



Good morning, Sherman Lakers!

See below for another camp guidebook section, a caregiver resource, and a community spotlight! There's a special bonus at the end of this email for the chance to earn \$250 towards your camp fees too, so keep reading! Don't forget that the full Camp Guidebook can be found in your account under "Forms & Documents." If this is your first "preparing for camp" email from me, you can review the previous months [HERE](#).

### **Camp Guidebook Highlight**

#### **Health & Safety**

The health and safety of our campers is always our number one priority. We adhere to standards and recommendations from Michigan State's Department of Licensing and Regulatory Affairs (LARA) and the American Camp Association (ACA). Between the two, there are over 300 standards for health, safety, and program quality!

- Our Health Team includes a local licensed physician, registered nurses that are regularly on site and readily available for emergencies and questions, and Health Officers that live on site 24/7 for first aid and medication administering.
- All camper medications, including vitamins, are to be checked in with our Health Team and will be safely locked away and administered by our Health Team. We keep common Over the Counter meds on hand, so you don't need to bring them! You can find the list of what we have in your Health Form.
- Campers with temperatures over 100 degrees, have head lice/nits, or are vomiting will be sent home for at minimum of 24 hours.
- Please rest assured that we will call you if your camper has any issues more than a common illness or injury! Please review the full Guidebook for info on common illnesses and injuries at Camp.

#### **Caregiver Resource**

Looking for a physical and mental health tool for your children? We're big fans of [Cosmic Kids Yoga](#)! There's both an app to use or find it for free on YouTube! It has a ton of different stories and themes that will resonate with all interests, abilities, and age levels.

#### **Community Spotlight**

##### **Sherman Lake Y Events**

Fun for the whole family! See below for some of the upcoming events and find them all [here](#).

- [Summer Camp Tour Day](#) - March 22 or 29 - a perfect way to see Camp and ask all your questions!
- [Spring Family Fun Day](#) - March 23 - get egg-cited for a morning full of camp fun for the family!
- [Mother Daughter Weekend](#) - April 13-14 - enjoy a weekend at camp with your favorite ladies!

Thanks for reading and being a part of our Sherman Lake Y family! Make sure to like us on [Instagram](#) and [Facebook](#) to stay connected until my next email.

Best,  
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\*This is a mass email