



Girls Inc. Limestone is hosting 6 weeks of Day Camp in KFL&A and 4 weeks in H&PE. All camps are **FREE!**

Girls+ in **grades 4 to 6** can sign up to be **CAMPERS** and take part in a week of age-appropriate self-defence training and fun physical activity!

Girls+ in **grades 7 & 8** can sign up to be **JUNIOR LEADERS**, taking part in the workshops and small group work to identify and build leadership skills!

For more information or help completing the registration form contact:

Andrea Martin  
andreamartin@  
girlsinclimestone.ca  
Cell (613) 433-6252



**REGISTRATION PACKAGE  
SUMMER DAY-CAMP**

**girls  
inc.**

Girls+: Girls Inc. is committed to providing the comprehensive Girls Inc. Experience to girls and gender-expansive young people who feel our pro-girl and pro-woman environment is the best fit for them.



## GIRLS INC. SUMMER DAY CAMP is FREE for all girls+!

Participation in Girls Inc. Camp is free for participants due to the generosity of our funders and donors. Thank you to:



### THE GIRLS INC. EXPERIENCE

Girls Inc. inspires all girls to be strong, smart, and bold through life-changing programs and experiences that help girls and young women navigate gender, economic, and social barriers. Research-based curricula delivered in a positive all-girl environment equip girls to achieve academically, lead healthy and physically active lives, and prepare for an interesting and rewarding career. Girls Inc. staff who are formally educated in the field and trained in Girls Inc. program delivery will facilitate fun and empowering program activities with campers each morning and afternoon as noted in the daily schedule below.

**A note on girls+ -** Girls Inc. is committed to providing the comprehensive Girls Inc. Experience and other support services to those who identify as girls and gender-expansive people who feel our pro-girl environment is the best fit for them. For more information, please see our [Human Resources Policy Statement](#) and the [Girls Inc. National Position Statement on Gender Identity](#).

### CAMPERS – Grades 4 to 6 – 30 spaces per camp week

The Girls Inc. Summer Day Camp program is designed to be developmentally appropriate for **girls+** in grades 4, 5, and 6. This includes those who will be starting grade 4 and those finishing grade 6. The activities and themes are designed to be interesting, challenging, and FUN for campers in this age group. ***There are no deadlines for camper registrations – we will accept registrations as long as there are camp spaces available!***

### JUNIOR LEADERS – Grades 7 to 8 – 10 spaces per camp week

There will be 10 spaces in each week of day camp reserved for Junior Leader roles for **girls+** in grades 7 and 8. This includes those who will be starting grade 7 and those finishing grade 8. The Girls Inc. Junior Leader roles are designed for those with an interest in learning or enhancing their leadership skills in a fun and safe learning environment. Junior Leaders will receive a Girls Inc. t-shirt to wear during the camp day and a certificate at the end of the week. ***Junior Leader registrations must be submitted no later than June 1, 2024. This allows for enough time to order and receive the Junior Leader t-shirts.***

In addition to making new friendships and connections with fellow Junior Leaders and campers, Junior Leaders will have the following opportunities:

- Helping younger groups to complete camp projects and activities
- Acting as role models for younger campers by reinforcing the camp guidelines through participation
- Working with camp leaders to set up and prepare activities
- Working as a team of Junior Leaders to run short games during activity transitions
- Having fun! At all times during each camp day, Junior Leaders will be able to play along and have fun while fulfilling their leadership role!

## SUPERVISION AND LEADER-TO-CAMPER RATIOS

At Girls Inc. we aim for a leader to camper ratio of 1:10. This means that for every one camp leader there are ten campers. Our lowest leader to camper ratio at any given time is 1:15. Note that Junior Leaders are included in the total number of campers.

## CAMP SESSIONS

### Kingston, Frontenac, Lennox & Addington County Camps – 6 Camp Sessions:

Week	Date	Location	Address
Week #1	July 8 to 12, 2024	N.D.S.S. <b>NAPANEE</b>	245 Belleville Road, Napanea, Ontario
Week #2	July 15 to 19, 2024	Cataraqui Woods ES <b>KINGSTON</b>	1255 Birchwood Drive, Kingston, Ontario
Week #3	July 22 to 26, 2024	Winston Churchill PS <b>KINGSTON</b>	530 Earl Street, Kingston, Ontario
Week #4	July 29 to Aug 2, 2024	Molly Brant ES <b>KINGSTON</b>	30 Lyons Street, Kingston, Ontario
Week #5	August 12 to 16, 2024	Welbourne Avenue PS <b>KINGSTON</b>	190 Welbourne Avenue, Kingston, Ontario
Week #6	August 19 to 23, 2024	J.G. Simcoe PS <b>KINGSTON</b>	90 Wiley Street, Kingston, Ontario

## Hastings and Prince Edward County Camps – 4 Camp Sessions:

Week	Date	Location	Address
Week #1	July 15 to 19, 2024	Prince Charles PS <b>BELLEVILLE</b>	75 Ritchie Avenue, Belleville, Ontario
Week #2	July 22 to 26, 2024	Prince Charles PS <b>TRENTON</b>	138 Dufferin Avenue, Trenton, Ontario
Week #3	Jul 29 to Aug 2, 2024	Prince Edward Collegiate <b>PRINCE EDWARD COUNTY</b>	41 Barker Street, Prince Edward, Ontario
Week #4	August 12 to 16, 2024	Prince Charles PS <b>BELLEVILLE</b>	75 Ritchie Avenue, Belleville, Ontario

## TRANSPORTATION & LOCATION

All campers need to have transportation to and from their day camp locations. Please note that while some of our camp locations may be booked in local churches and community halls, our agency, programs and services are non-denominational and not church-affiliated - all girls are welcome!

**CAMP REGISTRATIONS** - *We have limited spaces for each camp, so please register early!* All Campers and Junior Leaders are asked to register for **one week of camp only**. This allows for as many campers as possible to access the Girls Inc. Experience this summer at each camp location. If any camp weeks have open spaces the week before the camp starts, we will contact anyone who wishes to attend a second week to fill the spaces.

## WHAT TO BRING

Please ensure that your camper has the following items at camp:

- Sunscreen
- Running Shoes
- Hat
- Reusable Water Bottle
- Healthy Bagged Lunch
- Healthy Snacks

Please ensure that your camper does NOT bring:

- Cell phones
- Music players
- Toys
- Other items of value

Girls Inc. cannot be held responsible for lost or stolen items and ***campers are not permitted to use cell phones during the camp day.***

## LUNCHES AND SNACKS

Campers are responsible for providing their own ***lunch, snacks, and water that do not require a fridge or microwave.*** All Girls Inc. camps are strictly ***nut-free*** to ensure a safe food environment for all participants.

## DAY CAMP GUIDELINES

At Girls Inc. we have guidelines that help ensure that campers have a safe and fun camp experience. Campers are asked to follow the guidelines below 100% of the time during the camp week. Campers who cannot follow the guidelines may be asked to leave the camp.

1. Verbal bullying, exclusion, and any form of unwanted or physically aggressive contact will not be accepted.
2. Campers are not permitted to leave the program area without permission at any time. This will ensure that leaders can account for all campers at all times.
3. Cell phones are not welcome during the camp day. The day camp leaders will be able to provide music for the group, take photos of friends (for those with media permission), and contact parents/guardians throughout the day as needed. Campers are not welcome to use cell phones for gaming, social media, texting, photos/videos or music during the camp day.
4. If there are any outings, during walking groups to/from the camp location, there will be no pushing or running ahead. Campers must stay with their walking partner and follow camp leader directions.
5. All Campers and Junior Leaders are strongly encouraged to have fun and try something new!

## CONTACTING US DURING CAMP HOURS

Parents/guardians will be able to reach us at the camp by cell phone. We might not always be immediately available as we will be busy with activities and supervising campers. If you reach a voicemail, please leave a message and we will get back to you quickly.

If you text us, please make sure you identify yourself and your camper in the text so we know who we are responding to.

**Day Camp Coordinator Contact:** Andrea Martin (613) 433-6252

# DAILY CAMP SCHEDULE

8:00 to 9:00	All campers arrive at the day camp location between 8 and 9 a.m. Please do not drop your camper(s) off early as staff will not be on site/have access to the space until 8:00 a.m. From 8:00 to 9:00 a.m. campers will have time to settle in, adjust, and socialize while we wait for everyone to arrive for the day.
9:00 to 9:30	Ice Breakers and Get-To-Know-You games and activities.
9:30 to 10:00	<b><i>Girls Inc. Programming – Strong!</i></b> Physically active games, activities, and sports played in the gym or outside when the weather is nice.
10:00 to 10:15	Morning snack
10:15 to 12:00	<b><i>Girls Inc. Programming – Project BOLD Mind Module</i></b> Campers and Junior Leaders will engage in age-appropriate discussion-based activities from our research-based self-defence program.
12:00 to 12:30	Lunch time
12:30 to 2:00	<b><i>Girls Inc. Programming – Project BOLD Body Module</i></b> As a follow-up to the Mind Module in the morning, the Body Module will teach campers age-appropriate blocks, hits, and kicks that they can use to defend themselves in a dangerous situation.
2:00 to 2:15	Afternoon snack
2:15 to 4:00	<b><i>Girls Inc. Programming – Smart!</i></b> Projects or activities that teach or enhance skills in the areas of planning and execution, creative thinking, problem-solving, science, building, designing, testing, and/or engineering.
4:00 to 5:00	Camper pick-up. Group activities will take place while we are waiting for parents/guardians to pick-up participants for the day.

## Project BOLD – A Brief Overview

### **Why is a personal safety and violence prevention program for girls important?**

Girls Inc. believes that girls and gender-expansive young people have the right to be confident in themselves and be safe in the world. Girls+ are entitled to feel safe as they go through life, and they are entitled to be safe in their homes, schools, and communities. Girls and gender-expansive young people are especially likely to experience gender-based violence, which, in addition to physical and sexual abuse, includes sexual harassment and partner or dating violence.

Girls+ receive mixed messages about how to respond to violence – “Depend on others to protect you,” “Get tough because you can count only on yourself,” “Give in because your world can never be safe.” Girls and gender-expansive young people deserve opportunities that equip them to increase their personal safety and the safety of others. More specifically, programs need to engage girls+ in analyzing the causes and effects of violence and expand their individual skills and strategies for protecting themselves.

In addition to stronger personal skills, girls and gender-expansive young people deserve communities and a world that treats everyone with respect and that takes responsibility for providing a safe environment. Programs also need to engage girls+ as important agents of change – developing their collective strategies and skills to help their communities live up to expectations for being safe and welcoming to all. Girls and gender-expansive young people can feel safer and be safer through programs that address both self-protection and community change.

### **About the program: Girls Inc. Project BOLD**

Through Girls Inc. Project BOLD, girls and gender-expansive young people learn skills and strategies to lead safer lives in their homes, in relationships, in their communities, and online. Girls+ learn specific self-defence techniques and strategies as well as how to seek out and talk to caring adults about personal and gender-based violence.

As part of the Summer Day Camp program, Project BOLD will be delivered for a portion of the day. Activities will be split into two categories. Campers and Junior Leaders will take part in discussion-based activities in the morning and then engage in the physical skills and techniques in the afternoon. During the morning discussion portion, the camp group will be divided into groups by age to ensure that discussion topics are developmentally appropriate. Discussion topics for both age groups may include Healthy Relationships, Identifying Risks, Danger vs. Discomfort, Using Our Voices, Teasing and Bullying, Dealing With Anger, Harassment vs. Abuse, and more.

**If you have any questions, or need help completing our registration form, please contact:**

***Andrea Martin, Girls Ed Program Coordinator***

**Cell Phone: (613) 433-6252**

**Email: [andreamartin@girlsinclimestone.ca](mailto:andreamartin@girlsinclimestone.ca)**

***It's going to be a great summer!***

# GIRLS INC. LIMESTONE

1040 Gardiners Road, Kingston, Ontario K7P 1R7  
250 Sidney Street, Belleville, Ontario K8P 3Z3  
Program Coordinator (613) 433-6252 Fax: (888) 542-9250  
andreamartin@girlsinclimestone.ca



## 2024 Summer Day Camp Registration Form

Please register for **only one week of camp**. To complete this form on your computer, you will need to download and open the document in [Adobe Reader](#).

### CAMP WEEK SELECTION

#### Kingston and Area Camps (KFL&A)

<input type="checkbox"/> Session #1	<input type="checkbox"/> Session #2	<input type="checkbox"/> Session #3	<input type="checkbox"/> Session #4	<input type="checkbox"/> Session #5	<input type="checkbox"/> Session #6
<b>July 8 to 12</b> N.D.S.S. Napanee, Ontario	<b>July 15 to 19</b> Cataraqui Woods PS Kingston, Ontario	<b>July 22 to 26</b> Winston Churchill PS Kingston, Ontario	<b>Jul 29 to Aug 2</b> Molly Brant ES Kingston, Ontario	<b>August 12 to 16</b> Welbourne Avenue PS Kingston, Ontario	<b>August 19 to 23</b> J.G. Simcoe PS Kingston, Ontario

#### Belleville and Area Camps (H&PE)

<input type="checkbox"/> Session #1	<input type="checkbox"/> Session #2	<input type="checkbox"/> Session #3	<input type="checkbox"/> Session #4
<b>July 15 to 19</b> Prince Charles (B) Belleville, Ontario	<b>July 22 to 26</b> Prince Charles (T) Trenton, Ontario	<b>Jul 29 to Aug 2</b> P.E.C.I. Picton, Ontario	<b>August 12 to 16</b> Prince Charles (B) Belleville, Ontario

### CAMPER INFORMATION

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
School: \_\_\_\_\_ Grade: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_ Relationship to the Child: \_\_\_\_\_  
Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Home Phone Number: \_\_\_\_\_ Cell/Day Time Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Emergency Contact (must have a different phone number): \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_  
**\*\*Junior Leader T-shirt Size (Adult Unisex Sizing): XS S M L XL**

**OPTIONAL INFORMATION.** The following information helps us provide the best services to our community: What is your child's racial identity?

Does your child have a disability? Yes No

What is your child's Gender Identity? Girl Two Spirit Non-Binary Questioning Other

### MEDICAL INFORMATION AND PERMISSION

Please list food or other allergies, physical challenges or limitations, health concerns, or any other health-related information Girls Inc. staff should be aware of. Include any medication to be taken during the day or is carried by the child:

Child's Health Card Number: \_\_\_\_\_

Name of Child's Doctor: \_\_\_\_\_ Phone Number: \_\_\_\_\_



***I give my permission for my child named above to receive emergency treatment and/or hospitalization if necessary. I understand that every effort will be made to contact me.***

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

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## **TRANSPORTATION TO AND FROM THE CAMP LOCATION**

Parents/Guardians are responsible for getting their child/children to and from the Day Camp site locations. How will they be getting to and from Day Camp each day?

Please list any additional individuals with your permission to drop off or pick up your child. Note that special notice ***IN WRITING*** is required during the camp week(s) if anyone other than yourself or those listed below are to pick up your child.

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## **MEDIA PERMISSION**

There may be occasions where pictures or videos of Girls Inc. Day Camp participants will be taken for public relations purposes. These photos may be used for information sharing or public relations purposes, such as annual reports, brochures, marketing documents, Facebook, Twitter, or the Girls Inc. website. I understand that my child's surname will never be used. ***I hereby provide my permission for my child to be photographed or videotaped for these purposes.***

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

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## **PROGRAM PARTICIPATION PERMISSION**

I, \_\_\_\_\_, grant permission for \_\_\_\_\_ to participate in the Girls Inc. Summer Day Camp Program under the supervision of Girls Inc. staff members. ***I release and discharge Girls Incorporated of Limestone, Algonquin and Lakeshore, its employees, volunteers, board members, and their heirs from any claims, demands or actions arising from any matter related to the described program. Further, I understand that Girls Inc. is not responsible for my daughter's transportation to and from the program site.***

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

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## **GIRLS INC. ANNUAL SURVEY**

Girls Inc. agencies are engaging their summer campers in our ***2024 Strong, Smart and Bold Outcomes Survey***. Survey results help the Girls Inc. network improve programs and services and provide outcomes to program funders. The survey is anonymous, and your child will not be identified individually. ***If you do NOT wish your child to participate in the survey, please initial in the space below.***

Please do not survey my child. \_\_\_\_\_