



**Fit by Five
Summer Camp Issue**

Our Summer Camp Staff

Jim DeMarsh	Katy Kopp
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Beth Lopez	Ruth Brown
Donna Gray	Shannon Kruger
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Jon Adams	Susan Haneberg
Maggie Fragapane	Veronica Musser

PLEASE notify us if your child has any allergies or if you have any concerns regarding us going outside into the fenced area. We want to know of food allergies, insect bite allergies, and seasonal allergies. Please also tell us if your child tends to overheat or sunburns easily. Please put sunscreen on your child before class.

We will be closed Friday, July 3rd in observance of the Independence Day Holiday.

June – July – August 2015

CAMP ORIENTATION DAY

Friday, May 22nd, 11-12:30 p.m.

- * Meet your teachers.
- * Find your classroom.
- * Familiarize yourself with Fit by Five.
- * Find a few classmates
- * Have fun

**SUMMER CAMP STARTS
MONDAY, JUNE 1st**

Please consider volunteering as a visitor in your child's class, except in Perky Kids, where the primary goal is to separate from Mom & Dad. Visitors in Perky Kids would be counterproductive. Look over the theme weeks and see what talents you may be able to offer. We are able to fit you in whenever it is convenient for you. Please share your special talent with the children.

Dressing for Summer Camp

Please wear appropriate clothing for either indoor or outdoor play. **NO COSTUMES PLEASE.** Make sure your child is wearing a shoe that fits the foot and has a rubber sole. **For safety reasons, flip flops & open sandals cannot be worn. (Sandals are acceptable if the toes & heels are enclosed and have a rubber sole.) Gym shoes are the safest and strongly recommended.**

TIMES-A-WASTIN'

With construction along Crocker & Center Ridge, please plan extra time for traffic. Delays sometimes happen, but please try to pick up your child on time, when class is over. Teachers do a short wrap-up with the parents at the end of each class. The teachers are also busy after class resetting the floor, talking one-on-one to parents, and getting ready for the next class.

THERE ARE STILL A FEW SEATS LEFT FOR SUMMER CAMP. IF YOU HAVE A FRIEND WHO WOULD LIKE TO ATTEND, PLEASE STOP BY THE OFFICE FOR AVAILABILITY.

ACTIVE MILITARY DISCOUNT AVAILABLE.

SNACK TIME

If you are interested in bringing in snacks for your child's class, there is a sign-up calendar posted near each classroom. The children love to share snacks with their class, and it is fun for them to be the "snack leader" during snack time, as well as being the demonstrator throughout class. Please include a list of ingredients with homemade snacks, due to children's allergies.

POTTY TRAINING

If your child is potty training, please remember to bring him/her to school wearing pull-ups or underwear. We do not put a child on the potty if he/she is wearing a diaper. Also, please inform the teachers that your child is in the process of being potty trained.

Separation Anxiety

If your child ever has difficulty leaving you or becomes apprehensive about class, please tell us. We can help. We need to work together to determine how to correct the situation. Keeping your child at home is one solution that is guaranteed to never work.

HAPPY BIRTHDAY to our Teachers!

- Miss Donna – June 22
- Miss Katy – July 9
- Miss Sherry – July 19

TUITION for July summer camp is due June 1st. A \$10 late fee goes on each week tuition is not paid.

Summer time is a time when families have a lot of fun; they travel, have reunions, picnics and generally enjoy life.

We at Fit by Five are reminded of how blessed we are every day. We try to make summer camp a special experience for you and your family.

Thank you for choosing us to be a part of your Child's summer memories.

Fit by Five Preschool, 29520 Center Ridge Road, Westlake, OH 44145

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Email: jdemarsh@sbcglobal.net www.fitbyfive.com

Level 1 SUMMER PERKY KIDS

Weeks 1-2 ALL ABOUT FIT by FIVE

Week 3 (6/15-19) THINGS I LIKE



Week 4 (6/22-26) FAVORITE COLORS

Week 5 (6/29-7/3) HEALTH IS WEALTH

Closed Friday, July 3rd

Week 6 (7/6-10) LET'S PLAY SPORTS

Week 7 (7/13-17) BEACH & WATER FUN

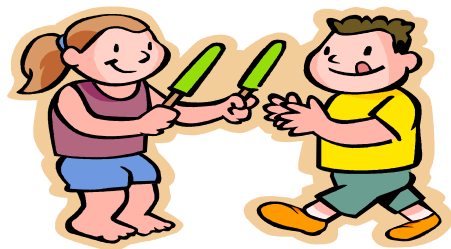
Week 8 (7/20-24) BALANCE, JUMP, ROLL, & SWING

Week 9 (7/27-7/31) I GOT THE RHYTHM & MOVES

Week 10 (8/3-7) IT'S RHYME TIME

Week 11 (8/10-14) COMMUNITY HELPERS

Week 12 (8/17-21) I LIKE SUMMER



Level 2 MINI PRESCHOOL CAMP

Week 1 (6/1-5) A FIT BY FIVE TOUR

Week 2 (6/8-12) TEDDY BEAR ADVENTURES

Week 3 (6/15-19) WHAT'S THE WEATHER TODAY?



Week 4 (6/22-26) I HEAR MUSIC

Week 5 (6/29-7/3) PARTY IN THE USA

Closed Friday, July 3rd

Week 6 (7/6-10) ALL BALL

Week 7 (7/13-17) SUMMER BEACH PARTY

Week 8 (7/20-24) IT'S A JUNGLE IN HERE



Week 9 (7/27-7/31) SESAME STREET

Week 10 (8/3-7) THE NO THEME WEEK

Week 11 (8/10-14) UNDER THE SEA

Week 12 (8/17-21) FAMILY & FRIENDS

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Level 3 PRESCHOOL Camp

Week 1 (6/1-5) – All About Fit by Five
We'll be learning each others' names and all about our Fit by Five equipment and safety rules.

Week 2 (6/8-12) MAKING FRIENDS

Week 3 (6/15-19) SUMMER SPORTS

Week 4 (6/22-26) MUSICAL MOVEMENT

Week 5 (6/29-7/3) ALL-AMERICAN FUN
July 2 (Thurs) Wear Red, White & Blue
Closed Friday, July 3rd



Week 6 (7/6-10) ANIMALS EVERYWHERE

July 7/9 (Tues/Thurs) If you would like to, bring live pet animals first 15 minutes of class for show& tell; then pet goes home with parent. Bring in stuffed animal pets Tues. & Thurs.

Week 7 (7/13-17) FUN WITH WATER

July 14/16 (Tues/Thurs) Bring a towel & wear clothes to get wet. Bring beach items for show & tell.



Week 8 (7/20-24) MONKEY TOWN

July 21 (Tues) Bring in a stuffed monkey and ½ cup cereal, raisins, M&M's, goldfish, honey graham sticks, or/etc. to add to *NO NUTS* "Monkey Chow" snack mix. No peanut products please.

Week 9 (7/27-7/31) NATURE LOVER'S

July 28/30 (Tues/Thurs)
Bring in a flashlight



Week 10 (8/3-7) ONCE UPON A TIME

August 4/6 (Tues/Thurs) - Show & tell favorite books.

Week 11 (8/10-14) SUPER HEROES & PRINCESSES

You can dress up if you like!

Week 12 (8/17-21) FUN IN THE SUN

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Level 4 PRE-K Camp

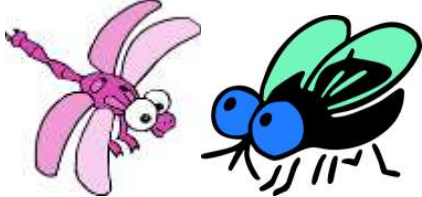
Week 1 (6/1-5) GYMNASTICS
(Let's get acquainted!)

Week 2 (6/8-12) JUNGLE/RAINFOREST

Week 3 (6/15-19) SUMMER SPORTS

Week 4 (6/22-26) ART WEEK
Get ready for messy art fun all week.
Wear old clothes!

Week 5 (6/29-7/3) DINOSAURS & BUGS
Closed Friday, July 3rd



Week 6 (7/6-10) LIVE ANIMAL WEEK
Live Pet Show & Tell with parent 1st
15 min. each class & then pet goes home
with parent.

Week 7 (7/13-17) WATER WEEK
All Week Wear swim clothes & bring a
towel – be ready to get wet!



Week 8 (7/20-24) COWBOY WEEK
July 22 (Wed) Bring ½ cup of cereal,
raisins, M&M's, pretzels etc. to add to our
trail mix. (No nuts please.)



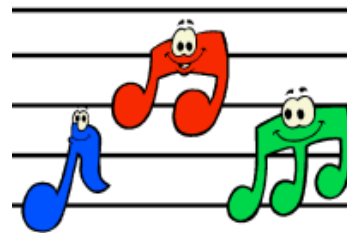
Week 9 (7/27-7/31) CAMPING WEEK
Show & Tell all week. Bring flashlights
and camping gear.

**Week 10 (8/3-7) PRINCESSES,
KNIGHTS AND CASTLES**



Week 11 (8/10-14) STATION TIME FUN

Week 12 (8/17-21) FUN WITH MUSIC
August 19 (Wed) – Rock & Roll
August 21 (Fri) – OSU Pep Rally –
Wear Buckeye gear.



Level 5 KINDER CAMP

Week 1 (6/1-5) PLANT IT/GROW IT

Week 2 (6/8-12) SUMMER SPORTS

June 10 (Wed) Indians Day

Wear jersey, t-shirt, hat, etc.



Week 3 (6/15-19) GAME WEEK

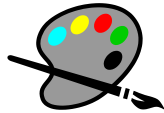
Week 4 (6/22-26) COOKING WEEK

June 24 (Wed) Bring pizza topping.

Week 5 (6/29-7/3) SUMMERTIME ART

Closed Friday, July 3rd

Wear clothes that can get messy.



Week 6 (7/6-10) LIVE ANIMAL WEEK

Bring your pet to school for the first 15 minutes of class. (all week)



Week 7 (7/13-17) WATER WEEK

Wear your bathing suit and bring a towel all week. Be ready to get wet!

Week 8 (7/20-24) BEGINNING GYMNASTICS

Week 9 (7/27-7/31) NATIONAL SAFETY TOWN



Week 10 (8/3-7)

WESTERN TRAIL WEEK

August 5 (Wed) Bring ½ cup snack to add to our trail mix – cereal, raisins, pretzels, etc. (NO NUTS)



Week 11 (8/10-14) SCIENCE LAB

Week 12 (8/17-21) BALANCE & INVERSION ACTIVITIES

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Level 6 STEP UP TO KINDERGARTEN

This summer in our "Step Up to Kindergarten" class we will be working hard to strengthen and reinforce our academic skills. We have lots of fun & stimulating activities planned that will also help develop our social, emotional, and physical skills. With kindergarten right around the corner, we hope to get our campers excited about school and learning!

Here's a glimpse of our summer plans.....

Week 3 (6/15-19)

June 18 (Thurs) FATHER'S DAY

Bring in show & tell of something that reminds you of Dad.

Week 7 (7/13-17) WATER WEEK

July 14 & 16 (Tues & Thurs)

Wear your bathing suit and bring a towel all week!

Week 9 (7/27-7/31)

OUR COMMUNITY WEEK

July 28 (Tues) Wear a shirt representing your city.

Week 10 (8/3-7)

August 6 (Thurs) BOOK DAY

Week 11 (8/10-14)

August 13 (Thurs) HEALTH FUN DAY

Bring in a healthy snack! (single serving)

Week 12 (8/17-21)

August 18 (Tues)

Progress reports go home.

Level 7 FRIENDSHIP CAMP

**Week 1 (6/2 & 4) SEE YOU NEXT WEEK
(NO CLASS)**

Week 2 (6/9 & 11) SUMMERTIME ART
- Wear clothes that can get messy.

Week 3 (6/16 & 18) SUMMER SPORTS

Week 4 (6/23 & 25) SCIENCE WEEK

Week 5 (6/30 & 7/2) I LOVE AMERICA
Wear your Red, White and Blue!



Week 6 (7/7 & 9) LIVE ANIMAL WEEK
Can bring in live pets all week first
15 minutes of class.

Week 7 (7/14 & 16) WATER WEEK
Bring towel and wear bathing suit.

**Week 8 (7/21 & 23) TRAMPOLINE,
BARS & ROPES**

**Week 9 (7/28 & 30) PIRATES –
PARROTS - TREASURE – and LUAU**
July 30 (Thurs)
Wear your Hawaiian clothes.

Week 10 (8/4 & 6) COOKING WEEK
August 6 (Thurs) Bring 1 piece of
uncut fruit.

**Week 11 (8/11 & 13) FUN WITH
"FEAR FACTOR"**

**Week 12 (8/18 & 20) CAMPER
FAVORITES**

Kids get to vote on and do their favorite
summer camp activities.

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PEANUT ALLERGY INFORMATION

PEANUT FREE SNACKS

Here is a list of some peanut free snacks that will help to ensure the safety of all of our children. Please be sure to read all ingredients before sending in a snack to school.

1. All **fruits** and **vegetables** such as celery, grapes and raisins (not pineapple).
2. **Teddy Grahams** (chocolate chip, honey and cinnamon)
3. **Teddy Cheddy**
4. **Ritz Crackers**, regular and cheese (not big sandwich crackers)
5. **Pepperidge Farms Goldfish Crackers** (not big sandwich crackers)
6. **Pop Tarts**
7. **Fruit Roll-ups**
8. **Fruit Snacks** (i.e., Shark Bites)
9. **Plain Rice Krispie Treats**
(not peanut butter)
10. **Go-gurt/yogurt**
11. **Mozzarella cheese sticks**
12. **Most pretzels**
13. **Honey Maid Grahams**
14. **Cheese Nips Crackers**
15. **Jello Gelatin** snacks
16. **Barnum's Animal Crackers**
17. **Plain Oreo's** (NOT PEANUT BUTTER & CHOCOLATE CRÈME OR MINT)

18. Fig Newtons 19. Golden Vanilla Wafers SOME SUGGESTIONS FOR "PEANUT FREE" CANDY

1. Skittles
2. Starburst
3. Nerds
4. Twizzlers
5. Plain Hershey Kisses
6. Plain Hershey Chocolate bars
7. Tootsie Rolls
8. Tootsie Roll Lollipops
9. Life Savers Chewy Candies
10. Dum Dum Lollipops
11. Sweet Tarts
12. Smarties
13. Doritos
14. Fritos
15. Lays, Giant Eagle, Pringle brand potato chips
16. Funions
17. Hostess-Twinkies, Ho-Ho's, cupcakes, Suzie Q's, Donuts

PLEASE DO NOT BRING THESE SNACKS TO CLASS

1. Snyder of Berlin Chips & Snacks
(peanut oil)
2. Bulk food products
(possible cross contamination)
3. All Little Debbie Products
4. All M