



Summer Camp Information for Parents & Campers

Prior to Camp

Please fill out the online registration form on our website.

Arrival at Camp

If your child attends one of our week-long or shorter residential camping programs, you can register them at the camp office in the Lodge. Registration is open from 3 to 5 p.m. Observe parking instructions and use appropriate caution when driving through camp.

Registration

Registration will be held in the camp Lodge at the camp office (signs will point you there). You can leave your camper's luggage in your vehicle until registration and health screen are complete. You must bring the Camper's remaining registration balance payment, medications, and spending money with you as you register your camper. Whoever brings your camper to registration must have an ID on them, be on the Camper Release Permission list (including parents), and sign their camper in on the sign-in sheet.

Health History Information

The camper's health portion of the registration form must be completed to the fullest detail possible. We ask that any medications given to the Health Officer be accurate and in their original packaging so the physician's directions are available. We also would like to have any specifics regarding care for special needs (e.g., behavior patterns, personal habits, food allergies, special food needs) that would assist the staff in meeting your child's needs and making their camp experience meaningful. Please be as detailed and descriptive as possible.

What to Bring to Camp

T-shirts and shorts
long-sleeved shirts
pants and long socks for hikes in the woods
preferred undergarments
Sturdy clothing for cool or wet weather
Rain gear
Two pairs of closed-toe shoes (see "Dress Code" below)
Bathing suit (see "Dress Code" below)
Sleeping bag or blankets and sheets
Campfire blanket

Pillow
Towel & toiletries
Water bottle
Bible
Pens/pencils & paper
Postcards, envelopes, stamps
Flashlight & batteries
Sunscreen
Insect repellent
Money for offering project & camp store

What to Leave at Home

These items are not to be brought to camp and will be confiscated by staff unless the camp dean gives permission to use them throughout the week. Any confiscated items will be returned to the camper prior to departure from camp.

- Mobile Phones
- Tablets/iPads
- Snack foods, candy, gum, etc.
- Other electronics such as mp3 players, handheld videogame systems, etc.
- Hair dryers
- Fishing poles
- Knives, firearms, pyrotechnics, or other weapons

Dress Code

CBH is a faith-based organization, and our faith in Christ guides us in our daily walk and decision-making. It is also a place where our campers and staff will move around a lot. We ask that the clothing for everyday use and swimming be functional and comfortable. Clothing that we do not allow includes:

- * Clothing worn to reveal underwear or cleavage is **not** permitted.
- * Clothing with suggestive or negative slogans/language (i.e., vulgar language, obscenities, images of death, and/or drug or alcohol advertisements), as well as uber-patriotic clothing, are **not** permitted.
- * Shirts **must** be waist-length or longer. A person's mid-section should not be visible. Tube tops and halterneck tops will not be allowed as they are not ideal for the camp environment.
- * Swimwear **must** be appropriate and worn only at the beachfront, on the way to the beachfront, or in other designated areas. Swimwear should be functional and stay in place during all activities. If a swimsuit does not fit a camper well, they may be required to wear a T-shirt or swim shirt over it. Anyone who wants to wear a T-shirt or swim shirt while swimming will be allowed to.
- * Flip-flops and sandals are **not** to be worn as daily footwear.

(Our staff reserves the right to ask a camper to change their clothing if we think the attire is not appropriate.)

Digital Photography

Today, most photos are developed by someone other than a photographer and can be shared on social media sites without the permission of those who are in the photos. At Camp Brethren Heights, we enforce the policy that only staff may use digital photography during camp.

Meals

Meals are well balanced and eaten family style. We also offer a salad bar at least once a day, reducing the use of sweetened beverages and serving fewer desserts and more fruit. We are also providing a basic vegetarian option at each meal. If your child has any specific food concerns or dietary needs, please let us know.

Offering Project

Each year, an offering project is selected for campers and leaders to support. This is done to raise awareness of campers to the responsibility we share in caring for others through sharing. This year, the money donated to the offering project is going to the Church of the Brethren Global Food Initiative, which helps people with food insecurity around the world. For more information, check out their website here: <https://www.brethren.org/gfi/>.

Telephone Calls & Visitors

We believe that an integral part of maturing is the extended experience away from home. For this reason, *we strongly discourage phone calls to campers and visits to camp*. If there is an emergency, please call the camp office at (231) 867-3618.

Mail & E-mail

Campers look forward to hearing from family and friends during their time at camp. Write letters early in the week to allow for mail to reach camp. Parents may wish to leave letters for their campers on the day of registration for delivery over the week. Mail should be addressed to the camper with the name of the camp session they are attending (i.e. Beaver Camp) and then the camp address at:

Camper Name

Name of Camp Attending (i.e. Bobcat, Otter etc..)

9478 Brethren Heights Rd.

Rodney, MI 49342

If it is more convenient for you to send an email message or photo to your camper, we will print and deliver it to your camper. You can send it to the camp email account: info@campbrethrenheightsmi.org and in the subject line please write the name of the camper and the session they are attending. Please make sure to have all emails sent before 5 p.m. so that they are delivered that day during supper.

Lost and Found

At the end of the summer, there is always a pile of campers' belongings left at camp. We strongly encourage your camper to label all their belongings.

If, however, your camper does leave something behind, you may inquire about lost items by calling the camp office or emailing info@campbrethrenheightsmi.org. If we have found the item, you may arrange to pick it up. Items not claimed by the fall are donated to a worthy charity.

Activities

Each camper will experience a range of activities that will work with multiple learning styles. The activities for camps held on Camp Brethren Heights site include but are not limited to:

Morning Watch	Vespers
Cabin Devotions	Bible Study
Campfires	Cookouts
Crafts	Nature Connection Activities
Swimming	Canoeing/Kayaking*
Boating	Mucking*
Service Project	Overnight at the Island*
Target Sports*	Dramas/Skits/Talent Show

*These events are limited to certain camps as part of our progression of activities. There is a separate list of activities for camps that go off-site. These camps will require special permission slips and releases that will be included with the list of activities.

Pick Up

After your camper's week at camp is finished, you can pick them up at the Lodge office. You must check in with the office and sign out your camper before interacting with your camper. To do this you must have an ID with you and be on the Camper Release Permission list. Pick-up is from 2 to 3 p.m. Observe parking instructions and use appropriate caution when driving through camp.

Camper Safety

The safety of your child is our top priority. We work at this in several ways. The first is the personnel whom we hire or who volunteer for us. We check references and do a background investigation on all employed staff and volunteers working with children. We train all staff and volunteers in appropriate behavior with children and keeping children safe. We provide supervision at all levels of operation. We review and evaluate staff on their performance.

Nature Connection Deficit in Children

Children today spend much of their time indoors, resulting in symptoms of epidemic obesity, depression, attention deficit, stress dysfunction, and plug-in obsession. Research has shown that kids who play outside are happier, better at paying attention, and less anxious than kids who spend more time indoors. They are also more responsible, confident, and active in their daily lives.

At CBH, a large part of our experience is the emphasis placed on connecting with God's Creation in a meaningful and transformative way. Most of our programming takes place in an outdoor setting and we acknowledge that there are many children who have not spent a lot of time outdoors in nature or those who have unfamiliarity with nature. Campers should prepare themselves to be outdoors for much of their time at camp.

Behavior Expectations/Essential Functions of a Camper

While camp is a place with structure, adapting to the camp environment and schedule changes is often needed. Campers will need to be able to sleep without music or lights and sleep in a cabin with 8-10 other people. Campers stay active, walking a good amount each day up and down our hills at camp. Campers need to be able to maintain personal hygiene without assistance and exhibit self-control and self-regulation when they have strong emotions. We expect campers not to wander and to use appropriate language.

Homesickness

Homesickness is a natural part of a child's experiences away from home. It is a known fact that 95% of all children experience it in some form, no matter their age. The intensity is affected by factors: EXPERIENCE, which is related to age and previous separation experiences; PERSONALITY, which is related to the children's control over their emotions and how attached they feel to their caregivers; FAMILY, which is related to whether they feel they are being forced to come to camp, whether parents expressed anxiety or doubt about them coming to camp and/or worries over situations at home; and ATTITUDE, which is related to low expectations about camp, negative first impressions of camp or thinking their homesickness will be strong. Campers will be encouraged to talk about their feelings and to continue with camp activities. Phone calls are not forbidden but are highly discouraged as it disrupts camp life.

Here are some tips to help reduce the impact of homesickness on your child.

Before Camp:

- Visit CBH prior to your child's week of camp.
- Discuss coping strategies

- Visit the CBH Website or Facebook page to view facilities and see pictures of other campers.
- Talk with your child about the normal feelings of missing those things in their lives that they love.
- Prepare for camp by letting your child bring a favorite item or book. Involve them in packing and talk with them about what they are looking forward to.
- Send pre-addressed, stamped envelopes and stationary paper to camp so they can write home
- Bring a journal, a favorite stuffed animal, or photos of family or pets to camp
- Send a prewritten card or letter to camp. If you bring them to registration, you can even write on the envelope the day you would like them given out.
- Invite a friend to come to camp

During Camp:

- Encourage them to talk about it with a friend or leader
- Eat well, hydrate, get adequate rest, wear sunscreen and bug spray, try new things

Avoid:

- "Pick-up" promise or "Phone Call" promise. Even though you mean to be supportive, you may be sending the opposite message that you don't believe that they can be successful. As a last-case scenario, we'll work with you to negotiate a shortened stay if all other options fail.
- Call your child because you are homesick for them. Allow them to have this week at camp to grow in confidence, try new things, and make new friends.

<https://www.acacamps.org/parents-families/planning-camp/coping-homesickness-camp>
<https://www.acacamps.org/press-room/how-to-choose-camp/homesickness>

Directions to CBH

GPS Coordinates

Latitude: 43° 42'15.52" N
Longitude: 85° 16'25.79" W

**9478 Brethren Heights Rd.
Rodney, MI 49342**

This will take you to Jehnsen Lake, and you'll be able to see signs for the camp and navigate from there.

From U.S. 131

- Take Big Rapids exit 139
- Head East onto M-20 1.7 mi.
- Turn *left* onto State Street (BUS 131 N) 0.8 mi.
- Turn *right* onto Maple (M-20) 0.6 mi.
- Turn *right* onto S 3rd Ave. (M-20) 0.2 mi.
- Turn *left* onto Colburn Ave. 0.4 mi.
- Colburn becomes 16 Mile Rd. 7.9 mi.
- 16 Mile curves *left* and becomes 110th Ave. 1.0 mi.
- Turn *right* onto 17 Mile Rd. 2.0 mi.
- Turn *right* onto 90th Ave. 0.6 mi.
- 90th curves left, *DO NOT* follow curve, head straight
- Turn *right* onto Brethren Heights Rd. 0.2 mi.
- Follow Rd. to the Camp Lodge 0.4 mi.

From South M-66

- Take *left* onto M-20
- Follow M-20 west through Mecosta 6.5 mi.
- Turn *right* onto 80th Ave. 2.7 mi.
- Main road curves left - *DO NOT* follow, turn *right* and continue north on 80th Ave. 1.8 mi.
- Keep *left* at fork of 80th & Taft Rd. continue on 80th 1.2 mi.
- 80th makes *left* and becomes Wilson Rd. 0.7 mi.
- At the T Wilson becomes 90th Ave. *turn left* at the T, then *right* on Camp Brethren Heights Rd. 0.2 mi.
- Follow Rd. to the Camp Lodge 0.4 mi.

From North M-66

- Turn *right* onto 20 Mile Rd. in Barryton 5.8 mi.
- Turn *left* onto 90th Ave. 3.6 mi.
- 90th curves left, *DO NOT* follow curve, head straight
- Turn *right* onto Brethren Heights Rd. 0.2 mi.
- Follow Rd. to the Camp Lodge 0.4 mi.

For More Information

Phone: 231.867.3618

Email: info@campbrethrenheightsmi.org

Website: <http://www.campbrethrenheightsmi.org>

Facebook:

<https://www.facebook.com/campbrethrenheights>

Instagram:

<https://www.instagram.com/brethrenheightscamp/>