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TAKE CAMP SKILLS TO SCHOOL AND BEYOND

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Millions of parents choose camp for their child or teen because of the immense benefits of the experience. Not only does camp foster making new friends and learning 21st century life skills like independence, problem-solving, and teamwork, but it's also fun! When summer fades and children return to school here are a few helpful hints to remind parents to pack a few extra items from camp in the school backpack:

Confidence — All through the camp experience, children and youth try new activities and are successful; they feel empowered.

Curiosity — Camp gives children and youth the chance to explore, study, and observe in an experiential learning environment.

Character — Camp challenges children and youth to develop character — through fostering respect for each other, a sense of community, and the ability to solve problems.

How can parents help transfer these skills into the classroom? ACA suggests the following tips:

Remember to Remind — When campers come home, they often keep the spirit of camp alive for a week or two, and then things trail off. Use positive reinforcement to remind campers that you appreciate the positive attitude and willingness to help that they developed at camp.

Become Camp-Like — Families can set the example by demonstrating a willingness to change something at home in or-

der to sustain some of the changes campers have made. Bob Ditter, a clinical social worker and psychotherapist, suggests: "Parents have to make a decision. Are they willing to change something in their practice at home in order to sustain some of the changes their kids have made, such as having a job wheel that you put up on the wall outlining chores?"

Everyone Gets a Say — At camp, children help determine how their day is spent. Their advice is actively sought, and they feel like equal players. Emulating this environment at home allows them to continue to stand up for themselves and feel like a contributing member of the household.

Avoid the Negative Compliment — Don't inadvertently sabotage efforts by pointing out differences in behavior. Instead of saying, "you never did this before," praise the behaviors in a genuine way. For example, "I noticed how patient you were with your little brother."

About ACA: The American Camp Association (ACA) is a national organization with more than 10,000 individual members and nearly 3,000 member camps. ACA is committed to collaborating with those who believe in quality camp and outdoor experiences for children, youth, and adults. ACA provides advocacy and evidence-based education and professional development, and is the only national accrediting body for the organized camp experience. ACA accredits approximately 2,400 diverse camps nationally. ACA-Accredited® Camps meet up to 300 health and safety standards. Accreditation provides public evidence of a camp's commitment to the health, safety, and overall well-being of both campers and staff. For more information, visit www.ACAcamps.org.

• ABOUT THIS SECTION •

Camp is an equal opportunity life-changer. By sending a child to camp, families are truly giving a gift that lasts a lifetime. The pages in this section provide a listing of camps of all types in the area. Whether it be academics, music, theater, sports, or other types of interests, you'll find it here. Happy camping.

• Roberta Burkhart, (908) 766-3900 ext. 225

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YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

APPLE MONTESSORI SCHOOLS

E-mail: info@applemontessorischools.com
Website: www.applemontessorischools.com

Session Lengths include 8 weeks.

Apple Montessori Summer Camps have been loved by children for more than 40 years. Not only is our camp schedule truly jam-packed with an exciting variety of summer fun, our uniquely designed program infuses exciting lessons into our exploration and activities.

Children love moving from one thrilling adventure to the next within beautiful air-conditioned facilities, on outdoor playgrounds and off-site zoos, trampoline playgrounds, mini golf courses and more.

Most schools offer unique swimming pools which have been designed to help children develop their individual skills and abilities while promoting safety and fun. Daily swim lessons are designed to enhance individual skill levels.

Our highly-trained staff is adept at teaching proper technique, as well as how to be safe in the water. Our curriculum covers six levels of swimming from Level One, Acclimation to the Water to Level Six, Advanced Aquatic Skills and Stroke Proficiency.

CAMP KIERSON

Summer Address: 107 W Woodchurch Rd., Flemington, NJ 08822

Summer phone: (908) 528-3307

E-mail: kiersonfarm@me.com

Website: www.KiersonFarms.com

Director: Hilary Wilcox

Programs are offered for 10 weeks through the summer for ages three and up. Any level rider is welcome.

Kierson Farm offers a day horse camp. Riders will receive daily hour long lessons, learn all about horses, work with horses, learn care and knowledge, as well as take advantage of our farm life and trails that run through the Hunterdon Park system. We offer camps for riders ages three and up, full and half-day Happy Trails Camp for beginners and Step Up Camp for riders with more experience. Visit our website, www.KiersonFarms.com, for more information. Come ride with us, the horses are waiting!

CAMP RIVERBEND

Summer Address: 116 Hillcrest Rd., Warren, NJ 07059

Summer phone: (908) 580-CAMP Fax: (908) 647-2435

E-mail: info@campriverbend.com

Website: www.campriverbend.com

Director: The Breene Family

Co-ed programs are offered for ages three to 14. Half and 3/4-day options are available for 3 and 4 year olds, full-day for 4 year olds and up. Teen day trip program for rising 7th to 9th graders. Fees vary depending on weeks and program options. Visit www.campriverbend.com/parents/registration for details. Sessions are from two to seven weeks.

Camp Riverbend is where the fun never ends! At Camp Riverbend Day Camp, your child can experience the most memorable summer ever — in a safe, nurturing and caring environment dedicated to growth, friendship and fun. We offer a full range of sports, crafts, swimming, nature, and much more! At Camp Riverbend, we applaud effort and enthusiasm, fun and camaraderie and camp spirit.

The Breene Family welcomes you to our camp family! We welcome boys and girls, ages three to 14. New for 2017: Lunch is included! Door-to-door transportation is provided from parts of Essex, Morris, Middlesex, Somerset and Union counties.

Camp Riverbend is accredited by the American Camp Association and the State of New Jersey.

CHATHAM DAY SUMMER CAMP

Summer Address: 700 Shunpike Road, Chatham, NJ 07928

Summer phone: (973) 410-0400

E-mail: camp@chathamdayschool.org

Website: www.chathamdayschool.org

Director: Heather Wampole

Co-ed programs available for ages 2.5 to 9 years old. Sessions are from one to eight weeks long and cost \$375 per week.

Chatham Day School has officially completed its second building addition, opening an entire wing specifically designed for fourth through eighth grade students. The new middle school wing includes four new state-of-the-art classrooms, an innovative learning common with several collaboration hubs, seminar room, and spaces for small group collaboration. Each room allows faculty the opportunity to be flexible with grouping and teaching. "Every detail and item of this new space was thoughtfully designed in response to the needs of the young adolescent in the 21st Century," said Kooheli Chatterji, Middle School Division Head. "We wanted to create warm, cozy spaces that represent the heart of our school community and offer students with that critical

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Horseback Riding Lessons - Camps - Birthday Parties

Summer Camp Now Enrolling





Camps for all ages and ability levels

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8:45am - 3:15pm

Extended Session Available (5:15pm)

Ages 8-15

WWW.ENGINEERING
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SPACE IS LIMITED! REGISTRATIONS TAKEN ONLINE

FOR MORE INFORMATION CALL 973-945-1891 OR EMAIL
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CAMP

YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

FROM PAGE 3

sense of belonging. Additionally, we wanted their academic space to model creativity and innovation."

Also included in this new space is a state-of-the-art theater, dining hall, and S.T.E.A.M. suite for all students in preschool through grade eight. Evidence of learning is showcased throughout the wing, with multimedia dell'arte monologues recited on stage, the 3-D printing club gathering to design a replica of our mascot, and the sound of djembe drums echoing through the hallways from a percussion class. It truly is a spectacular place to learn.

Chatham Day School is an independent, coeducational day school enrolling preschool through grade eight students from more than 35 nearby communities. The campus is located on 15 beautiful acres in Chatham Township. CDS is small by design with an average class size of 10 students per classroom. School enrollment includes 28 percent students of color and 18 percent receive financial aid. Graduates achieve great success at local independent schools, boarding schools, and area public high schools with a majority placing in academically advanced courses of study. CDS holds dual accredita-

tion by the New Jersey Association of Independent Schools and the Middle States Association of Colleges and Schools.

DELBARTON SCHOOL SPORTS CAMPS AND ACADEMIC PROGRAMS

Summer Address: 230 Mendham Road,
Morristown, NJ 07960

Summer phone: (973) 538-3231 ext. 3019

Fax: (973) 538-8836

E-mail: summer@delbarton.org

Website: www.delbarton.org/summer

Directors: Sports: Kent Manno and Dan Whalen; Academic: Josh Hartle

Sports camp programs are from one to five weeks and serve boys in grades three to nine. Academic camp programs are from one to six weeks and are co-ed for grades three to 12. Sports camps cost \$395 per week if enrolled before June 9. Fees for academic camps vary from \$175 to \$1,600, depending on course selection.

Delbarton is committed to developing body, mind and spirit and offers a variety of summer sports and academic programs. Delbarton Sports Camps emphasize the pleasure of playing a sport well. Young men in grades three to nine develop athletic skills while building character on and off

the field. Delbarton Summer Session is a co-ed program of advanced credit, enrichment and skills courses for grades three through 12. Boys in grades three through nine may enroll in both sports and academic programs. Delbarton's 200-acre campus is the perfect place to strive, to learn and to have some good, old-fashioned summer fun.

ENGINEERING EXPLORATIONS

Summer Address: 170 Ridgedale Avenue,
Madison, NJ 07940

Summer phone: (973) 945-1891

E-mail: engineeringexplorationscamp@gmail.com

Website: www.engineeringexplorations.com

Director: Ryan DelGuercio

Co-ed programs available for ages eight to 15 with full day sessions from 8:45 a.m. to 3:15 p.m., Monday, July 10, through Friday, July 28. Extended day options are available. Fees are \$1,300 for three weeks.

Students participating in Engineering Explorations day camp will be exposed to various disciplines of engineering in a fun and exciting environment. They will be taught STEM principles within innovative hands-on projects. Students will develop their engineering skills through problem solv-

ing-based projects. Students will be provided with a content-rich "engineering portfolio" filled with activities and rigorous STEM content that they will complete throughout camp. They also keep all projects they fabricate. These include a model roller coaster, solar powered car, and water powered rocket (Foundations of Engineering), their own T-shirt and sticker designs (Prototyping and Graphic Design), alarm circuit and robotics circuits (Robotics). Students will get to enjoy the summer weather each day during their "technology recess" where they will get to fly quadcopter drones, drive RC cars, and examine the latest technologies, such as virtual reality. We strive to build not only your child's academic skills but their leadership skills as well through cooperative learning in a supportive environment. All our instructors hold Technology Education certification. Last year was our first year and we received such great feedback we moved to a full day this coming summer. Parent testimonials include: "My daughter loved this camp - she was excited to go everyday, she enjoyed the instructors (Mr. Del.) and she learned something - what more can you ask for from a camp," said Madhavi S. According to Kate

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Chatham Day School

2017

expanded and improved!

summer camp

Preschool - Grade 3

camp hours: 9:00 a.m. - 1:00 p.m.

5-Day Programs

June 12 - July 28

Enroll for one or all 7 weeks!

\$375 per week





sports • s.t.e.a.m. • arts & crafts • waterplay

exploring nature • backyard games • music • and more!

visit chathamdayschool.org to register



AT OUR SUMMER CAMPS, KIDS DEVELOP A NOSE FOR NATURE

Explore rivers, hold bugs, catch frogs, spot salamanders! At the Scherman Hoffman Wildlife Sanctuary, we offer a wide range of day and overnight nature camps for kids from pre-K to 10th grade. Camps start June 26 and run through September 1 in three great locations — Bernardsville, Blairstown and Barnegat Bay. To sniff out more information on all the camps available, and to book, visit our website at www.njaudubon.org or call us at 908-396-6386.

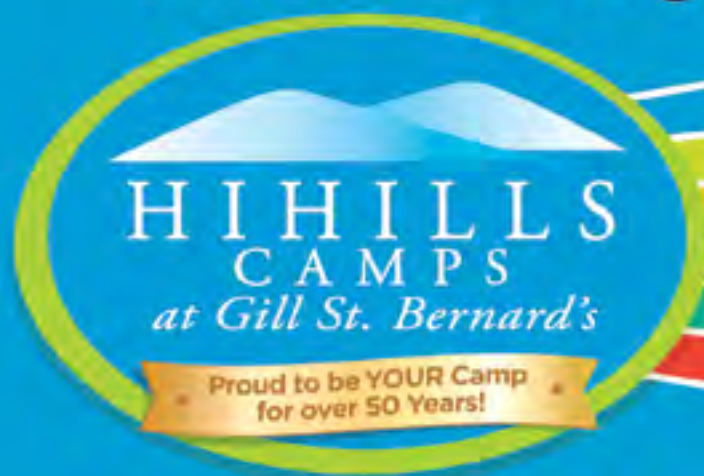


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June 12 - August 25



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TRAVEL CAMP
ACADEMIC CAMP
ENRICHMENT CAMP
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Open House Dates:

10am - 2pm

April 2nd, May 21st



25 St. Bernard's Road, Gladstone, NJ 07934
hihills.com • info@hihills.com • 908-234-0067



YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

FROM PAGE 4

R.: "My son loved going to camp everyday and I loved that he was both having fun and learning about how things work." Lastly, Jon. J. said, "My son enjoyed the camp and always looked forward to the next day's activities. He was exposed to the basic principles of Physics and Engineering and loved building the roller coaster and rocket."

THE GOLF ACADEMY AT BASKING RIDGE COUNTRY CLUB

Summer Address: 185 Madisonville Road, Basking Ridge, NJ 07920

Summer phone: (908) 766-8200 ext. 2
Fax: (908) 953-8097

E-mail: academy@baskingridgecc.com

Website: www.baskingridgecc.com

Director: Doug deMarrais

Co-ed, ages 6 to 16, all levels: beginners to advanced. Fee: Golf Camps: \$425 to \$795. Session Lengths: Half-Day and Full-Day Junior Golf Camps.

Our half-day Junior Golf Camps are designed to teach the golfer all aspects of the golf swing and its application to the course. Grouped by abilities, PGA Professionals will teach putting, chipping, full swing and specialty shots. Full-day Junior Golf Camps are designed for the more eager golfers who desire a comprehensive golf program. A team of PGA Professionals will cover everything from short game swing, full swing and putting mechanics to reading greens and golf course management.

Fundamental movement drills, similar swing mechanics, history of the game, as well as rules and regulations and golf etiquette will be taught through games that will inspire your golfer. Lunch at the pool snack bar is available and afternoon swim break is included during lunch break.

HI-HILLS DAY CAMP

Summer Address: 25 St. Bernard's Road,

Gladstone, NJ 07934

Summer phone: (908) 234-0067

Fax: (908) 234-0045

E-mail: info@hihills.com

Website: www.hihills.com

Director: Cindy S. Wyatt

Coed camp programs are available for ages 3 to 15, including Kinder Camp, Traditional Day Camp, Teen Travel, Leaders of Tomorrow, Academic Courses, Enrichments and Sports Specialty Programs. Fees vary from approximately \$400 to \$1,000 per week. Sessions vary and are flexible by the day, week or for the entire summer (11 weeks)

A spectacular 51st summer at Hi-Hills Camp on the 208-acre campus of Gill St. Bernard's is awaiting your child. Hi-Hills offers families flexibility and opportunities to create a memorable summer that enhances their children's growing interests with academic courses and enrichment programs alongside a partnership of day camp choices. More than 50 learning options will be available during Summer 2017 for pre-k, elementary, middle, and high school students.

Weekly offerings range from performing and creative arts, sewing and design, science and technology, STEAM and STEM, cooking and gardening, reading, creative and essay writing, mathematics, study skills and leadership along with sport-specialty camps, water safety and lifeguarding. Students increase their knowledge as well as furthering their advancement in accredited core classes within small class settings led by GSB faculty.

Camp facilities include an in-ground swimming pool, splash pad, tennis courts, basketball courts, outdoor sport court, lacrosse, softball, and soccer fields, gaga pit, and a low ropes course. Campers explore the Home Winds expansive 108-acre property, home to a sustainable working farm-to-garden table, beehives and a large pond for dai-

ly fishing and paddleboats.

Additional great outdoors activities include archery, nature, and color war challenges. Hot and cold lunches are served daily in air-conditioned facilities. Transportation from community sites as well as door-to-door pick up is available for full-day campers.

Set your sights on a memorable journey for your child with our amazing staff and experience firsthand the Best Summer Ever at Hi-Hills. Summer 2017 session begins June 12 and runs through Aug. 18.

MADISON AREA YMCA SUMMER DAY CAMPS

Summer Address: Madison Area YMCA: 111 Kings Road; 54 East Street, Madison, NJ 07940

Summer phone: Family Center: (973) 822-9622 and F.M. Kirby Children's Center: (973) 377-4945

E-mail: abardon@madisonymca.org; rada-mo@madisonymca.org

Website: www.madisonareaymca.org/camp

Director: Allison Bardon (Family Center) and Rosemary Adamo (Kirby Center)

Summer day camp programs serving children entering kindergarten through 11th grade with one- to 10-week long sessions.

Journey on with us this summer! The Madison Area YMCA offers summer day camps for children entering kindergarten through grade 11. From Camp Wantago at the F.M. Kirby Children's Center to Camp KidsQuest, Camp SummerQuest and our new Leader in Training program at the Family Center, the Madison Area YMCA offers something for every child.

The Y believes that every child should have the opportunity to enjoy a summer camp experience. As a 501(c)(3) charitable organization, the Madison Area YMCA offers a financial assistance program that provides

help to families who cannot afford the full price of camp. The Madison Area YMCA is inclusive of all people, provides quality programs that develop a healthy spirit, mind and body, and promotes the Y's Core Values of Caring, Honesty, Respect and Responsibility.

N.J. AUDUBON SCHERMAN HOFFMAN WILDLIFE SANCTUARY

Summer Address: 11 Hardscrabble Road, Bernardsville, NJ 07924

Summer phone: (908) 396-6386

Fax: (908) 766-7775

E-mail: SHWS@njaudubon.org

Website: <http://www.njaudubon.org/Portals/10/Centers/Scherman/NJA-CAMP-BRO-SCHERMAN-HOFFMAN-v6.pdf>

Director: Stephanie Punnett, program director

Co-ed programs for those age 4/entering K through grade 10. Fees vary: preschool camp (for age 4/entering K) costs \$120 per week or \$125 per week if booked after April 15; day camp (for grades 1 to 6) costs \$315 per week or \$325 per week if booked after April 15; overnight camp (for grades 6 to 10) cost \$650 per week. Preschool camp is four days per week from 9 a.m. to noon; day camps are five days per week from 9 a.m. to 3:30 p.m. with extended day options; overnight camps are 24 hours for 5 days.

N.J. Audubon has a long history of connecting children of all ages with nature by exploring, discovering and enjoying our forests, fields, streams, ponds and beaches, across our three venues at Bernardsville, Blairstown and Barnegat Bay. Our staff is committed to guiding your child in outdoor adventures that foster a deeper connection with the natural world and that are engaging, fun, and support STEM learning through hands-on experiences. Our sum-

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Sports Camp

July 17-21
9 AM - 12:15 PM

Liberty Corner
Presbyterian Church
45 Church St, Liberty Corner, NJ

Age 4 - 5th grade
(by 7/1)

**BASKETBALL
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SOCCER**

\$ 55/child OR
\$165 for 3 or more siblings

SPACE IS LIMITED. REGISTER TODAY!
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The Children's Corner is dedicated to meeting the spiritual, cognitive, social, emotional and physical needs of children in the community in a kind and loving Christian atmosphere.

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YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

FROM PAGE 6

mer education team is highly trained and we provide additional educators and counselors to maintain optimal child-teacher ratios.

NEWARK ACADEMY SUMMER PROGRAMS – ACADEMICS

Summer Address: 91 South Orange Avenue, Livingston, NJ 07039

Summer phone: (973) 992-7000 ext. 217

Fax: (973) 992-8962

E-mail: summer@newarka.edu

Website: <http://www.newarka.edu/summer-academics>

Director: Robert Mallalieu

Academic courses are available for grades 3 to 12; Jump Start is available for grades 1 and 2; Arts Experience, STEAM and Sports Experiences are available for grades 3 to 8; and Specialized Workshops are available for grades 7 to 12. Fees for each course is listed in the course description, which can be found online at <http://www.newarka.edu/page/summer/summer-academics/course-offerings>.

There is a separate enrollment fee of \$50, which should be mailed with the summer session application to Newark

Academy Summer Session. Students may be required to purchase a textbook or other instructional materials. The cost for books ranges from \$25 to \$150 and can be paid by check, cash or money order upon registration. Classes meet each day, Monday through Friday. Dates and meeting times for all classes are listed in the course descriptions online.

Advance credit courses, preview courses, and writing and literature courses meet Monday, June 26 through Friday, Aug. 4. Students may enroll in Arts Experience, STEAM, Sports Experience, Enrichment courses and Jump Start for the full six weeks or select a three-week enrollment only. Specialized Workshops are one- and two-week workshops and run only once during the summer. There are no classes scheduled on Tuesday, July 4. The full session runs June 26 to Aug. 4 with session A from June 26 to July 14 and session B from Monday, July 17 to Friday, Aug. 4.

For more than 30 years, Newark Academy has been the premier source in northern New Jersey for educational summer programming. The highly respected Summer Session provides students with an unparalleled summer academic experience including advanced credit, enrichment and skill devel-

opment courses.

Located on 68 acres in Livingston, Newark Academy offers students a full campus experience. An Upper School Academic Center Certified LEED Gold, the McGraw Arts Center and the Hawkes Memorial Library combine to provide students with ample spaces for transformative academic work.

The Summer Program is designed to meet a wide range of needs – from the student desiring a single course to students and families seeking a full day of programming. All Summer Session classrooms are air conditioned.

NEWARK ACADEMY SUMMER PROGRAMS – SPORTS

Summer Address: 91 South Orange Avenue, Livingston, NJ 07039

Summer phone: (973) 992-7000 ext. 212

Fax: (973) 992-8962

E-mail: summersports@newarka.edu

Website: <http://www.newarka.edu/page/summer/summer-sports>

Director: Liz Bona

The following programs are available: Mott-Leeney Baseball Camp for ages 3 to 13; Girls Volleyball Camp for ages 13 to 17; Boys and Girls Stroke and Turn Swim

Camp for ages 12 to 17; Girls Field Hockey, Boys Basketball and Girls Basketball Camps for ages 8 to 14; Boys and Girls Fencing Camp for ages 7 to 14; and Boys and Girls Soccer Camp for ages 6 to 14. Fees are as follows: Mott-Leeney Baseball Camp Session I, III, IV, V: \$395 Session II: \$350; Girls Volleyball Camp: \$200; Boys & Girls Stroke and Turn Swim Camp: \$150 Girls Basketball Camp: \$325; Boys Basketball: \$325; Boys and Girls Fencing Camp: \$325; Boys and Girls Soccer Camp: \$325; and Girls Field Hockey Camp: \$325. Session Lengths are: Mott-Leeney Baseball Camp: Session I: June 26-30, Session II: July 3 -7, Session III: July 10-14, Session IV: July 17-21, Session V: July 24 -28; Girls Volleyball Camp: July 10-14; Boys and Girls Stroke and Turn Swim Camp: July 10-14; Girls Basketball Camps: July 17-21; Boys Basketball Camp: July 24-28; Boys and Girls Fencing Camp: July 24-28; Boys and Girls Soccer Camp: July 31- Aug. 4; and Girls Field Hockey: July 31- Aug. 4.

Newark Academy's sports camps combine the values of teamwork with sports-specific programming to take students to the next level in their athlet-

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THE CRAIG SCHOOL
IS AN INDEPENDENT SCHOOL
THAT SPECIALIZES IN
WORKING WITH STUDENTS
WITH LEARNING DISABILITIES
IN GRADES 2-12.

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- Assistive Technology
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THE
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MOUNTAIN LAKES
& BOONTON, NJ

YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

FROM PAGE 7

ic career. Newark Academy programs are designed and managed by our top-tier coaches in state-of-the-art facilities, including newly installed basketball courts, designated fencing rooms, modern fitness center, six-lane swimming pool and vast outdoor athletic fields. Newark Academy athletic facilities are second to none!

RANDOLPH COMMUNITY SCHOOL SUMMER CAMPS: Camp Discovery, Summer Stars and Summer Kids

Summer Address: Randolph Community School, 25 School House Road, Randolph, NJ 07869

Summer phone: (973) 361-0808 ext. 8603

Fax: (973) 361-2405

E-mail: communityschool@rtnj.org

Website: www.rtnj.org

Director: Allison Freeman, Community School Supervisor

Co-ed programs available for children in grades K to 8. Fees are as follows: Camp Summer Kids: \$275 per week for grades K to 1 if enrolled by March 15; Camp Summer Stars: \$305 per week for grades 2 to 5 if enrolled by March 15; Camp Discovery Travel: \$350 per week for grades 5 to 8 if enrolled by

March 15. Sessions include eight one-week sessions.

The Randolph Community School offers children a summer to remember with three fun-filled day camp programs for children in grades K to 8 that are staffed by teachers and students. Daily activities include arts and crafts, cooking, science, music and movement, nature, science and technology and sports. Children enjoy special trips to water and amusement parks, baseball games, zoos, etc. Camp Summer Kids enjoy one trip per week, Camp Summer Stars two trips and Camp Discovery Travel three trips.

The Community School is part of Randolph Township Schools and is approved and sponsored by the Randolph Board of Education. The camps take place in Fernbrook Elementary School and Randolph Middle School. The Community School also offers summer Young Rembrandts art classes, Super Science workshops and a Summer Strings, Piano and Guitar program.

RANDOLPH YMCA SUMMER CAMPS

Summer Address: 14 Dover Chester Road, Randolph; and Schooley's Mountain Park,

Long Valley

Summer phone: Randolph Camps: (973) 366-1120; Long Valley Camps: (908) 689-9312

Fax: (973) 366-8025

E-mail: Randolph Camps: Lynn@randolphymca.org; Long Valley Camps: Cindy@randolphymca.org

Website: www.randolphymca.org

Director: Randolph Camps: Lynn Molitoris; Long Valley Camps: Cindy Smith

Fees for Randolph Camps: \$160 to \$285 per week; Long Valley Camps: \$170 to \$370 per week. Sessions run from June 26 through Aug. 25.

The Randolph YMCA day camps offer a mix of fun and educational activities aimed at improving kids' well-being. The Y's program centers on three areas proven to impact kids' development: friendship, accomplishment and belonging, all in a well-supervised and caring environment.

Camps at Randolph and Long Valley offer before- and after-care and include exciting activities such as sports, gymnastics, arts and crafts, and field trips. Swim instruction and/or water free play are part of each session. All activities are designed for each age group.

Camps located in Randolph include We, Me, You Summer Fun Club for 3- to 5-year

olds; Camp Wide Horizons for children entering first to fourth grades adds themed weeks, archery, karate, dance, and core values activities. Youth Adventure Camp is held at Hedden Park and offers two field trips each week, hiking, and other adventures for 'tweens and teens in fifth through ninth grades.

Long Valley Camp is held at Schooley's Mountain Park and offer free pick up and drop off at convenient locations in Mount Olive, Hackettstown and Allamuchy. Long Valley Camps include Sunshine Club for 3- to 5-year olds. Camp Washington for first through third graders adds nature/environmental studies, hiking, fishing, and theme days.

Youth Adventure Camp for children in fourth through eighth grades offers weekly themes and two field trips each week. Travel Club provides daily adventures and field trips for campers entering seventh through ninth grades. Both camp locations offer a Counselor-in-Training program for high schoolers entering ninth and tenth grades.

Financial assistance may be available for all camps.

PLEASE SEE GUIDE, PAGE 9



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YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

FROM PAGE 8

SMART FUN CAMPS AT FAR HILLS

Summer Address: 697 US-202, Far Hills, NJ 07931

Summer phone: (908) 766-0622

E-mail: bjunger@fhcds.org

Website: www.fhcds.org/camp

Director: Brian Junger

Smart Fun Camps offer eight theme-based weeks of activities for students in PreK to grade 1. Using a daycamp model, students will participate in arts, music, movement, games and summer fun! Athletic and performing arts options are also available. Two full weeks of hands-on STEAM programming for students in grades 2 to 5 is offered, as well. Individual classes run for one week with a total of eight weeks. (No camp on Tuesday, July

4.)

Smart Fun Camps focus on STEAM activities and allow families to customize their children's camp time with family summer plans by providing flexible programs one-week in length and by offering before and aftercare options for busy parents. Camp begins Monday, June 19, and runs until Friday, Aug. 11. Both half- and full-day camp options are available.

Camps are held on the campus of Far Hills Country Day School, which is situated on 54 acres in Far Hills.

The campus includes learning gardens, labs, media centers, a state-of-the-art performing arts center, a large athletics center including a climbing wall, outdoor fields and tennis courts, a ropes course, meadows, ponds, and woodlands.

PLEASE SEE GUIDE, PAGE 10



HI HILLS AT GILL ST. BERNARD'S

In 2015, the Gill St. Bernard's School expanded its landscape with the addition of 128 contiguous acres. This new locale, the Home Winds Campus, provides opportunities for campers enrolled at Hi Hills Camps which makes its home on Gill's campus, to participate in fishing, paddle boats, and archery as well as interact with a farm community comprised of goats, donkeys, ducks, bunnies, cattle, sheep, pigs and chickens. During camp season, Gill St. Bernard's farm educator and garden coordinator coordinate numerous activities for campers on the farm and garden to foster a love for the great outdoors. See the listing on page 6.

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*House Cash may be applied towards: Dining Options, Swim Lessons, Guest Charges, Pro Shop Merchandise, Golf Lessons, Junior or Adult Golf Clinics.



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YOUR GUIDE TO THE AREA'S CAMPS AND SCHOOLS

FROM PAGE 9

SOMERSET HILLS YMCA DAY CAMP

Summer Address: 140 Mount Airy Road,
Basking Ridge, NJ 07060

Summer phone: (908) 630-3507

E-mail: kdezutter@somersetcountyyymca.org

Website: www.somersetcountyyymca.org/camp

Director: Kimberly de Zutter

Camps for boys and girls who will be entering preschool through grade 10 in September. Fees vary from \$260 to \$385 per week. One- and two-week sessions run June 16 to Sept. 1.

Somerset Hills YMCA Day Camp offers more than 20 great camps. To create the best summer ever, plan variety into your child's schedule with both traditional and specialty camp options. Summer is a great time to explore new interests and pursue passions at camp. Our traditional camps include daily swim lessons and a daily recreational swim time, as well as weekly theme days. Somerset Hills YMCA camps are approved to provide camp programs to children eligible for services through Division of Children and Families, N.J. Children's System of Care. Extended hours and financial assistance are available.

THE CHILDREN'S CORNER SUMMER CAMP

Summer Address: 45 Church Street, Liberty
Corner, NJ 07938

Summer phone: (908) 647-8401

Fax: (908) 604-6161

E-mail: kima@libertycorner.org

Website: thechildrenscornerschools.org

Director: Donna Greco

Co-ed programs serving children in early preschool through fifth grade. Fees varies depending upon session. Sessions are from one to eight weeks.

Our Summer Camp program operates for eight weeks with different themes and activities each week. You may enroll your child for the whole summer, or you may choose individual weeks. Field trips for our 3-5 year olds include local attractions such as Duke Farms, Sterling Hill Mining Mill, Morris Museum Earth Explorers, and the Liberty Science Center.

We also offer various in-house programs such as Mr. Ray and Stretch the Silly Man. Students ages four years old and older may participate in Sports Camp. We have a full gymnasium, science lab, and an outdoor learning garden. New for Summer Camp 2017 will be an Etiquette Class and Challenge Island.



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TIME-SAVING TIPS TO GIVE PARENTS A LITTLE BREAK

The following article is provided by Brandpoint.

You wake up before the sun rises to shower and get ready for the day. Soon you hear the patter of tiny feet upstairs. You get breakfast ready for your little ones and then get them dressed. Between packing bags and preparing lunches, you barely have time to grab breakfast for yourself. You rush out the door just in time to make it to work before that big meeting starts.

And all this happens before 8 a.m.

Being a parent means juggling not just your own schedule, but those of your children as well. Nearly two in three moms have never taken a day completely for themselves, according to a new survey conducted by Luvs and Wakefield Research. It's no surprise most parents long for a little breathing room to relax.

Fortunately, with these tips and tricks, you can ease your schedule and save time throughout the day. Use that extra time for something you enjoy, whether it's watching your favorite TV show, going for a run or sipping a cup of tea while star gazing.

Make Nap Time Work

If you have small kids, you probably use the few hours they nap to do laundry, clean the house or catch up on emails. Instead, once or twice a week, use the break to do something just for you. Read a book, catch up on the DVR or even step into the shower! In fact, the Luvs survey found that a quar-

ter of moms would simply value an uninterrupted shower versus going to the spa.

Simplify Diapering

Changing diapers throughout the day adds up fast in time and money. Parents can look to avoid leaks while keeping little ones comfortable by using Luvs which are extra absorbent and have large stretch tabs for easy fastening. Visit www.luvsdipers.com to learn more about Luvs Ultra Leakguards with NightLock Plus.

Ready The Night Before

Mornings are hectic for families, and a bad one can really set the tone for the entire day. Save time and eliminate stress by doing as much as possible the night before. Select clothes for kids and yourself, prepare lunches, pack bags and bathe in the evening. When the alarm goes off, you will be 75 percent ready to go.

Cook Double Batches

When you cook twice as much, you cover two meals in the time it takes to make just one. Double the casserole for tonight and freeze half for next week. Cook two pounds of chicken so you have lunch for tomorrow in addition to dinner. Double the soup and freeze in individual containers so both you and your partner have an easy meal you can grab and go.



Being a parent means juggling not just your own schedule, but those of your children as well. Time-saving tips can give moms and dads a little breathing room to relax.



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How To Make Good Nutrition A Family Affair In 2017

The following article is provided by Brandpoint.

Nurturing and nourishing a family go hand-in-hand. If you're ready to rally your family around better nutrition, now's the time to get a healthy jump on the new year.

"Making consistently good food choices can set your family on the road to good health," says Marlene Schmidt, registered dietitian for Nestlé's Nutrition, Health and Wellness Center of Excellence. "Besides helping you stay healthy, a nutritious diet can support growth, strengthen immune systems and boost energy levels."

Make good nutrition a family affair: Resolve to make healthy changes together. These tips will start every member of the family on a new course of good nutrition in 2017.

Infant And Toddler Foods

A lifetime of wellness begins with good eating habits during pregnancy and nutritious choices for your baby. Breast milk is the ideal food for infants. Experts recommend exclusive breastfeeding for your baby's first six months, followed by continued breastfeeding for as long as possible after introduction of first foods.

Your pediatrician can help determine when your baby is ready to try solid foods. Feeding iron-fortified infant cereal is a great way to help meet your baby's iron needs. Add fruits and veggies one at a time, and ensure foods are the right size and texture to match your baby's development, starting with pureed foods and working your way to small, soft bits. Offering a variety of nutritious foods will help your baby experience different tastes and flavors.



Make good nutrition a family affair in 2017 with these healthy tips.

Kids In The Kitchen

If you're a parent, you're being watched, so make sure your child sees you eating fruits, vegetables and whole grains – and fewer sugary, fatty or salty foods.

Plan to eat meals together. Shared mealtime is a great chance to reconnect as a family, and to engage your children in fun explorations of what it means to be healthy.

Invite kids to help you grocery shop, plan meals and cook. They'll learn important lifelong skills. One study found that children who help prepare meals eat more vegetables than those who don't participate.

Can't get kids to try new foods? Don't give up. Research shows young children may

need to try a new veggie up to 10 times before they learn to like it.

Stock Up For Teens

Good nutrition is crucial during the teen years, but it can be a challenge. Teenagers are developing their own food preferences.

Make healthy eating easy for them. Stock up on simple, appealing foods – from cut-up fruits and veggies to smoothies, whole grain wraps, soups and sandwiches. For a satisfying and teen-approved beverage that provides a protein punch, opt for chocolate milk, which offers nine essential nutrients, including vitamin D, calcium and potassium.

While their nutritional needs are in-

creasing, teenagers are facing new emotional challenges that can cause them to overeat, skip meals or diet. Watch for unhealthy eating patterns and be sensitive to body-image concerns.

Grow Up, Not Out

By middle age, our metabolism begins to slow. We need fewer calories, but it's hard to break old habits. That's where mindful eating can help.

Set the table, turn off your devices and savor every bite. You'll feel more satisfied after meals and be less tempted to snack. Moderate your alcohol intake, and don't forget your water bottle. And if your serving sizes have expanded over the years, now's the time to seek some portion pointers, too.

Older And Wiser

Whether from changing tastes, dental problems, medication or illness, people often lose their appetites as they grow older.

But good nutrition remains essential for older adults. And it's never too late to make positive changes.

If you or an older family member can't shop often enough to buy fresh produce, order your groceries online, or buy frozen and canned fruits and vegetables. Read labels to avoid extra sugar or sodium, and remember to drink plenty of water.

If weight loss becomes a problem, consider a liquid supplement or meal replacement beverage for a tasty way to fill nutrient, calorie and protein gaps.

The approach of a new year is a great time to hit the reset button. Resolve to replace old habits with healthier ones in 2017. And do it together.

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ONE THING CAN HELP CHILDREN EAT MORE VEGETABLES AT SCHOOL

The following article is provided by *Brandpoint*.

The U.S. Department of Agriculture proposed a complete overhaul of school lunches subsidized by the federal government in 2012. These changes aimed to limit calories, reduce sodium and increase the consumption of vegetables and whole grains. Improved nutrition is a laudable goal, but the realities of science and nutrition may surprise most people. That's because scientific studies show kids are more likely to eat their vegetables if they have adequate salt.

Dark green vegetables like spinach and broccoli are among the most nutritious foods. However, they all contain very bitter phytochemicals that affect their taste. A research paper from the University of Pennsylvania examined the response of tasters to varying amounts of salt in a range of foods that were naturally bitter, including vegetables and other foods deemed to be healthy. Reducing the salt intake made these foods less appealing and adversely af-

fected the tasters' nutrient intake.

In another study conducted at Ohio State University, cooked broccoli was fed to individuals from three different age groups: children, adults and senior citizens. The broccoli florets were prepared with different levels of salt. The results showed that even though participants were unaware as to which sample was which, salt significantly increased broccoli's palatability.

A University of Vermont study to measure food consumption in schools before and after the salt reduction mandate confirmed what school lunch officials feared: they witnessed most students putting fruits and vegetables into the trash instead of their mouths. The study showed that although students were required to place more fruits and vegetables on their trays, they ate less of each.

When students were involved in setting choices, several new student-approved



Getting kids to eat more veggies – even at school – is easier than you think.

PLEASE SEE LUNCH, PAGE 16



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CAMP RIVERBEND: WHERE THE FUN NEVER ENDS

The following article was written by Miriam Peretsman of Camp Riverbend.

One of the most important gifts a child can be given is a sense of confidence in himself or herself; the knowledge that he or she will be able to meet a new challenge. Camp is a key place for children to succeed and acquire this fundamental skill.

While we don't provide academic instruction at Camp Riverbend, our campers are learning and growing every day. Of course children learn a lot at school, but in school children are constantly graded and evaluated in many ways. At camp, however, children can try a host of new things without having to worry if they "make the grade." This freedom – to experiment in a safe environment – is a major building block of confidence.

With a range of activities available at camp, kids have many opportunities to explore. Campers are taught the skills to meet physical challenges, like climbing to the top of the high ropes tower or being able to pass our Deep Water Test. They are given opportunities to explore their creativity while decorating a clay pot or playing rhythm games in performance. Campers can cook an unfamiliar dish and learn to appreciate new tastes and flavors. And even when changing for swim, campers are learning how to take care of their possessions and clean up after themselves – sure-

ly a very useful skill, parents will agree!

One of the most important ways to build confidence is by meeting new peers and making new friends. Camp is a great place for children to expand their social circles in a relaxed way, as they spend days together swimming, playing and having fun.

Our counselors are great mentors and a crucial force in helping campers succeed. Counselors can directly teach campers new skills (like how to make a bounce pass in basketball) but there are other important skills that they are teaching indirectly through their encouragement and support. As counselors encourage campers to keep trying, children learn persistence. As counselors cheer on a camper's achievements, children learn to trust themselves. What an amazing gift!

Check out Camp Riverbend at these upcoming events:

- "Seuss-ical" Open House: Celebrate the wacky world of Dr. Seuss with games, crafts, cooking and more from 10 a.m. to noon Sunday, March 19.

- "Earth Day" Open House: Learn how to take care of our planet with games, crafts and cooking activities from 10 a.m. to noon Saturday, April 8.

Registration is required for these events and can be made by emailing RSVP@campriverbend.com or info@campriverbend.com.



Visit Camp Riverbend during their open house events on Sunday, March 19, and Saturday, April 8.

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CHATHAM DAY SUMMER CAMP

Chatham Day School recently completed its second building addition, the new middle school wing, which includes four new state-of-the-art classrooms, an innovative learning commons, shown above, with several collaboration hubs, seminar room, and spaces for small group collaboration. See the listing on [page 3](#).

LUNCH: Tips to try

FROM PAGE 14

recipes were added to the menu: barbecue chicken, buffalo chicken wraps, chicken salad wraps and peanut butter and jelly sandwiches – all savory comfort foods everyone enjoys. It was a stark reminder you cannot impose bland foods on individuals. And there is a reason for that – our bodies are telling us we need sufficient amounts of the essential nutrient, sodium. Public health policy that is not based on evidence cannot outdo our bodies built-in mechanisms demanding those nutrients.

Without salt, serious consequences arise. Per Dr. Michael Alderman of the Albert Einstein College of Medicine in New York City, until the medical community has adequately studied the effects of population-wide sodium reduction, it is best to exercise caution.

“I’m concerned that experiments in population-wide sodium reduction are making Americans, children and adults, guinea pigs. For instance, my research indicates that cardiac patients put on low-salt diets had a higher rate of cardiac events than cardiac patients on normal sodium diets. We need to proceed carefully here so that we don’t cause harm,” he says.

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GARDEN-TO-TABLE TIPS FOR GROWING AND COOKING YOUR OWN PRODUCE

The following article is provided by StatePoint.

Nearly 50 percent of fresh fruits and 20 percent of fresh vegetables in the US are imported, according to Food-Safety.gov. This means that your food traveled long distances to get to your plate. To better enjoy fruits and vegetables, many families are now growing their own at home.

Want to know exactly where your food is coming from and have the freshest possible flavors within arm's reach? Bring "farm-to-table" dining into your everyday life by creating your own garden. Follow these tips to grow and harvest fruits, veggies and herbs at peak ripeness to enjoy in simple, healthful meals.

Room To Grow

When starting a garden, it's important to have a plan. Find a spacious area with plenty of sunlight to help plants take root and flourish — whether that's in your backyard or a nearby community garden. For cooler climates, raised garden beds are highly recommended. These allow fruits and vegetables the space needed to expand their roots and hold in water. For hot,

arid climates, create an in-ground garden, as it holds in moisture better, requiring less irrigation.

Selecting what to grow is your next challenge. Herb gardens are perfect for those with limited experience or limited space. Herbs like basil, cilantro and chives are easy to maintain. Most herbs can withstand changing climates, meaning you can cook with fresh herbs year-round, adding them to nearly any meal to increase depths of flavor and allow you to "play" with your food.

Farm With Flavor

Having access to a variety of fresh produce lets you expand your menu at home while keeping it healthy. Many items found in simple salads, like carrots, tomatoes, radishes, lettuce and other leafy greens are considered "beginner crops." Certain berries are also easy to cultivate. If you've ever tasted a ripe, just-picked strawberry or a fresh, juicy tomato, you'll know that it's worth the effort to grow these items yourself!

Mix It Up

Having a high-quality blender, like

the Vitamix A3500, can make transforming your harvest into vibrant meals easy. Vitamix machines can be used to chop, purée or juice any ingredients that may come from your budding garden.

Put new spins on old family recipes. Next time your kids ask for spaghetti and meatballs, try Spaghetti with Roasted Vegetable Sauce. Made with fresh, garden ingredients, including Roma tomatoes, carrots and fresh basil leaves, this robust sauce will become a staple in your weekly meal rotation. You might even want to try it on top of spaghetti squash or zucchini noodles to take advantage of more nutritious, fresh-grown produce. Try something new and create Sweet Potato Soup with Seared Tomatillos using fresh jalapenos, poblanos and tomatillos from your garden. Or dress up a less-than-exciting salad with a brightly flavored Strawberry Vinaigrette, using fresh strawberries and herbs.

Growing greens (plus reds, yellows, oranges, purples and blues) gives you peace of mind in knowing exactly where your meals come from, and the pride of nurturing something wholesome.



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SEVEN WAYS TO GET FIT AS A FAMILY

The following article is provided by StatePoint.

Healthy eating habits and gym routines can be hard to sustain. For parents who juggle busy schedules, it can be particularly challenging to squeeze in the recommended amount of physical activity each day.

However, with a little motivation and a dose of creativity, families can resolve to stay active and get fit together — without stepping foot into the gym. Here are seven ideas to consider:

1. Explore the neighborhood. Take the children on regular strolls around the block. Create your own nature walks by identifying different insects, leaves and animals along the way. Collect pinecones, acorns or other foliage that can be used for fun crafts back at the house.

2. Take advantage of local parks. Visit a local park to discover different walking paths or bike trails. And spend some time on the playground while you're at it! Equipment, such as monkey bars, climbing walls and balance beams are all fun ways to get moving.

3. Invest in gear without breaking the bank. Athletic clothes and accessories with the latest performance fabrics enhance comfort and safety while working out. What's more, new gear can be a great way for each family member to show his or her sense of style, which can be just the motivation needed to get moving.

Footwear is especially important to replace often, as worn out athletic shoes can increase risk of injury. To go easy on the wallet, consider shopping at retailers like Rack Room Shoes, which offers everyday value on brands for the entire family. For more information, visit RackRoomShoes.com.

4. Schedule dance parties. Enjoy music and shake off some stress by scheduling regular dance parties after school, during commercial breaks or before bedtime.

5. Make a game out of chores. Make the most of family chores. Shoveling snow, raking leaves and mowing the grass don't just enhance your home's curb appeal; they are all great forms of exercise!

6. Get in a routine. A routine ensures consistency. Set aside time each week for bike rides, tag football and soccer games, all of which can all be done in the neighborhood, backyard or at a favorite park. In bad weather, head to a local trampoline park, climbing gym or indoor soccer field.

7. Make a Matrix. Planning fun activities increases the chance you will keep up the good work. For those who love to check items off a list, a color-coded spreadsheet can be a fun visual reminder to test out new activities. Hang this in a common area, such as the kitchen, to keep track.

Once you've got the plan in place, get into a fitness routine that works for your family and stick with it!



New athletic clothes and accessories, including shoes, can keep the family motivated to move.

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