



ST. MARY'S GREEK ORTHODOX CHURCH

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*Father Timothy Sas, Proistamenos • Father Jason Houck, Associate
Father Deacon Paul Kalina • Father Deacon Luke Twito*

Dear St. Mary's Camp Families:

We are excited to have you back at camp this summer! In order to have a successful week at camp, it is imperative that we have your parental support in helping your child understand our rules, expectations and needs. Please read through each of the sections below, review with your child as needed and use the below information to assist in preparing for the camp week.

LICE:

Many years ago our camp was tremendously disrupted by a large outbreak of head lice (which we brought up with us). Since then, and again this year we are **requiring** that you inspect your child's head carefully before bringing your camper(s)

Since inspection, treatment and care of head lice is very time consuming, **we WILL NOT be inspecting for, or treating the condition** if it occurs. If any camper develops symptoms and our medical staff confirms the diagnosis, we will have no option but to immediately remove the camper from the general population. At that time a phone call will be made and it is expected that the camper's parent will drive up to camp and bring their child home for treatment. Unfortunately, *we will not reimburse camp tuition once the child has arrived at camp.*

While this protocol may seem extreme, we believe it to be our only option with such a highly contagious condition. Please save yourself and your child the disappointment and expense of premature departure by careful examination of your child's head as they finish school for the summer. If you are unsure what to look for, ask your doctor or school nurse for instruction. God willing, we're confident that with diligent proactive inspection prior to camp, everyone will enjoy a tremendous "pest-free" week!

Dress Code

Christian Modesty

As St. Mary's Summer Campers and Staff we are serving as co-ministers in Christ. Our hope and prayer is that we will all help to provide an environment that seeks to exemplify and develop what is known as inner beauty among our brothers and sisters in Christ. For this reason we ask all of our participants to assist us by serving as role models for one another in highlighting the soul more than body image.

While camping is of its nature informal, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn. **Inappropriate** clothing includes, but is not limited to:

- Open back tops (including racer-razor backs)
- Low-cut fronts
- Skin tight clothing (no yoga pants, leggings or jeggings). Jeans are too tight if you cannot bend over freely, if you cannot pinch the fabric away from your skin at any point, and if you can only put them on by lying on the bed to pull them on.
- Skirt/Dresses for Divine Liturgy and the Senior Grand March, while not at all mandatory, must also be modest and at the knee (or below) in length. Tops must be in compliance as stated above and below.
- Half shirts (crop tops), or open arm shirts that expose the torso
- Two-piece bathing suits (or one piece suits with cut-outs). Bathing suits must be modest one piece for women and standard loose fitting swim trunks for men.
- Tank tops with less than two finger-width straps, (allowing no visible bra straps).
- Shorts cut shorter than mid-thigh (so they don't creep up when seated or bending over)
- Low-cut waistlines
- Clothing bearing inappropriate logos, sayings or advertising
- Tank-top undershirts
- Athletic bras worn as a shirt
- The only acceptable body piercing is to the ear area
- Tattoos on the shoulders and Trunk area of the body should be covered at all times. And offensive tattoos on other areas of the body should also be covered at all times
- Sagging pants and exposed underwear are a no-no as well.
- At no time should underwear, lingerie, or tightly fitting garments be seen outside the cabin. (This includes spaghetti strap tank tops with bra straps easily seen, loose fitting tank tops that expose athletic bras)
- When in doubt, please leave it out.

We ask that all attire be a sign of respect for one's own self and everyone else in the community.

***A good rule of thumb is to say to yourself:
"Reach for the sky, Reach for your toes,
If your skin shows, It goes!"***

Packing List:

Camp is a busy and often intense schedule for all. Activities can include team sports, boating, and swimming as well as campfires, religion, and chapel. As a result, packing appropriately is a necessary part of preparation. Please use the below guide.

THINGS TO BRING:

CLOTHING - (Please label all clothing)

Rain gear and cap	4 pr. shorts
Waterproof shoes	6 pr. socks
2 pr. STURDY tennis shoes	6 pr. underwear
Warm jacket	Beach towel & Bath Towel
3 sweaters or sweatshirts	Hand towel and washcloth
6 T-shirts	*swimsuit - <i>a modest <u>one-piece</u> swimsuit for girls; no bikini's or tankinis</i>
3 pr. long pants/jeans	

PERSONAL GEAR

Flashlight	Medications turned in to Head Counselor
Insect repellent	Sunscreen
Dirty laundry bag	Refillable, labeled water bottle (suggested)
Pillow	Fitted twin size sheet (suggested)
Soap	Sleeping bag or bedroll securely tied, labeled and sealed in plastic bag
Shampoo	Masks (just in case)
Deodorant/antiperspirant	
Toothbrush/paste	
Pajamas, slippers (robe optional)	

SPENDING MONEY

Free will offering for missions, Camp clothing is available for sale in the Camp Wapo store.

THINGS NOT TO BRING:

*****PLEASE NOTE!! NO ELECTRONICS**

CELL PHONES!!!

- IPods/ MP3 players
- Google Glasses
- SMART watches/items
- Boom boxes
- Amplifiers
- Computers/Tablets
- Shaving cream (except for personal use)
- Excessive junk food, candy, or beverages (The kids need to eat the solid meals that the camp provides.)
- Hammocks
- Drones
- Fidget Spinners
- Snacks containing nuts- Camp Wapo is now Nut-Free

Consequence: **Any of these items may be confiscated by the staff and returned at the end of camp.**

Daily Schedule Example

7:00 Wake-Up
7:45 Flag Raising
8:00 Breakfast
8:30 Chapel
9:00 Cabin- Clean-Up/ Staff Meeting
9:30 Religion
10:15 Scheduled Morning Activities
12:00 Lunch
1:00 Quiet Time
2:00 Canteen
2:30 Afternoon Activities/ Swim time
5:00 Dinner
6:00 Orthodox Life (3rd-5th)/ Community (6th-8th) / Q&A (9th-12th)
7:15 Chapel
8:00 All Camp Activity/ Campfire
9:00 Back to Cabins (3rd-8th)/ 9th Hour Activities (9th-12th)
10:00 Devotions & Lights Out (3rd-8th)/ Meditation & Back to Cabins (9th-12th)
11:00 Lights Out

*Please note the above is a sample schedule- actual schedule may vary

Behavior:

The Behavior Contract, which outlines the expectations for the camp week, can be found on your child's Health Profile in CampDoc.

If you have any questions or concerns, please contact us at the Church, 612-825-9595 or by email at camp@stmaryscamp.com. Thank you for helping us ensure a safe and spiritually rewarding week for your child.