

For Our New and Returning Camp Staff



Welcome!..Welcome Back!

Summer is almost here and we couldn't be more excited! After many months of deciphering state and local health and safety requirements, as well as full consideration of what's best for our campers and their families, we're just about ready to go. In these days of intermittent uncertainty and hope, there have been a variety of motivations that have kept us going. None has been more inspiring than the encouraging words of support coming from our staff and our unwavering desire to be together again. After all, the magic of camp doesn't happen without all of you.

As we approach the summer, we know there are lots of questions, and yes, there will be lots of new answers. Even with all the uncertainties, there are some assurances we have full confidence in. Camp will continue to be at its best when we all work to find the best parts of ourselves and make them available to our campers, their families, our staff and ourselves. We've always found this to be the most productive path to having fun, pursuing personal growth and finding new experiences never before imagined. It's why so many staff return year after year.

This summer as we focus on camper well-being, we are also more committed than ever before to attention to staff well-being. We know the past year has brought on challenges and had consequences for all of us in our own individual and collective ways. By acknowledging this, we've come to understand we must respect these individual differences and even more so provide a shared and mutually collaborative experience to help get through any challenge and prepare us to enjoy any new opportunities. With that awareness, we are fully committed to the concept of "learn, see, do". We will teach you all that we can, we will show you how things work and we will support you in making it happen. Of course, there will be challenges we can't yet anticipate (there always are) and we don't claim to have predictable answers for every question that emerges. What we do have is a system to discover the answers and work through anything that comes our way. And of course, all of this is best done in a mutually collaborative way - helping each other with an open-door that swings both ways should light the path ahead wherever it takes us. The 'heart and soul of camp' remains in-tact (it's just that our fingers and toes may have to learn a few new tricks)...

With that in mind, here are some thoughts you may want to consider:

You are going to be the fun leaders this summer. Campers will look to you to figure out how to feel about the new things at camp. If you are excited, enthusiastic, hopeful, playful, they will follow your lead.

Feel the feels but be careful about passing on your worries to your campers. Since you know that going back to camp is OK, that goes a long way in helping your campers feel the same confidence.

You may have feelings of anxiety, fear, worry, or sadness about changes to camp. Please use your unit leader, division head, wellness team, directors etc. if you need to talk about these things.

How to prepare to be your best self for your campers:



Sleep - Start to get yourself into a good sleep routine. We know that other things are tempting at night; getting enough sleep is going to help you be ready for whatever comes the next day. Like any experience we are returning to in our lives, we expect camp may be more exhausting than ever. We want you to be prepared by coming well-rested and taking the rest your body and mind need during the summer.



Food - Food is fuel for the body and camp is an active place. Be mindful about preparing to fuel your body to keep running through the long days and to be your best to support your campers.



Getting outside - At camp this is easy, but it can be a transition if you aren't outside regularly. Try to get outside daily before you arrive on the mountain. Spend some time away from technology and out in the fresh air.



Moving your body - Camp is an active place and this year has caused many of us to be more stagnant. Get yourself outside daily in order to get ready for the physically rigorous camp schedule.

For all of us, a lot has changed since we were together last. Everyone has experienced losses over the past year. Taking time to process your losses will help you to be ready to support your campers, support fellow staff, and take on new challenges this summer. Take some time to think about how you've grown and what newly found parts of yourself you are bringing with you to camp. We can't wait to see what you have to offer.

The 4 Magic Words - *I need your help.*
Don't hesitate to come to us with difficult questions.
Just ask, and we'll find the answer for you!

WE CAN'T WAIT TO BE ON THE MOUNTAIN TOGETHER!

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