



FARMER, FORESTER, CHEF!

POWISSET FARM • DOVER, MA

PARENT HANDBOOK 2020



POWISSET FARM | DOVER, MA
ROCKY WOODS | MEDFIELD, MA



OVERVIEW

Welcome Families,

Farmer, Forester, Chef! is about adventure, friendship, fun, and discovery. It is a safe and fun camp where independence is fostered and trying new things is encouraged. We look forward to the new adventures and memories we will create with your child this summer.

Farmer, Forester, Chef! is based at historic Powisset Farm in Dover, MA, where your child will experience everything the bucolic 109-acre working farm has to offer, and so much more. An inviting, friendly atmosphere and experienced counselors welcome children for five-day weekly sessions, running from 9:00 a.m. to 3:00 p.m. Aftercare options are also available.

Each day, your child will learn about farming and where food comes from -- both vegetables and livestock -- by participating in activities as varied as composting, planting, harvesting, and preparing soil for crops. They will get to know our farm animals -- including chickens, pigs, sheep, goats and rabbits -- by caring for the animals, collecting eggs, and learning about animal life on the farm.

Great farming translates into great food, so our junior farmers also become chefs each day, through special cooking classes in Powisset's farm kitchen. They will prepare farm-fresh recipes and share their creations with each other.

Wednesdays are junior forester days: children meet at Rocky Woods in Medfield, where they hike trails, check out the latest beaver construction activity, they build fairy houses, construct bird feeders and discover the wonders of woodland flora and fauna.

Farmer, Forester, Chef! is about getting outside, spreading wings, expanding senses, fostering imagination, digging in and having fun- on the farm, in the forest, and in the kitchen.

At *Farmer, Forester, Chef!* campers are celebrated as individuals. We encourage children of all backgrounds to participate; as a result, children at camp will bring varied levels of ability and understanding. We embrace differences in interests and experience among campers and strive to meet everyone at their own level.

Camp is an exciting opportunity for children to make new friends, and we go out of our way to help children meet one another and become comfortable together. We believe this is the most important point of *Farmer, Forester, Chef!* -- to arrive as a collection of strangers and leave as a community of friends!



Powisset Farm

Powisset's 109-acres of open fields and cluster of farm buildings make up a scenic, pastoral landscape that is a rare treasure within the Greater Boston area. Given its history of active agricultural use dating back more than 300 years, the farm is an invaluable cultural resource. Today, The Trustees continues that legacy through a Community Supported Agriculture (CSA) program at Powisset Farm, along with a vibrant barnyard, farmstand, and teaching kitchen. In addition, Powisset features a upland oak forest, a pair of brooks, vernal pools and wooded wetlands.



Rocky Woods



Rocky Woods is laced by footpaths and former logging roads that meander through woods and wetlands and to the top of 435-foot Cedar Hill. With 6.5 miles of trails winding through varied terrain, Rocky Woods is a year-round destination for outdoors lovers of all abilities. Situated on 491-acres, the reservation is home to five man-made ponds, a log cabin visitors center and open field and pavilion for outdoor activities. Fishing, canoeing and discovering all the reservation's hidden flora and fauna wonders make Rocky Woods a destination for families, trekkers and nature lovers alike.

Camp Schedule

Campers will arrive at 9 AM and depart at 3 PM. Parents will drop campers off inside the screen room and patio area located next to the main barn. When dropping campers off at Rocky Woods (Wednesdays) parents can walk them into the Chickering Cabin Visitors Center. **Parents/Guardians must SIGN-IN and SIGN-OUT their camper each day.** A day in the life of a farmer, forester and chef is a busy one! And, loads of fun! As such every day is different, but includes a combination of the following:

Hands-on interaction with the barnyard animals

A cooking lesson in the Powisset kitchen

Gardening and composting

Farm chores and activities

Farm/nature-themed crafts and games

A nature lesson about woodland flora and fauna

Nature journaling

Hiking

Ponding

Birding

Tree identification

Tons of fun!

In between the fun, we'll make sure to take water breaks and time to refuel – be sure to a pack **two snacks** and a **nutritious NUT-FREE lunch** for your camper to enjoy.



II. IMPORTANT MUST-READ INFORMATION

Registration

Registration opens January 17th to all Trustees members (January 24th for non-members). For those interested in becoming a member or needing to renew, you can purchase a membership when registering for camp. To register, **visit www.thetrustees.org/ffc** and click "Register Now." **Please note:** Your registration is not complete until we have received your child's immunization record and physical report. These forms, along with any outstanding balance, must be submitted **no later than June 1st, 2020**. If you register after June 1st, full payment is due at the time of registration and forms are due at least one week prior to the start of the session. **If these forms are not received at the start of the campers first day, the camper will be unable to participate in the session.** You can upload these forms directly either at the time of registration or later through the parent dashboard. If you have any questions or concerns about the process, please call us directly at 508.785.0339 x 8.

Cancellation/Refunds

Things come up. Life happens. A full refund, less the nonrefundable deposit (\$75 per session), is available to camp families who cancel on or before June 1st. After June 1st, refunds are no longer available, however we are happy to make session changes for a \$25 administrative fee. Once a session has begun, we do not offer rebates or partial refunds for incomplete attendance. If we must cancel a session for any reason, you will receive a full refund.

Sibling Discount

When you enroll two or more siblings at *Farmer, Forester, Chef!* summer camp, you will receive a one time \$10 per additional child discount.

Membership

The Trustees is a member-supported, non-profit organization. Family members receive a discount on camp programs. If you are not already a member, you can choose to become one when you register for camp. You will pay for your membership at checkout. As a new member, you will automatically receive the member discount. **Please not that membership must be current during the weeks your child is attending camp.**



Financial Assistance

The Trustees is committed to providing environmental experiences for youth regardless of family income. To obtain a scholarship application, please contact the camp office. Scholarship funds are limited, so please apply early.



Buddy Requests

We pride ourselves on turning strangers into friends, but sometimes, you still need a buddy. Please indicate on your registration form if you would like to place your child with another camper. We will honor one request per camper when possible, based on age and maturity level, but we cannot guarantee to accommodate all requests. Campers are not allowed to bring non-registered friends to camp.



Parking

When you arrive for camp, please drive through the Powisset main entrance. Follow the farm road to the parking area on the right side of the road. Please do not park in front of the kiosk and drive carefully as other campers and families will be walking on the farm road. We ask that you **please walk your camper(s)** to and from the **screen room** of the main barn **each day** as you will need to sign your camper in and out.

Drop-Off and Pick-Up Procedures

Parents must sign-in and sign-out their child each day. Children are to be picked up at the designated meeting area (screen room at Powisset, visitor's cabin at Rocky Woods). Parents are required to sign-in and sign-out on a roster held by a counselor. To release your child into someone else's care, we require advanced written notice from the parent. The person (other than a parent or guardian) who is picking up your child will be asked to provide an ID before the child is released to their care. At the first drop-off and first pick-up parents will also be asked for an ID.

For last minute changes, you may make additional modifications to the drop-off and pick-up authorization by providing written instructions directly to the Camp Director during the morning drop-off. We will not release your child to anyone who is not listed on the roster. **There are no exceptions to this policy.**

If you must pick-up your child before the end of the day, please call and notify us at least 20 minutes prior to pick-up so we can arrange for your child to be ready. If your child will not be attending camp for any reason or if he/she is going to be significantly late, please call the camp. If your child does not show up and you do not call, we will call you.



What to Bring

We want your child to be prepared, but not over-burdened. Each child will be provided a cubby where they can store their belongings while they are attending camp.

FOOD. Please provide a nutritious **NUT-FREE** lunch packed in a tamper-proof or tightly closed container labeled with your child's name. **Lunches should not require refrigeration or heating and should not contain nut products.** As well, please provide your child with two snacks and a refillable water bottle. Any food left at the farm after camp concludes each day will be thrown out.

CLOTHING. Campers must wear closed-toe shoes. Campers must provide their own apron for use during cooking classes. Aprons may be stored at Powisset or taken home each day for laundering. Powisset will not be responsible for laundering or loss of aprons. Campers are welcome to bring a small comfortable backpack to hold their belongings. Please label your children's items with his/her name. Campers are welcome to bring an extra change of clothes to store in their cubby.

Comfortable backpacks should not be over-stuffed. Shoulder bags, duffel bags and rolling suitcases are not well-suited for our camp. When we hike long distances, sometimes over rough terrain, shoulder bags, draw string backpacks, duffel bags and rolling suitcases make it very difficult to accomplish this task. We have cubbies where your child can store extra clothing and other items that do not need to be carried with them at all times.

Please dress your child in clothing appropriate for the outdoor environment. Plan to have your child get dirty! Campers should be prepared for all kinds of weather. Sun, rain and wind are our constant companions. Check the weather forecast and pack a sweatshirt or rain coat if it looks like a cool or wet day. **Label everything.** Also, please send your camper in sneakers or other comfortable closed-toe shoes. **Flip flops, Crocs and sandals are not adequate protection for children's feet during camp.** If you would like to send your child with muck boots, they are welcome to leave them at the farm for the duration of their camp, however, the farm is not liable for any clothing or supplies left overnight at the farm, lost or damaged.

OTHER SUPPLIES. Please supply bug spray and sunscreen for your camper. Staff will remind children to reapply bug spray and sunscreen throughout the day. Please note we do not supply sun screen or bug spray.

What NOT to Bring

Electronic devices, such as cell phones, game consoles and music players are prohibited. If you feel compelled to send your child to camp with a cell phone, please ask him/her to store it in their bin. If we find children using their devices during camp, our camp staff will hold the device in the camp office for the rest of the day. We also discourage bringing items such as toys, jewelry, dolls, cards, radios, gum, money, etc. These items invariably lead to distraction and are frequently lost or broken. We therefore respectfully request that you leave them at home. *Farmer, Forester, Chef!* staff will not be responsible for these items should they be brought to camp. **Anything that might be perceived as a weapon (including jackknives) is strictly forbidden.**



CAMPER CHECKLIST



Powisset Farm

- Muck Boots or Rain Boots for barnyard activities
- Nutritious Lunch
- Two Nutritious Snacks
- Apron
- Closed-toe Shoes for kitchen, farming in vegetable fields and any other farm activities **not involving the barnyard or livestock**
- Refillable Water Bottle
- Sunscreen
- Bug Spray
- Hat or Visor (optional)
- Small Backpack (optional)



Wednesday at Rocky Woods

- Comfortable Closed-Toe Shoes
- Refillable Water Bottle
- Bug Spray
- Sunscreen
- Two Nutritious Snacks
- Nutritious Lunch
- Hat or Visor (optional)
- Small Backpack (optional)
- Rain boots for Ponding (optional)
- Compass (optional)
- Binoculars (optional)



Camp T-Shirts

Campers will receive their camp t-shirts on their first day of camp. Each camper will receive one t-shirt. If you'd like additional t-shirts, we have them available for sale.

Licensing & Accreditation

Farmer, Forester, Chef! camp at Powisset Farm complies with all Massachusetts Department of Public Health regulations. The camp is inspected and licensed by the Dover Board of Health. Parents have the right to request and review the following policies: background check, health care, discipline and grievance procedures.

Health and Safety

Please do not send your child to camp if they are sick or infectious. **If your child cannot attend camp or will be late attending, please call the camp.** Staff will remind your child to reapply sunscreen and bug spray throughout the day and will only apply sunscreen and bug spray directly to your child with your request and permission. Each day our staff leads a tick check, but it is important that you also conduct a check at home each evening. We will remove a tick only with the prior written consent of the parent. In case of serious illness or injury, the camper will be taken to **Beth Israel Deaconess Hospital Needham, 148 Chestnut Street, Needham, MA 02492 781.453.3000.** Parents will be notified immediately in all cases.

III. POLICIES & PROCEDURES

Camp Rules and Regulations

The Trustees strives to connect with children at *Farmer, Forester, Chef!* by creating a nurturing, safe and fun environment. Campers are introduced to the basic rules of behavior on the first day of their session.

Basic rules of behavior include:

- 1. Stay with the group.**
- 2. Follow staff directions.**
- 3. Listen and respect others.**
- 4. Use appropriate language.**
- 5. Refrain from rough or violent actions.**
- 6. Treat all living things with respect.**

If a situation should arise in which a child is unable to follow the rules of behavior, or the group is unable to function normally due to behavioral problems, or a camper displays inappropriate behavior that jeopardizes the health and safety of an individual or the camp as a whole, we will take the following steps:

Step 1: At the time of the incident, a counselor will verbally remind the child of proper behavior and seek to resolve whatever issue is causing the behavior in the first place.

Step 2: The Camp Director will meet with the child to review the incident(s) and review the camp's rules and expectations.

Step 3: The Camp Director will meet with the child's parents and review the documented incidents. At this point, the camp reserves the right to remove the child from the program.



Corporal punishment, including spanking is prohibited. No camper will be subjected to cruel or severe punishment, humiliation or verbal abuse. No camper shall be denied water, food or shelter as punishment. No child shall be punished for wetting, soiling or not using the toilet.

If the *Farmer, Forester, Chef!* staff feels that a child is not adjusting to camp life, we reserve the right to withdraw the child from camp after consultation with and consideration from the parents. We are not obligated to issue refunds in these instances. Please feel free to contact the Camp Director regarding any problems in your child's adjustment to our camp program.

Health and Safety



Above all else, we want your child to have a healthy, happy camp experience. Because we strongly emphasize wellness and safety, the vast majority of our campers never require medical care. However, should the need arise, our counselors are certified in CPR and First Aid. Please note, **Powisset is NOT a nut-free or gluten-free kitchen.** If your child has an allergy, please contact the Camp Director.



Immunization

Each child must have a completed *Farmer, Forester, Chef!* Health Form (completed during online registration), a physical report signed by a doctor, and current immunization records. **All health forms/immunization records are due on June 1, 2020.** If registering after June 1, health forms/immunization records are due two weeks prior to the start of the camp session for which the child is registered. If health forms/immunization records are not received, the child **WILL NOT** be allowed to attend camp.

Medication

At *Farmer, Forester, Chef!* we are required to follow strict protocols in the administration of prescription medication. **Medication must be provided in the original container with the original prescription instructions attached.** Non-prescription medication must be accompanied by a note from the parent and physician. All medication must be given to the Camp Director and will be locked up during the day. Medications will be dispensed by the Health Supervisor only.

Sick Camper

Our staff is trained to handle minor illnesses. In the event a child becomes sick during camp hours, the emergency contact will be notified and asked to pick up the child. Parents should not send children who are sick or infectious to camp. If your child is sick and will not attend camp, please call the camp.



Late Camper

Please call the Camp Director to let us know your child will be late.

Injured Camper

We have a local doctor on call and staff members are trained in emergency care and first aid. In the case of serious illness or injury, the camp staff will utilize appropriate police, fire department or ambulance transportation. If this action is taken, the camper will be taken to **Beth Israel Deaconess Hospital Needham, 148 Chestnut Street, Needham, MA 02492 Tel. 781.453.3000**. Parents will be notified immediately in all cases.

Lost Camper

The camp staff is trained in lost camper procedures. In the very unlikely event your child goes missing, all available staff will follow a predetermined protocol to locate your child. Our staff is instructed to never leave a child alone.



Tick Checks

Every night, please take a few moments to check your child for ticks, especially behind the knees, ears, at underwear lines, underarms, and at the hair line on the back of the neck. We will remind campers to reapply bug spray and do a quick check at the end of the program, but you should conduct a thorough check at the end of the day. Please take the necessary precautions. In the event we find a tick on your child while at camp we can remove the tick with **your written consent** on a form you will be provided on the first day of camp.



Meeting Diverse Needs

We welcome campers of all abilities and backgrounds. Please provide us with the tools necessary to give your child the best possible experience at camp by informing us of any special considerations prior to your child's first day of camp. Please provide information on allergies, accessibility concerns, behavioral, psychological, or emotional conditions, or other special needs. Details of any Individualized Education Plans (IEP) or Behavior Plans used with your child at school can often be helpful. The information you provide will be shared only with the camp staff who will have direct contact with your child. While we will make every effort to accommodate all considerations, it is not possible for us to offer 1:1 attention. If your child requires an aide at school or other assistance, he or she must be accompanied by the same assistance at camp.

IV. CONTACT INFORMATION

At *Farmer, Forester, Chef!* our goal is to give all our campers the best summer experience ever -- full of adventure, new experiences, learning opportunities and friendship. We are here to answer any questions you have regarding camp life, policies, registration, or any other questions you may have. Please don't hesitate to reach out.

Questions or concerns during camp should be directed to the Camp Director, who will always have the camp phone. General questions can be directed to the *Farmer, Forester, Chef!* email or office phone number.

We look forward to seeing you this summer and having a blast creating life-long memories with your child!



FARMER, FORESTER, CHEF!

POWISSET FARM • DOVER, MA

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