

## Murray Camp; Parent / Guardian Reminders 2024

Please e-mail: [AckMurrayCamp@gmail.com](mailto:AckMurrayCamp@gmail.com) anytime, for a quick reply.

### Name-labeled backpacks should include:

1. Labeled lunch and/or lunch containers. Discuss lunches with your child and try to have him/her assist you in packing his/her favorite foods. Try not to over-pack food amounts. Notify your child's counselor if your child is returning home with most of his/her agreed-upon lunch amount, not eaten. Please do not pack any sort of glass containers or foods that are likely to spoil such as milk, yogurt, and mayonnaise products. **The camp is nut-free due to severe camper allergies as well as undiagnosed potential allergies.** Please do not send lunches containing nut products including nut oils.
2. Campers and CITs are not allowed to have cell phones at camp. If a parent needs to give a message to their child or children, please email the camp and information will be passed along to your child's group coordinator. They will then be able to call you back via their cell phone if needed. We ask all parents and guardians to ensure your child or children's cell phones are in your possession during drop off at camp.
3. A labeled large, insulated, and filled water bottle which counselors will refill throughout the day, and assure that water breaks are frequent.
4. Labeled spray sunscreen in your child's backpack as he/she will be reminded &/ or assisted (with parent permission on campdoc.com accounts) to reapply it at lunchtime and as needed.
5. A labeled cap/hat is strongly recommended. Please discuss the importance of wearing the cap/hat (decreasing sun exposure), with your child. Rash Guard sun shirts are also a great sun protector.
6. Bathing suits that can be used as shorts for boys and swimsuits under outfits for girls, with an additional swimsuit packed, works well as we are frequently involved with water activities, inclusive of swimming lessons, water games, and enjoying the beaches!
7. Pack a labeled "very" lightweight labeled towel, daily.
8. Pack a labeled lightweight sweatshirt when the weather calls for cool temperatures.
9. Your child will be receiving tennis lessons on Wednesdays. Please make sure that your child/children are wearing sneakers when you see tennis on their schedule, as the courts will not allow them to participate without sneakers on. Tennis rackets are provided by the camp.

10. Please pack warm clothes on ice skating days. Skates will be provided by the rink. Disinfected between-usage skate helmets are available at the rink. Your children may also pack their labeled bicycle helmet to wear, if you would prefer. Again, please label them if so!

--- All our staff are First Aid, CPR, and AED certified, with the majority also holding lifeguard certification. They have also been trained and certified in the CDC Heads Up Concussion Education Program as well as the Redwoods Institute Camp Safety Series Trainings including, Aquatic Safety in Natural Bodies of Water, Aquatic Safety in the Pool, Behavior Management at Camp, Bullying Prevention at Camp, Child Sexual Abuse Prevention at Camp, Day Camp Supervision, Field Trip and Off Site Travel Safety, Peer to Peer Sexual Abuse Prevention at Camp, Playground Safety and Programming at Camp, and Transportation Safety at Camp. In accordance with Massachusetts law, a criminal and sexual offender background check has been performed on all staff before employment at the camp in addition to a national screening done on all out-of-state residing staff. Policies and employment applications are available on request for your review via administration.

--- **Lyme disease & other tick-borne diseases** can be prevented when detected early. It is necessary to read literature on Lyme disease and inspect your child for ticks every day.

--- **Meningococcal disease** should be reviewed. Info to review can be viewed at [https:// www.mass.gov/service-details/meningococcal-disease](https://www.mass.gov/service-details/meningococcal-disease)

--- Derek Andiloux, M.D. at the Cottage Hospital on the island continues to be our camp's healthcare consultant/physician this summer.

--- For any over the counter or prescription medicine, including Epi-pens to be dispensed or potentially dispensed at camp, the 2024 Murray Camp Authorization to Administer Medicine to a Camper must be completed, signed, and submitted via email by parents/guardians. Parents and guardians must ensure medication is arranged for delivery, before your child's first day at camp (contact office for details). Parents with older children prescribed Epi-pens or inhalers may choose to have their child carry their own Epi-Pen or inhaler and self-administer them as needed. Please alert the camp via email if this is your plan.

--- Please do not hesitate to bring all concerns to our attention, no matter how trivial they may seem. Please send an email to: [ackmurraycamp@gmail.com](mailto:ackmurraycamp@gmail.com) or leave a telephone message at the camp office (508-325-4600) and we will follow up promptly. We welcome your feedback and suggestions!

We look forward to spending a safe, enjoyable summer with your family on the island.

Thank you for your review!

Sincerely,

Mary Murray-Bruno, Educational Psychologist/ Camp Director

Chuck Bruno, Licensed Secondary school Teacher/ Co-camp Director

Seamus Murray Bruno, Special Education Teacher/ Co-camp Director, WSI

Liam Bruno, Operations Manager, Co-camp Director

[ackmurraycamp@gmail.com](mailto:ackmurraycamp@gmail.com) or tel. 508-325-4600