

## 2022 Summer Calendar:

<b>W1: June 13<sup>th</sup>-17<sup>th</sup>: Art Week</b>				
<u>Monday</u> 13. Intro	<u>Tuesday</u> 14. Art Project # 1	<u>Wednesday</u> 15. Art Project # 2	<u>Thursday</u> 16. Art Project # 3	<u>Friday</u> 17. Presentation + Trivia Day
<b>W2: June 20<sup>th</sup> – 24<sup>th</sup>: Active Week</b>				
<u>Monday</u> 20. Intro	<u>Tuesday</u> 21. Bowling	<u>Wednesday</u> 22. Playground or outdoor play	<u>Thursday</u> 23. Pump it Up	<u>Friday</u> 24. Presentation + Trivia Day
<b>W3: June 27<sup>th</sup> – July 1<sup>st</sup>: History Week</b>				
<u>Monday</u> 27. Intro	<u>Tuesday</u> 28. Woodlawn Tour	<u>Wednesday</u> 29. Gunston Hall Tour	<u>Thursday</u> 30. Fairfax Museum	<u>Friday</u> 1. Presentation + Trivia Day
<b>W4: July 4<sup>th</sup> – 8<sup>th</sup>: IN FACILITY CAMP (MS. JENNIFER'S OUT OF TOWN, no field trip/special activity)</b>				
<u>Monday</u> 4. CLOSED	<u>Tuesday</u> 5. In facility	<u>Wednesday</u> 6. In facility	<u>Thursday</u> 7. In facility	<u>Friday</u> 8. In facility
<b>Week 5: July 11<sup>th</sup> – 15<sup>th</sup>: Active</b>				
<u>Monday</u> 11. Intro	<u>Tuesday</u> 12. Chuck E. Cheese	<u>Wednesday</u> 13. Playground or outdoor play	<u>Thursday</u> 14. Trampoline Park	<u>Friday</u> 15. Presentation + Trivia Day
<b>Week 6: July 18<sup>th</sup> – 22<sup>nd</sup>: Science Experiment</b>				
<u>Monday</u> 18. Intro	<u>Tuesday</u> 19. Experiment 1	<u>Wednesday</u> 20. Experiment 2	<u>Thursday</u> 21. Experiment 3	<u>Friday</u> 22. Presentation + Trivia Day
<b>Week 7: July 25<sup>th</sup> – 29<sup>th</sup>: Active</b>				
<u>Monday</u> 25. Intro	<u>Tuesday</u> 26. Bowling	<u>Wednesday</u> 27. Playground or Outdoor play	<u>Thursday</u> 28. Pump it Up	<u>Friday</u> 29. Presentation + Trivia Day
<b>Week 8: August 1<sup>st</sup>- 5<sup>th</sup>: Around the World</b>				
<u>Monday</u> 1. Intro	<u>Tuesday</u> 2. Italy	<u>Wednesday</u> 3. Japan	<u>Thursday</u> 4. MYSTERY	<u>Friday</u> 5. Presentation + Trivia Day
<b>Week 9: August 8<sup>th</sup> – 12<sup>th</sup>: Astronomy</b>				
<u>Monday</u> 8. Intro	<u>Tuesday</u> 9. Planetarium	<u>Wednesday</u> 10. Mr. Alvin visit	<u>Thursday</u> 11. Planetarium	<u>Friday</u> 12. Presentation + Trivia Day
<b>Week 10: August 15<sup>th</sup> – 19<sup>th</sup>: Active</b>				
<u>Monday</u> 15. Intro	<u>Tuesday</u> 16. Chuck E Cheese	<u>Wednesday</u> 17. Bowling	<u>Thursday</u> 18. Pump it Up	<u>Friday</u> 19. Presentation + Trivia Day

\*\*Schedule and activities may change during the summer. Parents/Guardians will be notified.

### Schedule:

**7am:** Doors open

**7am-9am:** Drop off/ Self-time: Students are allowed to play on their electronics, read a book, work on school work, etc. quietly at their table.

**9am-9:30am:** Morning meeting: During this time, we will be taking attendance, reviewing the rules, schedule, and assign van seats.

**9:30am-10am:** Prepare for Activity/Sanitize Break or Prepare for Field trip

**10am-12noon:** Field Trip (Lunch at 11:30am)

**12pm-12:30pm:** Return from field trip, sanitize, re-group/meeting

**12:30pm-2pm:** Group Time: Students will group up and work on their group project

**2pm-2:30pm:** Clean up/Sanitize Break

**2:30pm-3pm:** Snack Break

**3pm-3:30pm:** Clean up/Sanitize

**3:30pm-4pm:** Change into uniforms + review day (circle time)

**4pm-4:30pm:** Taekwondo Class

**4:30pm-5pm:** Change, clean up, sanitize break

**5pm-6pm:** Movie time

**6pm:** Doors close

### General Information:

- Camp Hours are from 7AM - 6PM
- DROP OFF AT FRONT ENTRANCE
- PICK UP IS AT SECOND ENTRANCE
- Masks are mandatory regardless of your covid vaccine status
- All Campers must arrive before 9am. If you are making any doctors/dentist appointments during the week, please notify us
- Every Friday, students will take home their red Taekwondo bags. They are to be returned every Monday with clean uniform, summer shirts, ziplock bag with extra clothes+mask. (Do not wash/dry TKD belts)
- Please pack students summer assignments, summer books, and/or workbook for morning study time
- Students are responsible for their own belongings
- We DO NOT ALLOW students to bring extra funds for field trips

### Prep:

- Mask
- Refillable water-bottle
- Please pack extra clothes, under garments, masks in zip-lock bag for any accident or emergencies. (stays at TKD)
- In another large zip lock bag, please pack personal hand sanitizer, sunscreen spray (NOT LOTION), and bug spray (stays at TKD)
- SOCKS AND SNEAKERS every day, no summer shoes like flipflops/crocs/etc.
- If weather permits us from going outdoors, we will plan indoor activities

### What is allowed to be brought to TKD:

- Electronics/charger/headphones
- Summer assignments/workbooks/reading books

### Not allowed:

Nerfs, blankets, pillows, weapon-like toys, funds (money).

### Food:

Children who are enrolled in camp must bring lunch, two snacks, and a refillable water bottle.

Refrigeration is not available for participants' lunch and snacks, so please do not include any food that is subject to rapid deterioration or spoilage (such as mayo).

- Please PACK Lunch and Snacks.
- No microwavable and refrigerated food
- WE ARE A NUT FREE FACILITY, PLEASE MAKE SURE YOUR CHILD DOES NOT HAVE ANY NUT PRODUCTS! (Let's think of our students and staff members with nut allergies!)
- Please do not pack soda, canned drinks, candy, sweets.

## **Welcome**

Dear Parents/Guardians,

We thank you for choosing *USTC: Master Han Taekwondo* for your child's camp experience.

In this packet, you will find the necessary information pertaining to our camp policies and procedures. We believe that everyone contributes to providing a safe and enriching environment for our campers. Therefore, please make sure to review the Rules and Regulations with your child.

## **Participation Skills**

Basic participation skills are required of each camper in order to participate in our summer camp program. Campers must be able to meet these standards with minimal assistance:

- Actively participate in planned activities during an 8-12 hour camp day
- Be able to function within a 1:10 counselor to camp ratio
- Does not require one-on-one supervision
- Able to understand, follow, and accept directions.
- Takes turns and shares in a cooperative manner
- Respect others and their property
- Able to stay with his/her assigned group
- Able to maintain self-control
- Must be able to maintain personal care i.e. eat, dress, and function independently

## **Code of Conduct**

Master Han Taekwondo and U.S. Taekwondo College has established a code of conduct for campers, staff, and parents. It is based upon the guiding principles of respect, safety, behavior, and personal property. Parents are strongly encouraged to review our code of conduct with their child prior to start of camp. A signed copy will be required for your child's file. All children are required to abide by these policies.

### **RESPECT**

Students and Parents/Guardians entering the facility must take off their shoes (if entering Do-Jang floor) and address all Teachers, Instructors, and Masters by their title.

Students and Parents/Guardians are to show respect to our country and our school by bowing to the flags when entering and exiting the Do-Jang. (Do-Jang is a term used in Korean Martial arts that refers to a formal training hall.)

### **We show Respect by**

- Keeping our hands and feet to ourselves
- Using kind and friendly words
- Asking the owner permission if we can use their belongings
- Using other's belongings with care and returning it back
- Listening to someone when they are speaking to us
- Not talking back to our Teachers, Instructors, Counselors, and Masters

### **FOOD**

- Students are not allowed to share/trade foods with each-other. (Family/Siblings are allowed)
- Students are to clean up after lunch/snack time by throwing their trash away and sweeping around their area

### **TAEKWONDO**

- Uniforms should always be clean and folded in red bags. (Do not wash/dry belts in machine)
- Please do not use belts/bags as weapons (swinging them around, using them as punching bags, etc.)
- Please change into your uniforms/clothes quickly and quietly in the changing room
- Paying attention in class, not talking during class, follow the U.S.T.C. R&R

### **SAFETY**

- Students are to obey field trip facility rules
- Students must stay with their group and leader at all times during the field trip

- Stranger Danger: students are NOT allowed to play and speak with others outside of Master Han Taekwondo. They may greet their friends, neighbors, family members but must always stay with Master Han Taekwondo and group

Horse Playing, Foul language, and Bullying are NOT ALLOWED!

Students who do not comply with camp rules and/or demonstrate violence/threatens to others will be removed immediately from program.

### **Discipline**

Master Han Taekwondo is dedicated to providing an outstanding camp program for the youth of Northern Virginia. To accomplish this goal, campers are expected to behave appropriately, and promote a safe, fun, and healthy environment through productive participation. To ensure this, we have developed a tiered approach to discipline that consists of 3 levels.

**Tier 1** behaviors are mild or one-time offenses. These will be addressed directly by camp counselors, brought to the attention of camp managers, and will result in a note home to parent/guardian.

**Tier 2** behaviors are more serious or repetitive Tier 1 behaviors. These will be addressed directly by camp counselors, brought to the attention of camp managers, and will result in early dismissal and possible suspension of 1-3 days. (Refunds are NOT given to students who are suspended or expelled from camp).

**Tier 3** behaviors are serious offenses that cannot be tolerated to include repeated Tier 2 behaviors. They will be handled directly by the camp manager and children's program director, will result in immediate dismissal from the program, and a longer suspension period from ALL U.S. Taekwondo College schools.

### **Discipline Techniques**

Our goal is to provide each child with the skills necessary to solve conflicts in a manner that is appropriate and with regard to others' feelings. We seek cooperative and effective solutions by using positive behavior interventions to include teaching, modeling, problem solving, redirection, consistency, and setting clear expectations.

Disciplinary action, when required, will be documented. Staff will follow the established tiered approach to behavior management and the following steps may be taken:

- Counselor will talk with child
- Counselor or Head Counselor will speak with parents/guardians
- A Camp Manager will meet with parents. (Dismissal may be considered)

**Please note:** The Camp Manager reserves the right to forgo the Disciplinary Action Process and commence immediate suspension/dismissal of a camper based on the severity of the behavior (Tier 3). Children who have been dismissed from camp for disciplinary reasons will not be permitted to continue in any U.S. Taekwondo College schools. Refunds are not given to students who are suspended or expelled from camp.

### **Illness**

For the well-being of all campers, any child with an illness that is contagious and can be passed on to others should refrain from attending camp. Also, we request to be notified if your child has been exposed to any communicable diseases. Child must be symptom free for at least 24 hours. If your child has one or more of the following symptoms, he/she will not be allowed to attend camp that day:

- Temperature over 100 degrees Fahrenheit
- Recurrent vomiting or diarrhea
- Any communicable disease

If we observe any child is not feeling well, we will call the parent, guardians and/or emergency contact listed on the registration form. Arrangements must be made as soon as possible for your child to be picked up from camp. In the event of a serious illness or accident, we will call EMS, contact the parent/guardian immediately, and the child will be transported to the nearest hospital.

### **Absences + Tardiness**

Weekly fees ARE NOT prorated for absences/tardiness/closures for holidays (i.e. vacations, sick days, schedule changes). If your child will be arriving late or will be picked up early, please inform the Camp Manager

