



2025 Welcome Packet: Moraga 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**

Adventuredaycamp.com ● Phone: 925.937.6500 ● email: campinfo@adventuredaycamp.com

Meet our AMAZING Camp Directors

We are so excited to announce that Rachel Albrecht and Rosie Mickle are returning for yet another summer as our Camp Directors! They are talented, experienced, and dedicated leaders that will be front and center during your child's experience at Adventure Day Camp. Of all the aspects of camp Sunshine and I are thankful for, having these two fabulous people running our camp is certainly at the top of the list. Rachel & Rosie have been a huge part of our success over the years and since we know you have and/or definitely will come in contact with them this summer, we wanted to give them a formal introduction.

Rachel Albrecht - Camp Director

Rachel started at ADC when she was in 4th grade, since then, she has been a Junior Counselor, Camp Counselor, Program Director of our Counselors in Training, and is now our Camp Director! You can find Rachel at pick up and drop off and in the office sending emails and making schedules to make sure all the logistics are running smoothly! During the school year, Rachel will be entering her 8th year as an educator and currently teaches 1st grade at Lighthouse Community Charter in East Oakland.

Rosie Mickle - Assistant Director

Rosie started as a Camp Counselor 10 years ago, and through the years has done it all from supervising our very youngest groups to working with our Counselors In Training. You'll find her running around camp making sure everything is organized, running smoothly, and creating ways to always make the program even better. During the school year, Rosie will be entering her 6th year as an educator and currently teaches 8th grade English at Stanley Middle School in Lafayette.

"The two of us are gearing up for another fabulous summer! We're honored to work alongside the Welches and y'all as we create a magical summer camp experience for your kids. There aren't enough words to express the gratitude and love we have for ADC, it is such a special place and one that we are so lucky to run!"

***One love,
Rachel & Rosie "***

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 2-3 snack breaks		Bike Helmet
ADC will provide sunscreen but you are welcome to bring your own		
PLEASE LABEL ALL ITEMS WITH FIRST NAME AND LAST INITIAL		

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 your 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 at Adventure Day Camp. 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.

Kevin@adventuredaycamp.com - Camp Director

Please contact Kevin for:

- Billing or enrollment questions

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

Please contact Sunshine for:

- Questions / requests concerning PIZZA FRIDAY'S, paperwork, administrative issues

Rachel@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

Office@adventuredaycamp.com

Please use this email for:

- Lost and found
- Information on your child's health care / medications, or allergies
- 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.

Special Events to put in your calendar:

- **Camper Lip Sync Performance:** First Friday of each session around 2-3:30 pm
- **Camper Talent Show:** The last Friday of each session (Time TBD)
- Camp will be OPEN to celebrate and honor Juneteenth (Wednesday, June 19th).
- **We are CLOSED on July 4th**

Overnight Campout

Rancho Laguna Park n Moraga

Session One

06/12 - 6/13 (Thurs / Fri)

Session Two

07/02 - 07/03 (Wed/Thurs)

Session Three

07/17 - 07/18 (Thurs/Fri)

We can't wait for the Campout! It is such an amazing night for campers and staff. Parents too as you'll have the night free!

Activities include campfire, skits, nature crafts, camp games, and hiking. There is also talk that we may be visited on these nights by old friend, Camper Bob (he also goes by Camper Luigi, Camper Joe, and many more) **The campout is included in your tuition.** We will be emailing home additional information regarding this program once your session starts.

If you decide not to send your child on the full campout, you may either pick-up your child at Adventure Day Camp before 1:00 pm on departure day or at the Campout site after dinner. You may drop-off again on Friday at the Campout site between 7:30 am - 9:30 am or after 11:15 am at Adventure Day Camp. There will be no bus service available for afternoon drop-off on Thursday or morning pick-up on Friday. Friday afternoon bus service will operate on a normal schedule.

Swimming

Our Pk-3rd groups swim at Campolindo Pool. Our 4th-9th grade groups swim at the Saint Marys pool. Please see our swimming policies and procedures below:

Saint Marys Pool: *Campers entering 4th - 9th grade*

On first visit to the pool:

- After their orientation from the Saint Marys pool staff, campers will then be required to pass their swim test. Campers will be asked to comfortably swim approximately 30 feet across the deep end of the pool, using any stroke they choose. Staff are primarily confirming that campers are comfortable in water over their head, and not concerned with the quality of their strokes. Unfortunately, if they are unable to pass the "swim test" they will not be able to remain at the facility for that day. They may always retake the test.
- For campers that choose not to swim or have not passed their test, Adventure Day Camp Staff will organize field games outside of the pool.
- Campers entering 4th-9th grade and listed as either non swimmers or Beginners, will have the option to swim at Campolindo Soda Aquatic Center several times throughout the session. This facility has a dedicated area of the pool that is appropriate for this level.

Campolindo Soda Aquatic Center: *Campers entering Prek - 3rd grade*

Campers will be divided into groups based on their swim level you indicated on their registration. Staff and lifeguards are spread out and supervising campers in all sections of the pool. If your child has improved their swimming ability since your registration, please be sure to update their level by logging on to your account.

On first visit to the pool:

- After their orientation from the Saint Marys pool staff, campers will be divided into groups based on their swim level indicated on their registration.
- **Non-Swimmer:** Will always wear a life-jacket. Will stay in shallow end
- **Beginner:** Will stay in designated shallow area. A Life-jacket is optional
- **Intermediate:** Can choose to swim in either shallow or deep end of pool.

Checking in & out procedures and "extended care"

Drop off and pick up is at 1010 Camino Pablo, Moraga: Joaquin Moraga Middle 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 Joaquin Moraga driveway and pull as far forward as possible. You will see Adventure Day Camp signs and staff to help guide you
- We kindly ask that you remain in your car during drop off
- Campers should remain in the vehicle until staff opens the car door to help them exit
- Please follow the round about to exit the school
- After campers are checked in, they will then be directed to their camp group
- If you have medication to drop off on the first day, please make sure it is in a labeled, plastic bag with the medication log inside. The staff checking in will collect any medication

Afternoon Pick Up:

- Please do not pick up between 3:10 pm - 3:30 pm unless it is necessary
- The best time to pick up each day is between 3:45 pm - 5:00 pm.
- Please announce your arrival on your PikMyKid app
- You will pull up to the same area as drop off, all the way forward.
- Our staff will escort your child to your car and assist them to get in. Please exit the same way as morning drop off.
- If you are picking up your child between 10: 00 am - 3:30 pm, please coordinate this with our camp office.

Extended Care: INCLUDED IN YOUR TUITION

- Hours are 8:30-9:15am and 4-5pm
- Extended Care is INCLUDED in your tuition and campers are assumed in Extended Care each day unless you have signed up for Bus Service
- Families using our Bus service can always use Extended Care by contacting our office

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

Lunch and Snack

There are two options regarding your child's lunch

- 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 MORAGA option.** We have included a School Foodie informational flier at the end of our Welcome Packet. YUMMY!
- You may select your lunches for your session once you receive your **Camp Group Roster and Camp Group Name**. This will be emailed approximately 10 days before the start of your session
- Please be sure to indicate your child's Camp Group when selecting your lunches.
- 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 3-5 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.

Register at:
SchoolFoodies.com

Registration Codes:

Moraga: ADC-M

San Ramon: ADC-SR



Adventure Day Camp Parents,

This summer, send your kids on a culinary adventure! We will fuel their growing bodies and minds with delicious, healthy meals that create lunchtime smiles every day.

- Meals are prepared fresh each morning to ensure the highest quality and taste
- 6-8 daily choices, including cafeteria favorites, vegetarian and vegan options
- Fresh, seasonal fruit and vegetables included with all meals
- Most meals can be customized to be gluten-free, dairy-free and more
- Most meats and dairy are hormone and antibiotic free
- Meal trays are certified compostable by all Bay Area composting facilities (no PLA lining)

O U R M E N U



AMERICAN & SEASONAL CLASSICS

- Baked Chicken Tenders
- Mac & Cheese
- Chicken & Waffles
- Beef, Three Bean or Veggie Chili
- Turkey Chili with Corn Bread
- BBQ or Lemon Herb Roasted Drumsticks
- Shepherd's Pie
- Roast Pork Lin with Traditional Stuffing
- Roast Turkey with Mashed Potatoes and Cranberry Sauce
- Potato Skins with Toppings
- BBQ Riblets
- Chicken Pot Pie
- Pancakes or French Toast Sticks with or without Chicken Apple Sausage
- Omelets, Frittatas, Breakfast Sandwiches

ITALIAN

- Cheese, Pepperoni, Sausage, Hawaiian Pizzas
- Pastas: Bolognese, Marinara, Butter & Parmesan, Pesto
- Meat or Garden Alfredo Lasagna
- Chicken or Eggplant Parmesan
- Ricotta Stuffed Pasta Shells w/ Bolognese or Marinara Sauce



ASIAN

- 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 Noodles



MEXICAN

- Beef & Cheese, Bean & Cheese Burritos
- Chicken, Carnitas, Eggs & Sausage Burritos
- Chicken, Beef, Carnitas, Chile Verde Soft Tacos
- Cheese or Chicken Quesadillas
- Red or Green Sauce Cheese Enchiladas
- Shredded Chicken or Green Chile Tamales
- Spicy Chicken Flautas
- Bean & Cheese Rice Bowls

FINGER FOODIES

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

GOURMET SALADS

- Caesar Salad w/ Grilled Chicken and Croutons
- Southwest Caesar w/ Black Beans, Corn and Tortilla Strips
- Chinese Chicken or Tofu Salad w/ Crunchy Mein Noodles
- Taco Salad w/ Black Beans, Corn and Tortilla Strips
- Spinach, Egg and Mandarin Orange Salad
- Kale Salad w/ Goat Cheese and Craisins
- Caprese Salad w/ Fresh Mozzarella and Basil Pesto
- Buffalo Bleu Salad w/ Chicken Strips
- Pesto Pasta Salad
- Tuna Macaroni Salad
- Mediterranean Orzo Pasta Salad w/ Olives and Feta
- Broccoli Slaw Salad w/ Craisins and Yogurt Dressing

HOT OFF THE GRILL

- Hamburgers
- Cheeseburgers
- Vegan Burgers
- Hot Dogs
- Corn Dog Bites
- Grilled Cheese
- Specialty Melts

PLANT POWER ENTREES

- Quinoa & Black Bean Burrito
- Red Lentil Dal
- Chana Masala
- Butternut Squash and Black Bean Tacos
- BBQ Jackfruit
- Jackfruit Tacos
- Chickpea Potato Curry



SANDWICHES

- Turkey and Cheddar on Sliced Wheat or Bagel
- Ham and Cheddar on Sliced Wheat or Bagel
- Ranch Turkey Wrap
- Pesto Turkey Wrap or BLT Wrap
- Bagel and Cream Cheese
- SunButter and Jelly on Wheat



SNACKS

- Apple & Strawberry 100% Fruit Bar
- Baby Carrot Sticks
- Chobani Blueberry Greek Yogurt
- Fresh House Baked Chocolate Chip cookie
- Red & Green Apple Slices
- Sabra Guacamole and Tostitos Rolls
- Sabra Hummus & Pretzel Chips
- Santa Cruz Organic Apple Sauce
- Sun Chips – Cheddar or Multigrain

DRINKS

- Clover 2%, 1% Organic, Whole or FF Chocolate Milk
- Chocolate Soymilk
- Izze Clementine Sparkling Juice
- Spring Water

All Meals Include Seasonal Fruit and Vegetables
Meals Can Be Customized as Gluten-Free, Dairy-Free
and More All Meals and Dairy are Hormone Free

Some Items May Not be Available Due to
School Restrictions Menu Subject to Change -
SchoolFoodies is a Nut-Free Service

Register at:
SchoolFoodies.com

Registration Codes:

Moraga: ADC-M

San Ramon: ADC-SR

No spaces in codes



How do I order?

You may place your order when your child's Camp Group Name is emailed to you, approximately 10 days before the start of each session

- 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) Add Payment Profile and proceed to Order Policy for details about placing orders.
- 4) Proceed to New Order and use the Manually Select order process.
- 5) In the calendar menu, click + signs to open days and select items.
- 6) After items are selected for desired days, proceed to checkout.
- 7) You will receive an e-mail receipt listing all items purchased.

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. Place orders before 9am on Fridays for the upcoming Monday. Before 9am on Saturdays for the upcoming Tuesday, and so on. An emergency meal option is available up until 5am on the same day of service.

Need to cancel or change a lunch? Login to your account and select Modify Order. The deadline to change a pending order is the same as the order deadline. To make changes after the deadline, please e-mail, or call us.

Pricing:

Regular Size (K to 4th): \$7

Large Size (5th and above): \$7.75

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

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.

Transportation Procedures and Bus Rules



Adventure Day Camp uses the following vehicles to transport our campers to off-activities that include swimming, horseback riding, boating, and hiking along our local trails.

- 10 Passenger Transit vans
- 15 Passenger vans (All drivers are required to have a Class B Commercial License)
- 20-24 passenger small buses (All drivers are required to have a Class B Commercial License)

Express Transportation: Please note that this is an optional service with an additional fee. Your exact meeting spot and time confirmation will be emailed on the Wednesday before your session. These are the expected times for each stop.

Bus Meeting Spot Options:

1. Oakland Montclair Village - AM: 8:15 - 8:30 am / PM: 4:15 - 4:30 pm
2. Rockridge Bart - AM: 8:30 - 8:40 am / PM: 4:00 - 4:15 pm
3. Walnut Creek CVS Parking Lot - AM: 8:15 - 8:30 am / PM: 4:00 - 4:15 pm

AM:

- Campers should not be left at the Express Stop unattended prior to the bus arrival.
- When the bus arrives, please have your child line up on the in the designated area. Our staff will be on hand to direct you where.
- Your Bus Counselor will check in campers and allow them on the bus. Campers may not leave the bus without permission after they have been checked in.
- Your Bus Counselor will check all seat belts before leaving

PM:

- Once the bus arrives, please gather in the designated dismissal area.
- The Bus. Counselor will bring campers off one by one, checking them out to the authorized person
- The Authorized person must have a valid ID

Bus rules:

1. Once on the bus, campers should never unless the Bus Counselor gives permission.
2. Fasten seatbelts as soon as you find your seat, then your Bus Counselor will recheck.
3. Seatbelts should remain fastened at all times while riding the bus.
4. There is no eating allowed on the bus. Keep your bus clean!
5. No cell phones or electronics devises should be used on the bus.
6. Use quiet voices please.
7. All campers should be aware of the locations of the Emergency Exits.
8. Remove al trash and belongings when leaving the bus.
9. Hands must be kept inside the window at all times

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>System:</u>	<u>Symptoms:</u>
MOOUTH	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 *	"freaky" 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/Item

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/Item

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 _____