling Drills	Team Relay Challenges	Obstacle Course	Iv1 and 2v2 Matches	Mini Camp Tournament
	Mini Matches	Small-Sided Match	Penalty Shootout Contest		Football Trivia Challenge
	Reflection: Tactics Strategies	Reflection: Sportsmanship	Reflection: Game Plan Strategy	Reflection: Team Huddle	Reflection: Future Leaders



If you wish to extend your child's camp with the **Mountain/Falcon** (Multi-Activities) program from 12:00 PM to 4:30 PM, a \$430 top-up applies. Please contact our admin team at 9797 0091.

PACKING LIST

Friday Monday Tuesday Wednesday **Thursday** Attire Attire Attire Attire Attire Turf Shoes Turf Shoes Turf Shoes Turf Shoes Turf Shoes & Comfy Activewear Packing List Packing List Packing List Packing List Packing List □ Sunscreen □ Sunscreen □ Sunscreen □ Sunscreen □ Sunscreen ☐ Insect repellent □ Hat/cap □ Hat/cap □ Hat/cap □ Hat/cap □ Hat/cap □ Water bottle □ Extra Clothes □ Extra Clothes □ Extra Clothes □ Extra Clothes □ Extra Clothes

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A healthy dose of mindfulness, arts, nature and play for the thriving child!