

# Bethel Camp for the Arts

## Kaleidoscope

### 2007 - 2008 Info Sessions

#### 2007 MASSACHUSETTS:

##### Chestnut Hill

Sun., Nov. 4, 2007  
Time: 2:00 – 4:00 pm  
The Farm Condos.

#### CONNECTICUT:

##### Norwalk

Tues., Nov. 6, 2007  
Time: 3:30 – 6:00 pm  
Courtyard by Marriott  
474 Main Ave  
203-849-9111

#### 2008 MASSACHUSETTS:

##### Stoughton

Sat., Jan. 26, 2008  
Time: 4:30 – 6:00 pm  
Courtyard by Marriott  
Danvers

##### Sat. Feb. 2, 2008

Time: 4:00 – 6:00 pm  
Courtyard by Marriott  
Chestnut Hill

##### Sun. Feb. 3, 2008

Time: 1:00 – 3:00 pm  
The Farm Condos

#### CONNECTICUT:

##### Norwalk

Wed. Jan. 23, 2008  
Time: 3:00 – 4:30 pm  
Courtyard by Marriott

## Raising Resilient Children

*Ready for the challenge? Let's partner to do it right!*

Raising children has always been challenging, but parents today face so many pressures that we wouldn't have dreamed of when we were growing up. From the time children start kindergarten, some parents worry about keeping them on the right track to get into an Ivy League School. This often leads to over scheduling, lots of stress, and micromanaging.

And then of course, there's the electronic age that is changing the face of communication. Even if you're well versed in the Internet, chances are your kids are communicating with their friends in ways that are foreign, and perhaps frightening to you. Who would have thought old-fashioned social skills could become a dying art?

That being said, there are many wonderful opportunities to teach children, and most of them aren't in the classroom. Sometimes these moments leap right out in front of you, and other times you need to work hard to plan for them. This takes time and energy, which nobody seems to have enough of these days. It can also require a thick skin at times, since not all lessons are pleasant ones. In the end though, your child will be well prepared for life, and you'll feel good about that.

The good news, of course, is that the burden is not solely on you – you can send your child to camp for some lessons that could never be learned at home! For camp to be most effective, though, the lessons need to start at home...right from the day you ask your child: "Do you want to go to camp?" Actively involving your child in the decision making process instills him/her with a feeling of power that leads to confidence.

Wendy Mogel, Ph.D., author of *The Blessing of a Skinned Knee*, writes about the valuable lessons that can be learned at camp: "The ones (campers) who can locate their flashlight, sweatshirt, and warm socks in their duffle bag are not homesick. The ones who can't find their stuff are." She explained that this first group of children have either packed their gear themselves or with a parent's help. The second group, the homesick, has been packed for.



She continues to explain how lessons learned in camp can help children succeed in college and beyond: "She told me about the kids she knew who went off to college and couldn't make it. They were beautifully prepared academically, but they couldn't take being away from home. 'Did your daughter go to camp?' she asked me. 'Because from what I've seen,' she said, 'the ones who have been to camp do best.'"

In our small, close-knit community at Bethel Camp for the Arts, campers can feel safe taking that step outside their comfort zone of home. From role-playing about accepting everyone for who they are, to helping campers deal with homesickness and try a new activity, we take great pride in preparing campers for the real world with a nurturing little push.

*Rick & Candy*

### Bethel Camp for the Arts Mission Statement:

To provide a non-competitive, nurturing environment in which children can explore and enjoy a balance of fine and performing arts, technology, enrichment activities and individual/lifetime sports as part of a small, inclusive community.

### Our approach to the camp experience:


We are a non-traditional camp with no team sports or color war. Campers create their own schedules, choosing from a wide variety of activities. At Bethel Camp for the Arts, we are committed to offering the highest quality program, staff and facility. We welcome all children to join us and celebrate being who they are!

**"Tell me and I'll forget; show me and I may remember; involve me and I'll understand"**

**Chinese Proverb**



### INFORMATION SESSIONS

AS YOU'LL SEE on the first page sidebar, we're holding several information sessions in Massachusetts and Connecticut. **PLEASE TELL YOUR FRIENDS TO COME IF THEY'RE NEARBY!** 

### PARENTING RESOURCES:

**CHECK OUT THE PARENTING RESOURCE PAGE** on the Parent Info Page on our web site. It has links to helpful sites on how to help children and teens deal with social challenges, health issues and more. We are fortunate to meet many experts in the field at conferences and other networking opportunities, and we utilize much of this information at our staff training and through our work. We hope these resources can help you deal with the challenges of parenting!

*The following is an article from one of the resources on our site:*

#### **Homework Made Easy**

*By David Fisher, The Center For Educational Guidance*

For years, parents have asked me what the secret is to making homework time easier, more productive, and most importantly, completed in an appropriate amount of time. The truth is that there is no secret – just great planning and organization. If you want to improve homework time in your home, try these easy to use strategies.

Prioritize the homework: It's natural to want to put off to the end that task

which is the most difficult. You know, it's the 'I'll save it to the end' story. For homework, though, you will need to change the story. Have your child complete the homework for his/her most difficult subject first, then the homework for the remaining subjects. Your child's brain will require the most energy for the most difficult subject, so use that energy first when it's needed.

Use the Kitchen Timer: Does it seem as though your child takes forever to complete homework? Well, put your child on the clock. Establish what you and your child believe to be an appropriate amount of time to complete the homework. Then, put that time on the kitchen timer. Press start, and off your child goes. That's all the time given, not a second more. When the bell rings, what's done is done. What's not done isn't done and your child will have to handle the consequences with the teacher the next day. That may sound harsh, but over time your child will increase homework production and have more time to enjoy being a kid.

Family Homework Time: Set aside a block of time every day for Family Homework Time. During this time, the only activity that can take place is homework. That is, homework for your child and homework for you (paying bills, reading industry magazines, etc.). In this case it's more important for you to model for your child the importance of homework than anything else. This time will show your child that even though you're done with school, homework is still an integral part of your day. So, after you check on the directions for your child's homework, take out your own and get to work.

So, prioritize, set your kitchen timer, and create your own family homework time. Now, go do your homework!

*David Fisher, Masters of Professional Studies (Elementary Education and Special Education), is the Director of The Center For Educational Guidance, an educational and parent coaching firm located in Boca Raton, Florida. David can be reached at 561-445-7021, or by email at david@tcfeg.com.*

### CAMPER VIDEO ON YOUTUBE:

VIEW OUR SOCK PUPPET MUSIC VIDEO created by 2007 campers at Bethel Camp for the Arts: <http://www.youtube.com/watch?v=RxHhfmPyoF4>

### Enrollments

Registrations have been coming in strongly from many returning campers as well as new ones. As we always explain, if activities start to fill up, we do look at the date each camper enrolled to prioritize spots in the class. Camper applications are on our web site, but feel free to contact us if you need a new one. Don't worry about signing up for activities yet; we'll be sending out an updated activity signup sheet with the parent handbooks early in 2008.



### Keeping in Touch

Thanks to all of you who sent in your evaluations. We've been reading them carefully and will consider your suggestions strongly. Everyone plays an important role at Bethel Camp for the Arts!



**THANK YOU FOR YOUR REFERRALS!**

