

Spring 2009

THE WORD.

DIRECTOR'S DISH

Camp Arrowhead introduces a Boomerang Lunch Program!



This summer we will be introducing a Boomerang Lunch Program, details are below.

Waste free Lunch Guidelines

A **waste free lunch** (sometimes called litter-less, smart, garbage-less or waste-not lunch) contains no throwaway packaging. Food and drinks are packed in reusable containers within a reusable lunch bag or box. All containers are resealable, so that leftover food and drink can be consumed (or composted) later.

Camp Arrowhead will be introducing a 'boomerang' lunch program where all uneaten food and waste material is returned home and is not added to the camp's waste collection.

Here are some **things to look for** in a waste free lunch:

- A reusable lunch bag or box (not a throw-away, single-use plastic or paper bag).
- Reusable containers for packing food (no plastic wrap, foil, plastic bags, single-serving containers, pre-packaged foods). Hard plastic food containers or re-use of plastic tubs are suitable options.
- Reusable drink containers e.g. thermos, or reusable bottle (single-use pop cans, water bottles, juice boxes). Recyclable containers (pop cans) are discouraged but acceptable as long as the student ensures they go into the recycling bin.
- Organic waste like apple cores, orange and banana peels, other leftovers etc. that can either be composted through a camp composting program or at home.
- Non-disposable cutlery (silverware) and a cloth napkin.

For 'boomerang' lunches, any uneaten food and any waste material produced must be returned home and **cannot** be added to the camp's waste collection.



At Camp Arrowhead we are committed to finding new ways to be eco-friendly. Look for announcements regarding our new eco-efforts over the summer months.

~David & Allyn

LOOKING AHEAD ...

- Come on out Sunday June 28th @ 11 a.m. to Meet the Staff of 2009!
- Early Enrollment gifts will be handed out Sunday June 28th, stop by the camp office to pick up yours if you are not in attendance.
- Our first evening program is scheduled for Wednesday July 1st, join us for a staff talent show!

ABOUT YOUR PARENTS GUIDE -

Please read your parent's guide thoroughly. In it you will find the following important information:

- Confirmation of your campers enrolment
- Calendar with scheduled evening programs
- Listing of dress up days
- Scheduled overnights
- Information regarding our nut-aware policy
- What does your camper need at camp?
- How do I pick up and drop off my camper?

Plus much, much more! Please ensure that you keep this guide handy for your reference over the summer months.

A FINAL WORD ABOUT FOOTWEAR



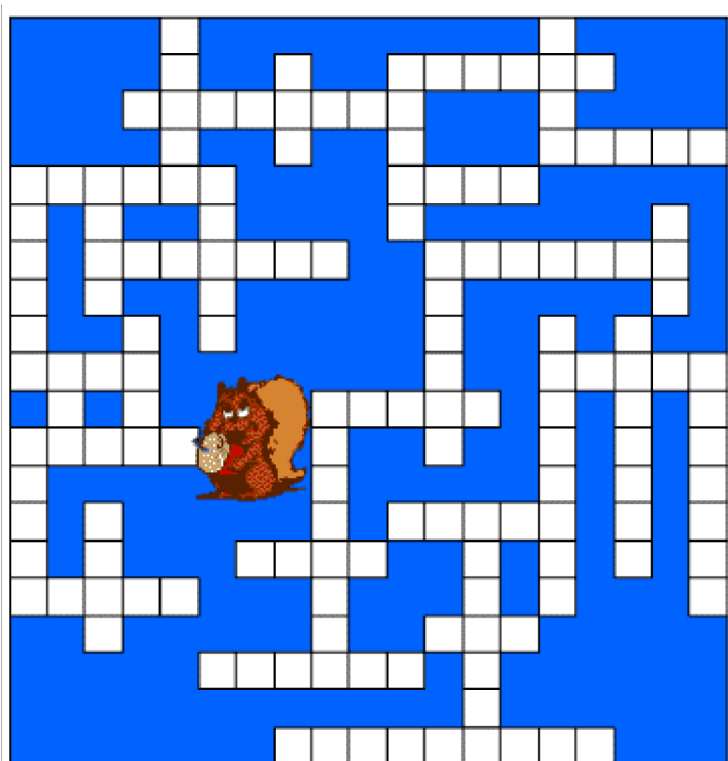
Every camper must be in camp with **both** running shoes (a fully enclosed athletic shoe) and water shoes (a fully enclosed synthetic shoe with a non-slip sole).

Please note: that Croc's are not appropriate footwear for land or water activities at camp.

Campers with inappropriate footwear, may be unable to participate in certain camp activities.

KIDS ZONE

ANIMAL FILL-IN



The names of 35 animals have been put in the puzzle. Can you fit them all in?

3 Letters

Fox
Pig
Rat
Yak

4 Letters

Bear
Goat
Lamb
Lion
Lynx
Oxen
Seal

5 Letters

Camel
Koala
Mouse
Quail
Rhino
Shark
Skunk
Sloth
Tiger
Whale

6 Letters

Beaver
Jackal
Monkey
Weasel
Wolves

7 Letters

Buffalo
Gorilla
Leopard
Octopus
Raccoon

8 Letters

Chipmunk
Kangaroo
Squirrel

9 Letters

Alligator



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