

Hi Families and Friends of BVSDC!

I hope this email finds you well and enjoying these final weeks of summer. This week we've enjoyed a musically themed week at camp. We've made musical instruments, found music in nature, and danced all week! Campers and staff are also working on putting together a performance of their choice for tomorrow afternoon at Bear Lake. Some of our Kodiaks have also headed out on their second backpacking trip today to Sword Lake.

Next week we look forward to trying out some new arts and crafts projects. We will also be visiting our friends from the music festival to participate in a very special art project with them.

Along with our usual camp activities, we will have a special presentation from the Alpine County program, [Live Violence Free](#). They will provide 3 different age specific presentations on Monday, July 29. Here is an outline of the topics covered for each group.

#### Cubs

- Identify safety rules for the home, the school, and the community
- Distinguish between appropriate and inappropriate touching
- Identify people who are strangers and how to avoid contact with strangers
- Identify trusted adults and demonstrate how to ask trusted adults for help
- Show how to express personal needs and wants appropriately

#### Grizzlies

- Explain the importance of talking with parents or trusted adults about feelings
- List healthy ways to express affection, love, friendship, and concern
- Describe characteristics of a trusted friend and adult; demonstrate how to ask them for help
- Identify and demonstrate ways to express needs and wants appropriately
- Discuss the importance of setting (and ways to set) personal boundaries for privacy, safety, and expression of emotions

#### Kodiaks

- Describe the importance of setting personal boundaries for privacy, safety, and expressions of emotions and opinions
- Support and encourage safe, respectful, and responsible relationships
- Identify trusted adults to whom school or community violence should be reported
- Describe characteristics of effective communication
- Identify qualities that contribute to a positive self-image

We are so excited for the opportunity to collaborate with [Live Violence Free](#) and share this meaningful and helpful information to our campers. If you have any

questions or concerns regarding this special presentation, please email me at [camp@bearvalleyparentsgroup.org](mailto:camp@bearvalleyparentsgroup.org).

The final Kodiak backpacking trip of the summer is scheduled for next week; July 31 - August 2. This is a 3 day, 2 night trip. If you have a camper interested in joining us, please register online by friday afternoon. Registration for this activity will close by 4pm. Carley and Tobias will be the counselors for this trip and will be helping the group plan and prepare on Monday and Tuesday.

The Drop In registrations for Week 8 (Aug. 5-9) are now available online. The [Activity Schedules](#) for that week will be posted to the website by tomorrow.

Finally a quick reminder that all outstanding balances for camp must be paid in full by Friday, August 9. Unpaid balances may affect your ability to register next summer. We appreciate you choosing to spend some time this summer at Bear Valley Summer Day Camp and hope that your child's experience with us has been memorable.

Kind regards,

Mel Rynd

Camp Director