



Serving Christ since 1984

Our mission is to challenge you
to discover the excitement of a
Christ-centered life

Parent Handbook

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Statement of Faith

Cedarbrook Camp in Pennsylvania

1. We believe in one God, eternally existent and coequal in three persons: Father, Son, and Holy Spirit. John 14:16-17. Matthew 28:19. 2 Cor. 13:14
2. We believe that Jesus Christ was conceived by the Holy Spirit, born of the Virgin Mary, and is true God and true man. Matthew 1:18-23.
3. We believe that the Scriptures of Old and New Testaments are verbally inspired by God and inerrant in the original writings, and are the final authority for faith and life. II Peter 1:20-21. II Timothy 3:16-17. Heb. 4:12
4. We believe that man was created in the image of God; that he sinned, incurring both physical and spiritual death; and that all human beings are born in sin and that this sinful nature is the origin of all sinful acts in thought, word and deed. Genesis 1:26. Romans 5:12. Isaiah 59:2. Romans 6:23. Rom. 3:23
5. We believe that the Lord Jesus Christ died as the atoning sacrifice for our sins the just for the unjust, according to the Scriptures, and that all who believe in Him are justified by grace through His shed blood. Romans 5:8-9. Eph. 2:8-9; 2 Cor. 5:21; 1 Peter 3:18
6. We believe that all who receive the Lord Jesus Christ by faith are born again of the Holy Spirit, becoming children of God. John 1:12. Gal. 3:26; John 3:16
7. We believe in the present ministry of the Holy Spirit in illuminating, regenerating, indwelling, and sanctifying the Christian. Romans 8:14-16, John 16:13, 2Thessalonians 2:13.
8. We believe in the bodily resurrection of Christ, His ascension to the right hand of the Father, His present work as High Priest and advocate, and His personal return in power and glory. I Corinthians 15:3-4. Hebrews 4:14-16, I Thessalonians 4:16-17.
9. We believe in the bodily resurrection of the saved and the lost; the saved to everlasting life, and the lost to everlasting punishment. Acts 24:15. Revelation 20:15. Romans 6:23. 1 Cor. 15:20-24

DOCTRINAL POSITION

Cedarbrook Camp serves many denominations and individual churches and has purposely limited its doctrinal statement to the basic tenets of the faith.

GREETINGS!

Thank you for selecting Cedarbrook Camp in Pennsylvania for your child's summer camping experience. We are sure it is going to be a positive experience that you and your child will never forget.

This handbook is designed to help you prepare your child for his or her stay here at camp this summer. Whether this is your child's first experience at CCPA, or their tenth, this handbook has information that will be useful to you. Please take a few moments to read through it. As always, if you have any questions, please do not hesitate to contact us at 302-738-8186 or by e-mail at quail_ccpa@msn.com

At all Cedarbrook camps, the goal is to come away from the distractions of the world and receive physical and spiritual nourishment.

CCPA was founded in 1984. We have served hundreds of camper families in our first twenty-five years of existence, and we look forward to serving hundreds more in the future.

Housing:

Campers stay in cabins. Each camper is assigned to a cabin group on the basis of the grade that he/she has just completed in school. Every effort is made to accommodate cabinmate requests. A counselor is assigned to each cabin group, and that counselor lives with the cabin group. Cabin groups will be composed of 6 or 7 campers and one counselor. There are two cabin groups in each building. Campers and their counselors are responsible for keeping the cabin area tidy. We refer to the clean-up time as "capers." In addition to keeping the cabin area clean, campers have other "capers" assigned to their cabin group during the week. The camp nurse does a daily inspection of the camp, especially the living areas, and reports on that inspection at the noon or evening meal.

PROGRAM

A camper day includes three healthy meals, three activity periods, free time, personal quiet time called Morning Watch, Bible Exploration as a cabin group, cabin time and a special evening program each night.

Morning Watch and Bible Exploration

Each camper spends time "alone with God" each morning, in a supervised area outside in view of his/her counselor. This is a guided time, but we encourage each camper to communicate with God. Bible Exploration, with the counselor and cabin group, builds

on the reading from Morning Watch and is a time for campers to study the Bible together with their counselor. Many campers say it is the most important part of camp.

Activities

We offer a variety of skill-building activities to help each camper develop his/her individual talents. Some of these activities are offered in increasing levels of difficulties. The activities include: archery, canoeing, wood-working, rocketry, fishing, drama, camp newspaper, scrapbooking, sign language, riflery, Samurai for Christ, varieties of arts and crafts, swimming lessons, three levels of horsemanship, a challenge course, and much more.

Meals

Food is always an important topic for campers. Three healthy meals are served each day. The dining hall is also a place for fun and singing. Campers sit by cabin groups. All campers will cook out at least one meal during the week. This is a highlight for campers and staff!

Free Time

During free time, campers have the opportunity to swim, create a craft, organize a soccer game, hang out at the pavilion, or shop at the Tuck Shop. The tuck shop has camp souvenir items, gifts, snacks, and other fun items. There are often other fun things to do during free time—or, campers can choose to “hang out” with their friends and relax in the shade.

Evening Program

Evening programs are planned by the camp staff to build on the weekly themes. There are exciting activities, followed by a campfire. Singing, skits, and a short challenge are generally part of the evening campfire. Many memories are shared and commitments made. It is a highlight for all.

CAMP POLICIES

We ask for your help in upholding and respecting the following Cedarbrook Camp in Pennsylvania policies.

Emergency Procedures

Minor injuries and illnesses will be handled on-site by our qualified medical staff. In the event that your child requires outside care, we will make every effort possible to contact you first to update you on the situation and obtain your permission. If we cannot contact

you, your signature on your child's health form will act as permission for the designated individuals to seek appropriate medical care.

Phone Policy

As a rule of thumb, campers are not allowed to make or receive phone calls. **Please do not promise your child that he/she may call you at any time.** This is unfair to the other campers but will also increase the likelihood your child will become homesick. Special arrangements for birthdays or emergencies may be made through the Executive Director. We have found that a camper's week at camp proceeds smoothly with an encouraging note from home. That contact is more than enough to let your child know that you care.

Mail

Mail is received and delivered to campers each day. Be sure to include your child's name and division on the outside of the envelope.

Mail should be sent c/o Camp Conquest, 480 Forest Road, Denver, PA 17517.

Refunds

In the event that you need to cancel your child's reservation, please contact the Executive Director as soon as possible. The registration fee is non-refundable and non-transferable, except for medical emergency and at the discretion of the Executive Director.

Though we always strive to teach children the love of Christ and work through any problems that may arise, it is not always in the best interest of the camper to remain at camp. Cedarbrook Camp therefore reserves the right to dismiss any camper for any serious or repeated infraction of camp policies, or if he or she poses a threat to self or others. In the unfortunate event of such a dismissal, no refund shall be granted.

WHAT TO BRING TO CAMP

The following is our suggested list for a week's stay. You may wish to alter this to suit your child's needs.

- | | | | |
|---|--|--|-------------------------------------|
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Water bottle*** | <input type="checkbox"/> Flashlight*** | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Bug repellent | <input type="checkbox"/> Notebook | <input type="checkbox"/> Pen/Pencils | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Laundry bag*** | <input type="checkbox"/> Bathing suit ** | <input type="checkbox"/> Beach towel | <input type="checkbox"/> Bath towel |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> 8 pr. Underwear | <input type="checkbox"/> 10 pr. Socks | <input type="checkbox"/> 8 t-shirts |
| <input type="checkbox"/> 8 shorts | <input type="checkbox"/> 3pr. Jeans* | <input type="checkbox"/> 1 long-sleeve shirt | |
| <input type="checkbox"/> 2 sweatshirts | <input type="checkbox"/> Raincoat | <input type="checkbox"/> Jacket | <input type="checkbox"/> Sneakers |
| <input type="checkbox"/> 1pr. Boots* | <input type="checkbox"/> Water shoes | | |

Toiletries:

- | | | | |
|-------------------------------------|--------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Bar of soap | <input type="checkbox"/> Washcloth | <input type="checkbox"/> Hairbrush |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Toothpaste | | |

Optional:

- | | | |
|---------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Camera | <input type="checkbox"/> Baseball glove | <input type="checkbox"/> Fishing Pole |
|---------------------------------|---|---------------------------------------|

* Some activities, such as Horsemanship, require boots (or hard-soled shoes with a heel). Hiking boots are also recommended for any Outdoor Living Skills activities, as there may be some hiking involved. Long pants are required for horsemanship and the challenge course.

** One-piece modest bathing suit for girls.

*** These items may be available for purchase at Tuck Shop

WHAT NOT TO BRING TO CAMP

We ask that you *not* send the following to camp with your child:

- ***Electronics:*** Video games, cell phones, beepers, walk-mans, disk-mans, radios, MP3 players, portable DVD players, Palm pilots and other electronics items should be left at home. We believe that time at camp should be spent with God and with each other. If these items appear, they will be kept by the camp director until the end of the camp session.
- ***Food, gum, candy or other food:*** These items attract not only bugs but wild animals as well. A skunk in the cabin does not make a good pet. Camp will provide plenty of food and snacks. Campers with special food needs should contact the Executive Director prior to camp to make those arrangements.
- ***Money:*** All cash should be deposited in the Tuck Shop account. Campers have no need for additional cash.
- ***Weapons, flammables and explosives:*** These items have no place in a safe camp setting. If an activity requires the use of a pocketknife, the camp will provide these. Please do not send these to camp.
- ***Tobacco, alcohol, illegal drugs or inappropriate materials:*** Possession of such materials does not honor God and can result in immediate dismissal from camp.

We recommend that you and your child pack for camp together. You may wish to make a check list so that your child will also remember to re-pack everything to bring back home after camp. Parents of younger campers have found it helpful to pack each day's full outfit (including underwear and socks) in a Ziploc bag, with extra items included as needed.

ARRIVAL AND DEPARTURE DAYS

Camper registration is Sunday afternoon 3-4:30 p.m. Departure is Saturday morning at 10:00 a.m. Lunch is not served on arrival and departure days.

If your family is aware of time constraints that may affect your ability to arrive during those hours, please contact the Executive Director. (The year-round camp telephone number will be forwarded to our cell phone at camp.) Both arrival and departure days are busy with many tasks to complete for both campers and staff. Because of this, we ask that you not arrive before or after the designated times unless you have made prior arrangements with the camp director.

Procedures for arrival:

A staff member will greet your family and direct you to a parking area. For the check-in procedure, you will need: any additional camp forms, or changes to camp forms; any medication that your child will need to be taking during the camp week; and your child's tuck shop monies, if they were not pre-paid. Any monies should be in cash, money order, or cashier's check. ***Personal checks will not be accepted.***

Our staff will guide you through the registration process. This will include meeting the division director for your child's age group to receive Morning Watch booklet and cabin assignment; confirming tuck shop monies and camper number; and meeting the camp nurse. All campers must check-in at each of these stations.

Nurse Visit: Please provide the nurse with any insurance, allergy or recent injury/illness information. In addition to this, any medication that your child is currently taking should be provided to the nurse at this time. All medications must be in the original container. Prescription medicines must be correctly labeled with the child's name and dosage, the physician's name, and the pharmacy. If your child takes a vitamin supplement that could be skipped for the week, we ask that you consider leaving it at home to simplify the day for both your child and our nurse.

Tuck Shop Visit: You may wish to browse and/or shop in the Tuck Shop. Purchases may be made on registration day with cash. (Other camper purchases are through the camper's account.) Parents may purchase camp t-shirt or other item for themselves or their camper and any other items.

Cabin Visit: After registration, it is time for your child to move into his/her cabin. You will have an opportunity to meet your child's cabin counselor. Feel free to ask questions and to get to know the counselor a little better. We want you to feel confident with whom you have entrusted your most precious possession. After your child is settled in, the check-in process is complete and you are free to leave. Leaving can be a traumatic time, especially for a young camper or for those campers who are at camp for their first time. We suggest that you talk to your child ahead of time before arriving at camp and designate a short period of time you intend to stay after your child is settled in their cabin. Linger longer can sometimes make a child nervous and more apt to feel homesick.

We recommend that you allow 1½ hours to complete the check-in process.

A WORD ABOUT HOMESICKNESS

Homesickness is a concern for parents who send their child away to their first overnight camp. A child missing home and family is a normal reaction to going away to camp. You might be surprised to know that studies have shown that every child suffers from some sort of homesickness, for all children miss something about home. Missing home isn't necessarily a bad thing. If your child misses you, it's a sure sign that he/she loves you as well!

How we deal with homesickness:

Every child is different and there is no set method for how to resolve homesickness. We treat each case uniquely and with the tenderness of God. In general, we try to discuss things that reaffirm that missing home is okay. We talk about things that the camper likes about camp and what will be happening each day. We also encourage the camper to talk about home—especially to be excited about sharing these camp experiences with the family after camp—and to write a note home. Our camp schedule is busy—that is intentional, for if campers are having a good time and enjoying lots of fun activities, they will have less time to think about what they might be missing at home. You can help prevent difficult experiences of homesickness by encouraging your child ahead of time about how much fun the time at camp will be. It will also be helpful if your child has spent a night or two away from home prior to the week of camp.

If your child continues to struggle with homesickness, a member of the administrative staff will become involved. Normally, homesickness goes away within a day or two as the camper becomes immersed in the camp routine. If not, the camp director may contact you for ideas. We will discuss our options and plan of action with you to attempt to make the camp experience a positive one for your child. In the rare event that the decision is made that camp is not going to be a positive experience for your child, we will make that decision together.

How you can help your child avoid homesickness:

There are several things that you can do before your child comes to camp that will help prepare him/her to deal with the time away from home. Some are:

- 1) Involve your child. The single most important thing you can do to prevent or lessen the amount of homesickness is to involve your child. If you and your child have not already discussed the going away to camp, you should do so now. Allow your child to feel as though he/she has a voice in the decision to go or not to go to camp. Those children that feel involved in the overall process inevitably do better at camp than those children who feel that they were forced to attend camp.

- 2) Provide practice time. Allowing your child to spend a night at a friends' house or a weekend with grandparents can help him/her learn to deal with feelings of being away. The more your child experiences time away from you, the easier it will become when he/she actually gets to camp.
- 3) Talk to your child about homesickness. Talking to your child in the weeks or days before he/she attends camp will help. Suggestions such as writing letters, talking with others or staying busy are always helpful.
- 4) Watch how you phrase things. Keep your conversations about camp in a positive light. Refrain from telling them how much you know they're going to miss home. Instead, phrase your comments about camp positively. "I know you're going to have a great time" or "If you feel like you start to miss home, just remember the things we talked about. Remember your counselor is there to help you out if you need it."
- 5) Have a positive letter of affirmation on the first day. You can either mail the letter in advance or give it to your child's counselor when you arrive to be given to your child later. Load the letter up on positive messages. Remind him/her of all the fun things that will be happening.
- 6) Don't make deals for phone calls or early pick-up. This is a common mistake made by well-meaning parents. You may think that you are comforting your child, but it almost guarantees that your child will be homesick. Instead of focusing on adjusting and having fun at camp, your child may focus on your promise. Our staff will help your child work through his/her feelings and making camp a positive experience for your child.

Procedures for departure:

On Saturday mornings, we will provide coffee and a light snack to parents starting at 9 a.m. At about 9:15, we will begin a short program to give you some highlights from the week and then bring in your campers to sing and perform for you. Check out follows this fun time together. ***Please see your child's counselor to sign the release form.*** Once you have signed the release form, you will be ready to leave. Be sure that you remember all of your child's belongings.

NOTES: