



# WHITE ROCK NORTH SCHOOL MUSTANGS

## Summer Camp Guidelines: Rules and Regulations Handbook

Skating: Your child must have socks. Your child will not skate if they do not wear socks. Long socks are preferred. You are allowed to bring your own skates or rollerblades as long as they have not been used outside. Skates that are brought in must be inspected and approved by their counselor.

Swimming: All campers swim at least twice a week. Please make sure your child has a swimsuit, towel, a change of clothes, and water shoes to wear to the pool (flip flops, crocs, sandals). Please make sure your child has their own dry towel. Siblings may not share towels. Goggles and swim caps may be brought and/or used. Please apply sunblock before coming to summer camp.

Field Trips: Children that participate in Field Trips must be 4 years old and up. Children that participate in Field Trip Fridays must have a field trip permission slip signed and returned to the office 2 days before the field trip. All campers must wear their 2023 Summer Camp shirts. WRNS has vans that are used to transport all children and staff. Booster seats are allowed. Car seats are not.

Sack Lunches: Sack lunches may need to be sent with your child on Field Trip Fridays. Sack lunches must be packed with either milk or water. Please make sure lunch boxes and water bottles are labeled with your child's name. Please note that we do not have a student fridge or microwave.

Electronic Devices: Electronic devices are to stay at home Monday-Thursday. If a child brings any electronic device, it must be off and turned in to a camp counselor to lock in the office. The device will go home with your child at the end of the day. Fridays are "B.Y.O.D." days! Electronic devices are welcome; however, only age-appropriate games, videos, and other apps are allowed. Please make sure each device is labeled with your child's name. No headphones or earbuds are allowed.

Internet access: Children will have internet access throughout the day. If a child is caught playing, looking at, or searching for things on the internet that are not school appropriate, there will be disciplinary action.

Shoe Policy: Please make sure your child wears closed-toed shoes with socks. Summer Camp children are outside for a good portion of the day. Please make sure the only time your child has a pair of sandals/open-toe shoes is for swimming only.

Dress Code: All children should wear comfortable clothing that is acceptable to get messy in. Please make sure your child's shoulders are covered, we will be outside for a large portion of the day, so please dress appropriately. Please apply sunblock before coming to summer camp.

Sick Policy: Children must stay home for a minimum of 24 hours if they have a 100+ degree fever, vomiting, and/or diarrhea. WRNS is still following COVID-19 protocol meaning, if your child has symptoms of COVID-19, they must be tested and can only return to summer camp with a negative test result.

Medications: All medication must be left with the WRNS Office Staff. Medications must be signed in and out daily. Medications will only be administered during the lunch period (12:00pm).

Missing Field Trips: If a child has to miss a field trip due to an extracurricular activity (i.e., dance lessons, art lessons, music lessons, cheer camp, or vacation) the child's account will not be refunded.

Disciplinary Actions: Children that do not cooperate with the Summer Camp program and choose to act out repeatedly will face disciplinary actions. Behavior that is unacceptable at White Rock North School: kicking, biting, punching, use of inappropriate language, repeated acts of aggression towards other campers or counselors, and other similar behaviors. This will NOT be tolerated and the child will face consequences such as Redirection and a note of behavior to be sent home and returned with a parent signature, Camp Counselor/Parent conference, and Assistant Principal/Parent conference. If a child is given multiple chances to correct their behaviors and the child does not cooperate, WRNS Office Staff will have the child sign a "No-Go Book" and the child will have to miss the Field Trip planned for the week. The final act of discipline will be dismissal from the Summer Camp program.

Supply List:

- Swimsuit
- Towel
- Flipflops
- Sneakers
- Socks
- Book (no electronic reading devices)

Please note that each child will be administered a locker to keep their belongings in. Please do not bring a lock.

We are looking forward to a fun-filled, exciting summer! Please make sure your child understands these rules and guidelines.

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Parent Signature

Child Name

Date

## White Rock North School - "Blue Plate Special" Summer Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snacks</b> Cheddar Cheese w/ Cut Grapes  Vanilla Yogurt Parfait	Grilled Ham & Cheddar Panini w/ Tomato Basil Soup  Apple Slices w/ Whipped Caramel	Stealthy-Healthy Spaghetti w/ Bosco Bread Romaine Salad  TX Sheet Cake	All Beef Hot Dogs, Sweet Potato Tots, Ranch Beans  Grilled Fruit & Whipped Cream	Shredded Chicken Mini Tacos, Cilantro-Lime Rice, Mexican Salad  Banana Pudding w/ Nilla Wafers	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH.
Broccoli & Cheese Fritata  Overnight Oats w/ Blueberries  Biscuit w/ Ham & Egg Scramble	All-Beef Sliders, Baked Beans, Carrot & Celery Cups  Watermelon Slices	Chinese Lo-Mein w/ Mixed Veggies & Chicken Strips  Mochi Ice Cream	Beef Nachos w/ Pintos & Queso Field Green Salad w/ Ranch  Stuffed Churros	Smoked Turkey & Havarti Pinwheels w/ Summer Slaw  Apple Crisp w Whipped Cream	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH.
<b>PM Snacks</b> Bean Dip w/ Chips  Fruit Smoothie  Black Bean \$ Cheddar Quesadilla	Grilled Ham & Cheddar Panini w/ Tomato Basil Soup  Apple Slices w/ Whipped Caramel	Stealthy-Healthy Spaghetti w/ Bosco Bread Romaine Salad  TX Sheet Cake	All Beef Hot Dogs, Sweet Potato Tots, Ranch Beans  Grilled Fruit & Whipped Cream	Shredded Chicken Mini Tacos, Cilantro-Lime Rice, Mexican Salad  Banana Pudding w/ Nilla Wafers	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH.
Chocolate Quinoa Cookies  Coconut Protein Balls  Fruit & Graham Crackers w/ Yogurt	All-Beef Sliders, Baked Beans, Carrot & Celery Cups  Watermelon Slices	Chinese Lo-Mein w/ Mixed Veggies & Chicken Strips  Mochi Ice Cream	Beef Nachos w/ Pintos & Queso Field Green Salad w/ Ranch  Stuffed Churros	Smoked Turkey & Havarti Pinwheels w/ Summer Slaw  Apple Crisp w Whipped Cream	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH.

Milk and/or water are served with all meals. Garden Ingredients are used when available. Sack Lunches should include Fruit & a Drink.