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Summer Camps Education & Activities

Choosing a Summer Camp

Now is the time to register for summer camp; nearly infinite choices.

BY MARILYN CAMPBELL
THE CONNECTION

Many families with school age children will plan to have their children spend some of the much-anticipated summer season in camp. If you haven't yet selected camps for your children, now is the time.

"Popular classes and programs always fill early," said Kevin Rechen, camp director of Summer at Norwood in Potomac, Md. "Families that are choosing a camp based on a specific program or class should register as soon as they can."

Whether you choose a traditional day camp, a specialty camp or a sleep away camp, the Washington, D.C. region has a multitude of offerings. The array of options can be overwhelming for some parents, but summer camps can be an important part of a child's development. Local child development experts say there are a few things to keep in mind when choosing for a camp.

"Summer camp is an opportunity for children to develop social skills with their peers," said Linda Guly, Ph.D., professor of psychology at Marymount University in Arlington, Va. "Camps give the benefits of social interaction in a more relaxed setting."

When selecting a camp, there are factors that parents should keep in mind. "When parents are looking for a camp they should try to find a camp where they're comfortable with the facility, the programming and counselors and staff," said Rechen.

An array of specialty camps offer children a chance to focus on one activity.

"Developmentally, as children get older they get more specialized in their skills and interests," said Guly. "Summer camp is an opportunity to hone in on those skills. Go with the child's interest and skills and further develop those because they are an important part of a child's identity."

Specialty camps can help children develop creative thinking and problem-solving skills.

For example, St. Stephen's & St. Agnes School in Alexandria offers camps that include Quadcopters and Video Editing, MiKiDo Mixed Martial Arts, CSI Detective, Hunger Games, Civil War, Fantasy Battle Gaming, Filmworx Movie Making, Eco-Adventures, Junior Musical Theater, Zoology, [and] Junior Veterinarian, said Linda Stratton of SSSAS.

OTHER SPECIALTY CAMPS include cooking camps, yoga camps and sports camps that run the gamut from tennis to hockey.

"A specialty camp gives children a sense of one particular area for a short period of time and allows them to decide if it is something that they want to pursue long-term," said Bethesda, Md., resident Deborah Helfeld who has taught art and yoga summer camps.



Campers at Hidden Oaks Nature Center find something interesting while exploring the creek.

PHOTO COURTESY OF FAIRFAX COUNTY PARK AUTHORITY

Camp Greenway at The Madeira School offers three options for two-week camp sessions with outdoor and indoor activities, said Laura Temple, spokeswoman for school in McLean, Va. "Water sports, games, team sports, music, arts and crafts, and MAD Science are all part of the daily action for campers."

The Fairfax County Park Authority offers camps nature camps that are designed to immerse children in the outdoors. "We want the children to connect with the world around them," said Judy Pedersen, Public Information Officer, Fairfax County Park Authority. "When they leave camp, we hope that they have a deeper appreciation for the world around them for and the environment." You don't need to be a resident of Fairfax County to attend the camps, Pedersen said.

The Arlington Art Center offers summer camps for children and teens that meet daily for several sessions throughout the summer, 3550 Wilson Blvd, Arlington. Classes range from portfolio development to drawing, acrylic painting, and contemporary landscapes with oil paint.



MADEIRA SCHOOL PHOTO

Activities from summer camps held at Madeira School in McLean.

ANOTHER OPTION is sleep away camp, which can sometimes be a nerve-racking but rewarding experience for both a parent and a child.

How does a parent know that their child is ready for to make this leap? "It is going to vary from child to child and family to family," said Michele C. Garofalo, Ed.D., assistant chair, Department of Counseling and a professor of Psychology at Marymount University in Arlington. "I think if a child has spent time having sleep overs with friends and has done ok, and is independent and feels comfortable sleeping at friends' houses then it should be fine."

Garofalo suggests that the first sleep away camp experience should be brief. "I think you want to do a shorter experi-

ence to get them ready. The first summer, send them to a four-day camp to test the waters. Their first experience should be at a camp that is close to home. Don't send them to a camp in California the first time."

An open dialog between parent and child is key. "Explain to the child that they are going to be on their own and tell them what will be expected of them," said Garofalo. "Parents can prepare their children and have an honest conversation about what will happen at the camp."

Those who think they can't afford the cost of summer camp should research financial aid options.

"Many summer camps offer financial aid and there are foundations that give grants for camps," said Rechen.

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"Camps give the benefits of social interaction in a more relaxed setting."

— Linda Guly, Ph.D., Marymount University

At George Mason University, high school juniors and seniors will have an opportunity to attend a camp that will give them a head start on college. "It's not your parents' summer camp," said Sudha Kamath. "Mason is giving high school juniors and seniors the chance to take some rare classes for college credit, covering everything from insects that crawl underground to objects that spin through outer space."

Cathy Evans, director of special projects at George Mason University said, "Subjects include astronomy, biology, chemistry, computer science, economics, environmental science, ethics, global affairs, health behavior, history, mathematics, nutrition and public speaking. The sky's the limit as students explore topics like 'Stars, Galaxies and the Universe' and 'The Ecosphere.'"

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Great Falls Connection April 2014 Summer Camps Education & Activities 3

Local Farm Provides Fresh Food for Underserved

Arcadia hosts mobile market and camp for children.

BY MARILYN CAMPBELL
THE CONNECTION

For many, spring symbolizes fresh flowers, new beginnings and baseball, but for those who work at Arcadia Center for Sustainable Food and Agriculture, located on the grounds of the Woodlawn Estate in Mount Vernon, spring means another season of working to ensure that all members of the community have access to fresh, healthy food.

"All of our programs start up again in spring," said Morgan Maloney, farm education manager.

Arcadia runs a camp where children from ages 6-11 get to experience life on a farm and learn about the source of their food. Arcadia officials are raising money to offer financial assistance to those who need it.

"Campers spend most of their time in our educational garden," said Maloney. "One fourth of the farm is specifically designed for that age group and is called the groundhog garden."

"I am really excited because we have 30 farm camp scholarships, but we still need more money to make it happen for families who would not be able to send their children to camp," said Hess.

She is passionate when she talks about her mission to ensure that all children are able to attend a camp where they are safely immersed in the outdoors. "This camp counteracts nature deficit disorder," she said. "There are no electronics. The children are sweaty and happy. They have a lot of inde-



PHOTO BY GENE BUONACORSI

Arcadia runs a camp where children from 6-11 years old get to experience life on a farm and learn about the source of their food.

pendence and freedom to make choices."

Arcadia offers other educational opportunities for children. "In the spring when school is in session, I am running field trips," said Maloney. "Kids come to the farm for purpose of hands-on learning."

"We have efforts going on right now to expand all of the organization's services," said Hess.

OTHER PROGRAMS, which advance Arcadia's mission and serve the community, include the Arcadia Farm, which serves as an example of environmentally and economically sustainable growing practices; the Mobile Market, which distributes fresh, affordable food to underserved D.C. area neighborhoods; the Food Hub, which provides services that support and promote

local sustainable farms, and the Farm to School program, which provides healthy, local food for school meals as well as hands-on food and farm education.

"There is always a lot of work to do in the off season," said Benjamin Bartley, mobile market director. "It is exciting because we've been able to expand our services each year. We've expanded our number of stops to 10 this year. I feel particularly good about the way that we've gone. I feel pretty prepared for the market season."

"The mobile market is very effective," said Pam Hess, Arcadia's executive director. "They are in the right places, our prices are great, the food is fresh. We get first quality food and bring it to low income people. We don't take leftovers like mushy apples or

How to Get Involved

For more information on becoming a member of Arcadia Center for Sustainable Food and Agriculture, The Arcadia Mobile Market Seasonal Cookbook, the Arcadia Farm Camp, Spring Dinner or any of the organization's other programs, visit <http://arcadiafood.org/>.

ARCADIA FARM CAMP

- ❖ **Farm** — Campers learn about daily farm life. From morning chores like watering, harvesting, and collecting eggs to planting seeds and tilling garden beds, kids get to be the farmers at Arcadia Farm Camp.
- ❖ **Food** — Campers explore the delicious world of sustainable food through activities like chef demos, taste tests, and hands-on preparation of simple dishes and snacks. Plus, all of the veggies come straight from the Farm.
- ❖ **Fun** — Farm camp combines learning and play in a safe, interactive outdoor environment. Each day includes free time in the Groundhog Garden and Natural Play Space, as well as active, educational games led by experienced staff.

bruised bananas and give it to them."

"It is easy to eat well in this town if you have money," she continued. "One thing we've learned from our customers is that they care about eating healthy, but have less economic power to make those wishes known."

The staff is also excited about their new cookbook, "The Arcadia Mobile Market Seasonal Cookbook," written by Arcadia's culinary educator and mobile market outreach coordinator JuJu Harris.

"We put together seasonal recipes that incorporate ingredients that are WIC (The Special Supplemental Nutrition Program for Women, Infants, and Children) staples," said Bartley. "We are going to be giving these away to those who use food assistance programs. We're looking forward to getting it into the hands of those who it was written for."

Summer Learning Activities

BY MARILYN CAMPBELL
THE CONNECTION

When summer vacation begins and school ends in a few weeks, learning doesn't have to take a hiatus. Students can keep their academic skills sharp without entering a classroom or even sitting down with a pencil and paper.

Local educators say opportunities for reading, math, science and history skills are plentiful and none require that children set foot in a school. From a walk in the park to a trip to the grocery store, teachable moments are virtually everywhere.

"There are a thousand ways to do it, but reading is critical," said Marjorie Myers, Ed.D., principal, Francis Scott Key Elementary School in Arlington. "I think the most important thing to do is read in a fun way. Read as a family. Parents can read challenging books to their children. Go to your local library and take advantage of fun ac-

tivities there.

Some elementary schools encourage their students to read and discuss what they are reading with their parents.

Blake M. Giliotti, staff development teacher at Potomac Elementary in Potomac, Md., said, "We ask kids to read and then have discussions with their parent about what they are reading. We don't ask them to do anything written because we don't want them belabored by school work during summer."

The book discussions or questions that parents ask their children about books don't need to be complicated, Giliotti said. "It can also be as simple as saying, 'Tell me about what you are reading.' Engaging in a natural conversation about a book can give you insight into what your child understands and helps build oral communication skills," she said.

WHEN IT COMES TO science, Len Annetta, Ph.D., professor of Science at

George Mason University says he and his wife Jennifer spend a lot of time at the Smithsonian museums with their two children, Samantha, 13, and Joey, 11.

"We particularly like the Air and Space Museum," he said. "It keeps them engaged in science. We walk around together and we ask them questions after we leave a museum. When they get home they get to go online and do more research on things that interest them."

There are subtle science lessons to be learned even when taking a summer stroll. "We're out for a nature walk and we see an animal or plant and we start talking about it," said Annetta. "We also look at and talk about grasses and trees and animals."

For parents who don't have a science background, Annetta suggests looking up information on a smart phone during a walk or museum trip.

A shopping trip can also be an opportunity for a math lesson, said Myers. "Take

Local educators offer tips to keep children learning during the summer.

your children to the grocery store and use actual money instead of credit cards, so the children can see a value for money and numbers," she said. "Give children an allowance so they can make the connection between money and the cost of things they want to buy. Sitting in a class room with fake money doesn't quite get it."

This area offers an abundance of locations for history lessons. "I go out to the battle fields near Manassas," Annetta said. "There are placards that help describe what is going on. There are a lot of local museums that offer the same opportunities."

Keeping a journal is another way to keep skills sharp outside of a structured setting.

"Keeping a travel or camp journal is a fun and easy way to support academic skills," said Benita Cathey, director of admissions at Grace Episcopal School in Alexandria. "A travel or camp journal reinforces writing, geography and social studies and organizational skills."