



Kids @ Play



Parents Guide
2017

Welcome

Thank you for choosing Upton Recreation's popular Kids @ Play program for your child this summer! We are looking forward to an exciting time of sports, arts & crafts, and crazy summer fun! This short guide will set you up to know what to expect and let you know the ins and outs of the Kids @ Play program.

First, let me tell you a little about myself, since I am new to the recreation department this year. My name is Andrew, and I have my Bachelor of Science in Recreation and Leisure Studies from Gordon College. For the last several years, prior to joining the team here at Upton Recreation, I was the Camp Director for Camp Hope, a camp designed to be inclusive of children with special needs. I have run numerous sports programs and recreational programs for children and adults over the years. I am a certified camp director through the American Camp Association and I am also active in the Massachusetts Recreation and Park Association. I look forward to bringing my knowledge, education, and experience to Kids @ Play and help to improve a program that is already heads and shoulders above the rest! If at any time you have any questions or concerns, please feel free to reach out to me.

What do we hope to accomplish this summer?

One definition of "Play" is "activity engaged in for enjoyment and recreation." The activity is generally freely chosen and is participated in for its own enjoyment. This is something that all too often is overlooked in children's lives now in the era of competitive youth sports, 5 extracurricular classes a week, and structured play dates. There are a lot of benefits to children being free to choose what they want to do and adjust themselves to the group and activity they are involved in. This is a critical skill in life as it helps them to relate to others in various situations. Our goal is to provide that sort of experience to your children. Obviously, that doesn't mean they will run wild and do whatever they want, but each day, there will be a variety of activities going on and the kids will be free to choose their schedule for the day based on the planned activities. The goal of this is to give them the freedom of choice, but still providing a structure to their day. We will also always take suggestions for activities. Some of my favorite games over the years have been ones that kids suggested to me!

Andrew St. George

Andrew St. George
Recreation Director

What to Bring



• Bag Lunch	This does not have to be disposable (ie Tupperware/reusable bags are fine). Please try to keep it to food that does not need to be reheated as there is only 1 microwave on site.
• Snack	Please try to make the snack a fairly healthy snack as the kids are running around outside and need proper nutrition to stay healthy!
• Refillable Water Bottle	We have water filling stations on site, but please send them with a bottle, pre filled for the day. It gets hot and hydration is critical!
• Swimsuit	Most days, they will have the option to swim. While we will never force a child to go in the water, please make sure they have a swim suit in case they decide they want to swim.
• Towel	We have a very limited supply of spare towels, so please be sure to send your child with a towel.
• Life Jacket (optional)	We have life jackets available, but if your child feels more comfortable with their own, feel free to send it. All flotation devices MUST be USCG Approved (ie, no “water wings” or tubes)
• Spare Clothes	It’s always a good idea to have a change of clothes, we have all kinds of crazy fun and you never know when you might get dirty or wet!
• Sunscreen	Any sunscreen is fine, but if your child need assistance to put it on, we ask that you send the spray type that doesn’t have to be rubbed into the skin.
• Bug Spray	Any bug spray is acceptable if you feel your child needs it. Be mindful that there are people with allergies to some of the harsher chemicals.

What NOT to Bring



Toys	Electronics	Tools/Knives	Glass Bottles
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Upton Rec is not responsible for lost, stolen, or damaged items. Any items with value, be it monetary or sentimental should be left at home. At the discretion of staff, any item may be held in the office until the end of the day at which point it will be sent home with the child. For any items that present a safety risk, staff will only return it directly to parents or other authorized adult to pick up the child. If we request any items to specifically be brought, we will send home a flyer making the request. An example of this may be “Wear a costume for Halloween day.”

Staffing

At Kids @ Play, we maintain a 6:1 Child to Staff ratio. This ratio is significantly better than most other programs (10:1 is the industry standard). This allows us to ensure that we are able to provide the best and safest experience for your child. The majority of our staff are returnees from prior years, so the kids already know many of them and they know many of the kids!

Special Events

Each week, we have a few special events. There will be a theme day at the program such as Hawaiian day or Halloween Costume Day. There will also be either a trip or a special event coming to the facilities. This schedule can be found on the website: uptonrec.com. The schedule is subject to change due to weather and other factors. Each week we will also have a flyer that will have the information for some of the activities for the week.

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