



2023 Welcome Packet: San Ramon Program

Adventure Day Camp offers a safe and positive environment where all children; regardless of race/ethnicity, class, gender identity, sexual orientation, and abilities, are able to build confidence and self-esteem while enjoying a fun-filled summer in the outdoors.

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To keep up with all the events, announcements and fun, please “LIKE US” on Facebook and follow us on Instagram!

In our eyes, there is nothing more important to our program than hiring creative, diverse, experienced, and positive staff to share the summer with your child. Your child will be assigned a Camp Counselor and 1 assistant that will guide them through their experience, creating what we hope to be a truly special bond. In addition, our Program Directors are always available for increased supervision and overall program support. You will receive an email during week one from the Program Director associated with your child's age group. We welcome your feedback at any time during the session and are happy to provide feedback on how your child is doing in camp. Just ask! Please do not hesitate to contact us with questions, comments, or concerns.

We greatly appreciate you choosing Adventure Day Camp for your child's summer camp. We can't wait to meet your child!

Warmest regards,

Kevin and Sunshine Welch

and The Adventure Day Camp Staff

What To Bring To Camp

(Besides your smiles and positive attitudes)

Backpack	Clothing	Optional
Bathing suit & towel everyday	Shorts and tshirt	Sunscreen face stick
Lunch in cooler bag	Closed Toe shoes	Sunglasses
REUSABLE water bottle	Sweatshirt for colder days	Hat
Snack for 2 snack breaks		
LABELED Bike helmet <small>(to be left at camp unless you email Molly to send it home daily)</small>		
ADC will provide sunscreen but you are welcome to bring your own		

Pikmykid app

This summer we are once again teaming up with PikMyKid to help simplify the pick up process. Complete information on how this process will work will be emailed separately.

You will use this app for

- Picking up your child
- Changes to your child pick up schedule (absent, picking up early, no bus service on a given day)

Allergies & Other Health Concerns

If child has allergies, or takes medication while at camp, we require you to complete the enclosed Medication Log and bring both the Medication Log and medication on the first day of your session. We will collect these at drop off. Also, if your child requires an epipen on file we require that you complete the form Anaphylaxis Emergency Care Plan which is included in this packet.

We cannot administer any medications unless the Medication Log is completed and signed. If you are dropping off medication or an epipen on the first day, please place in a sealed, plastic bag that is labeled.

Cell Phone Use

We have a no cell phone use policy, if your child brings their phone to camp, then it needs to be off and in their backpack. All communication with your child during the day can go through the camp office.

Parent Communication: Who to Contact For What

Adventure Day Camp will contact parents by phone for all emergencies and incidents. Even if the incident appears insignificant we will call you so you will be informed before your child arrives home.

Important Contacts:

Sunshine@adventuredaycamp.com - Director of Operations / Health Care Coordinator

Please contact Sunshine for:

- Questions / requests concerning PIZZA FRIDAY'S,
- Information on your child's health care / medications

SRDirectors@Adventuredaycamp.com

Please contact for:

- Any concerns or questions regarding your child's experience
- To receive an update on how your child is doing at camp
- Lost and found
- Swim level changes

Daily Schedule and Special Event Days

To help you plan for your child's day we will be posting each week's schedule on our website. **The schedules will be available on Sunday before the start of each week.** You will be emailed when they are available.

Checking in & out procedures and "extended care"

Drop off and pick up is at 1 Annabel Lane, San Ramon: The Dorris-Eaton School

Morning drop off: We expect morning drop off to be a busy time of the day. There are several critical steps we will be taking to allow campers to enter camp safely.

- Please pull into The Dorris-Eaton parking . You will see Adventure Day Camp signs.
- Please pull into the drop off / pick up line keeping the sidewalk on your right.
- We kindly ask that you remain in your car during pick up.
- Campers should remain in the vehicle until staff gives "thumbs up" to get out of the car.
- If you have medication to drop off, please make sure it is in a labeled, plastic bag with the medication log inside. Please hand the bag to our staff at check in.

Afternoon Pick Up:

- Please announce your arrival on your PikMyKid app
- Pick up is between 3:45 pm - 5:00 pm. Please know that our closing show ends at 3:45 so if there is not a staff at the gate to check out before 3:45, they will be there soon. If you need your child before that time, please call our office.
- You will pull up to the same area as drop off.
- Please exit the same way as morning drop off.

Lunch and Snack

There are two options regarding your child's lunch

1. This summer Adventure Day Camp is excited to once again partner with School Foodies, the Bay Area's premier kids' lunch caterer, to provide delicious, nutritious HOT & COLD lunches to its campers. Please review School Foodies ordering process by visiting www.SchoolFoodies.com. Click Login, select Register Now and create your account. **PLEASE BE SURE TO CHOOSE THE ADVENTURE DAY CAMP SAN RAMON option.** We have included a School Foodie informational flier at the end of our Welcome Packet. YUMMY!
2. For those days your child is not enrolled in the lunch program, please send your child with a bagged or cooler packed lunch. We cannot microwave lunch items or provide utensils.

Adventure Day Camp does not provide snack so please send enough snacks with your child to keep them energized for the day. Each group will have a morning and afternoon time period designated for a snack. Camp Counselors will monitor their campers to make sure they are eating their snack each day. Occasionally Adventure Day Camp will provide fruit, Popsicles, and limited amounts of candy. Please be sure you have indicated on your child's application if they have any food restrictions we should be aware of.

NUTS!

Each session we will have 5-10 campers in our program that are fatally allergic to nuts. We aim to work together to allow these campers to have a safe and worry-free experience at ADC. **PLEASE DO NOT SEND NUT PRODUCTS TO CAMP WITH YOUR CHILD.** We recognize that this might be an inconvenience for some families. With that said, we ultimately understand the seriousness of food allergies and trust you will join our effort and dedication to keep all of our campers safe and healthy. **PLEASE BE SURE TO NOTIFY ADVENTURE DAY CAMP IF YOUR CHILD HAS NUT ALLERGIES. THIS INFORMATION WILL BE GIVEN TO THE CHILD'S CAMP COUNSELOR.**

If Your Child Forgets Their Lunch

We understand that preparing your child for camp each day can be a hectic process. After your child is off to camp we all go through the check list in our heads. "Backpack? Check! Water bottle? Check! Favorite hat? Check! Lunch? Wait, why is that lunch I worked so hard to make still sitting in the fridge"? Yes, we appreciate these things happen from time to time. If your child forgets his / her lunch during the session we will notify you and make sure they are provided a lunch for the day. There will be a \$8 charge for the lunch replacement.

Enrichment Afternoon Campers

If you are enrolled in either:

- Enrichment Afternoon Plus - Week One is Full Day, Week 2,3 is PM ONLY
- Enrichment Afternoon PM ONLY

During your PM ONLY weeks, campers that are utilizing our Extended Care will be escorted to their classes at 8:55 am. If you are not utilizing our Extended Care from 8:30 am - 8:55 am, please check your child in directly with The Dorris Eaton Enrichment Staff. All campers will be picked up from their classes at 12:00pm to begin their summer camp program.

Register at:
SchoolFoodies.com

Registration Codes:
Moraga: ADC-M
San Ramon: ADC-SR



Adventure Day Camp Parents,

SchoolFoodies is pleased to be you summer camp lunch provider! Our popular meals feature many key benefits for active growing kids:

- We feature all natural, hormone and anti-biotic free meats.
- We follow the EWG's Shopper's Guide to Pesticides methodology to reduce potential produce pesticide exposures up to 92%.
- Breads are sourced fresh from local bakeries.
- Dairy comes from Petaluma based Clover Stornetta and is rBST free.
- Many meals are cooked from scratch with ingredients from local purveyors, organic when possible.
- Our meal trays are made from wheat straw fiber and certified compostable.

In response to the pandemic, we have implemented the below policies:

- All employees, including our delivery drivers, wear PPE throughout the day, including gloves and face masks.
- All transportation warmers and bins are sanitized prior to daily deliveries.
- Our entire facility, equipment and work surfaces are sanitized daily.
- No one is allowed in our facility with cold or flu like symptoms.

Click Below to Download our Brochure and Menu

OUR MENU

ITALIAN

- Cheese, Pepperoni, Sausage, Hawaiian Pizzas
- Pastas with Bolognese, Marinara, Butter & Parmesan, Pesto Sauce
- Meat or Garden Alfredo Lasagna
- Chicken or Eggplant Parmesan
- Ricotta Stuffed Pasta Shells with Bolognese or Marinara Sauce
- Garlic Cheese Bread with Beef Meatballs or Veggie Meatballs
- Italian Meatball Sub

AMERICAN & SEASONAL CLASSICS

- Baked Chicken Tenders
- Mac & Cheese
- Chicken & Waffles or Biscuit
- Beef, Three Bean or Vegetable Chili
- Turkey Chili with Corn Bread
- BBQ or Lemon Herb Roasted Drumsticks
- Chef's Famous Turkey Meatloaf
- Shepherd's Pie
- Roasted Pork Loin and Traditional Stuffing
- Baked Turkey with Mashed Potatoes and Cranberry Sauce
- Twice Baked Potatoes
- Potato Skins with Toppings
- BBQ Biscuits
- Chicken Pot Pie
- Pancakes or French Toast
- Sticks with or without Chicken Apple Sausage
- Omelets, Croques, Frittatas, Breakfast Sandwiches

HOT OFF THE GRILL

- Grass Fed Hamburgers, Cheeseburgers, Veggie Burgers
- Organic Hot Dogs, French Dogs, Corn Dog Bites, Veggie Dogs
- Grilled Cheese, Specialty Melts

ASIAN

- Fried Rice, Pineapple Fried Rice, or Chow Mein
- Chicken & Vegetable or Vegetarian Pot Stickers
- Mandarin Orange Chicken or Tofu
- Sweet & Sour Chicken or Tofu
- Teriyaki Chicken or Tofu
- Yellow Curry Chicken or Tofu with Rice
- Thai Green Curry Chicken or Tofu with Pad Thai Noodles
- California or Cucumber Avocado Rolls

MEXICAN

- Beef & Cheese, Bean & Cheese Burritos
- Chicken, Carnitas, Eggs & Sausage Burritos
- Chicken, Beef, Carnitas, Chile Verde Soft Tacos
- Chicken or Veggie Fajitas
- Cheese or Chicken Quesadillas
- Beef or Green Sauce Cheese Enchiladas
- Shredded Chicken or Green Chile Tamales
- Spicy Chicken Flautas, Bean & Cheese Rice Bowls
- Beef or Bean Tacos (Taco Tots Covered with Nacho Toppings)

DELI STYLE SANDWICHES

- Turkey and Bacon Club on a Hoopie Roll
- Turkey and Cheddar on Sliced Wheat or Bagel
- Ham and Cheddar on Sliced Wheat or Bagel
- Spanish Turkey Wrap, Pesto Turkey Wrap or BLT Wrap
- Bagel with Cream Cheese Turkey Cracker
- Pinewheels
- SunButter and Jelly on Wheat

GOURMET SALADS

- Caesar Salad with Grilled Chicken and Croutons
- Southwest Caesar with Black Beans, Corn and Tortilla Strips
- Cheese Chicken or Tofu Salad with Crunchy Main Noodles
- Taco Salad with Black Beans, Corn and Tortilla Strips
- Spinach, Egg and Mandarin Orange Salad
- Kale Salad with Goat Cheese and Cranini
- Cilantro Salad with Fresh Mozzarella and Basil Pesto
- Buffalo Bites Salad with Chicken Strips
- Kale Pesto Pasta Salad
- Safe Catch Tuna Macaroni Salad
- Safe Catch Tuna Salad with Mixed Greens and Hard Boiled Egg
- Quinoa Salad with Mandarin Oranges and Edamame
- Mediterranean Orzo Pasta Salad with Kalamata Olives and Feta
- Asian Noodle Salad with Soy Vinaigrette
- Broccoli Saw Saler with Cress and Yogurt Dressing

FINGER FOODIES

- Cold Cuts, Cheeses, Wheat Crackers and Grapes
- Fresh Baked Muffin, Yogurt and Apple Slices
- Sliced Hard Boiled Egg, Cheeses, Wheat Crackers and Grapes
- Traditional Hummus, Pita Triangles, Carrot Sticks and Grapes
- Safe Catch Tuna Salad, Cheddar, Cherry Tomatoes, Pickles and Grapes

SCRATCH MADE SOUPS

- Minestrone, Chicken Noodle or Tortilla
- Loaded Baked Potato and Bacon
- Kale and White Bean
- Broccoli Cheddar
- Tomato Basil with Turkey Meatballs

ORGANIC & PLANT POWER ENTREES

- Applegate Farms Organic Hot Dog with Organic Sliced Wheat Bun
- Zoi's Free-Range Chicken Entrees with Organic Vegetables
- Marinara and Mozzarella with Pasta, Mediterranean or Red Pepper Pesto with Couscous

SNACKS

- Apple & Strawberry 100% Fruit Bar
- Baby Carrot Sticks
- Chobani Strawberry Greek Yogurt
- Fresh House Baked Chocolate Chip Cookie
- House Baked Apple Cinnamon Muffin
- Kozy Shack Chocolate Pudding
- Red & Green Apple Slices
- Sabra Guacamole and Tortitos Rolls
- Sabra Hummus & Pretzel Chips
- Santa Cruz Organic Apple Sausis
- Shelled Edamame
- Sun Chips - Cheddar or Multigrain
- White Cheddar Pirate's Booty

DRINKS

- Clover 2% 1% Organic, Whole or FF Chocolate Milk
- Chocolate Soy milk
- Izzo Clementine Sparkling Water
- Naked Juice Berry Blast Smoothie
- Organic Apple Juice
- Spring Water

2363 Tripaldi Way, Hayward, CA 94545

Direct: (510) 556-8900 E-mail: contact@schoolfoodies.com

Register at:
SchoolFoodies.com

Registration Codes:
Moraga: ADC-M
San Ramon: ADC-SR



How do I order?

- 1) Visit www.SchoolFoodies.com . Click “Register” and create your account.
- 2) Proceed to “Add Student.” You will need your school’s registration code, which is listed at the top of this flyer.
- 3) Proceed to the “Order Policy” for important details about placing orders.
- 4) Proceed to “New Order” and place the orders on the days you wish and checkout.

You can place orders for a day, week or month at a time. The order deadline is three (3) days in advance of service days. Please orders before 9 a.m. on Fridays for the upcoming Monday. Before 9 a.m. on Saturdays for the upcoming Tuesday, and so on. An emergency meal option is available up until 5 a.m. on the same day of service.

Need to cancel or change a lunch? Login into your account and select Modify Order to cancel or change meal selections. The deadline to cancel/change a prior order is the same as the order deadline. However, you can call or e-mail to make changes after the deadline. Simply e-mail or call us with your request up until the day of service for full credit.

Pricing

Regular Size (K to 4th): \$6.75

Large Size (5th and above): \$7.25

All meals include seasonal fruit, vegetables, sporks, napkins and condiments

Subscriptions

There is a new feature that allows you to select favorites and turn on a subscription, which will automatically place orders for you each month. One week prior to a new month, you will receive an e-mail receipt with a list of ordered items. You can leave as is, or login and adjust your selections.

Mobile App

Want to place orders on the go? Download our mobile app by clicking on the appropriate logo below.

Download our Mobile App



We look forward to serving your family! If you have questions or needs contact us at contact@schoolfoodies.com, or 510-556-8900.

2363 Tripaldi Way, Hayward, CA 94545
Direct: (510) 556-8900 E-mail: contact@schoolfoodies.com

Adventure Day Camp
MEDICATION LOG

Name of Camper: _____ (Please use back of medication log if needed to document information)

Name of Medication	Dosage	Time	Special Instructions (Please be specific)	Purpose	Side Effects

This medication is for the campout only; please return Friday after the campout. Please keep this medication at ADC for emergency use during the session.

I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.

Signature of parent or guardian responsible for the child named above _____

Date _____

Additional Helpful Information:

Information Below Is To Be Completed By Adventure Day Camp Staff

Name of Medication	Date Administered	Time	Dosage	Any Side Effects After Administered	Administering Staff Signature

Medication given to ADC: _____ Medication returned to parents on: _____

Adventure Day Camp
Allergy Action Plan

Camper's Name _____ D.O.B. ____/____/____

ALLERGY TO: _____

Is allergy airborne? Yes ___ No ___ Explain if yes: _____

Asthmatic Yes* ___ No ___ *High risk for severe reaction. Does camper carry an epipen? Yes ___ No ___

SIGNS OF AN ALLERGIC REACTION

<u>Systems:</u>	<u>Symptoms:</u>
MOUTH	itching & swelling of the lips, tongue or mouth
THROAT *	itching and/or sense of tightness in the throat, hoarseness, and hacking cough
SKIN	hive, itchy rash and/or swelling about the face or extremities
GUT	nausea, abdominal cramps, vomiting and/or diarrhea
LUNG *	shortness of breath, repetitive coughing, and/or wheezing
HEART *	"thready" pulse, "passing-out"

The severity of symptoms can change quickly. *All above symptoms can potentially progress to a life-threatening situation.

Severe Allergy, therefore:
() If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.
() If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

ACTION FOR MINOR REACTION

1. If only symptom(s) are: _____,
give _____
Medication/dose

Then Director will call:

2. Mother _____ Father _____

Continue to monitor child. If condition does not improve within 10 minutes, follow steps for Major Reaction below.

ACTION FOR MAJOR REACTION

1. If symptom(s) are: _____
give _____ IMMEDIATELY!
Medication/dose

Then call:

2. 911

3. Director will call Guardian.

Please also complete a Medication Log. Provide all medications needed, labeled with your child's name. Turn all forms and medications in to the camp office. All medications will be kept in the camp office unless camper goes off site.

I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.

Parent's Signature _____ Date _____