

SSPRPA CAMP/TEEN MEETING

Date: April 16 1:30pm

Attendees: Meghan-Tinley Park-Park District, Karen and Casey-Joliet Park District, Bryce, Melissa and Ewa-Oak Lawn Park District, Brenna-Mokena Park District, Sarah-Pleasant Dale Park District, Dyana-Homewood-Flossmoor Park District

Item
<ul style="list-style-type: none">• Teen Programming Updates
<ul style="list-style-type: none">• Camper Behavior Programs
<ul style="list-style-type: none">• Staff Motivation Programs
<ul style="list-style-type: none">• Inclusion at Camp
<ul style="list-style-type: none">• DEI at Camp -transgender bathroom or changing room written policy?
<ul style="list-style-type: none">• Google Doc of in-house and field trips
<ul style="list-style-type: none">• Day Camp Workshop Update
<ul style="list-style-type: none">• Open Roundtable Discussion
<ul style="list-style-type: none">• Favorite Activity sharing
IPRA Update- Met in Elgin on 4/16, on pause until September - a lot of discussion on written policy for campers who not only bring a weapon to camp, but talk about bringing a weapon will result in dismissal
Announcements- none at this time
Adjournment

Minutes:

Teen Updates: H-F offered some ideas for programs they are using for teen camp including Sierra House <https://sierra-house.org/about-us/> offering financial programs.

Other agencies have also used:

Moneywise <https://moneywisefinancialgroup.com/about/>

Junior Achievement <https://chicago.ja.org/>

Behavior Programs-Campers:

- Camper of the Day
- Character Bracelets-campers can earn different colored bracelets based on different character traits they display, earn all and they get a rainbow colored bracelet and can assist in passing out bracelets-once earned they get it right away to reinforce that behavior
- Casey Cash-campers earn “dollars” and can use to purchase a variety of items, a duct tape wallet is created at the start of camp so campers can keep their Casey cash safe and secure. Items are not always of a monetary value, such as a trip to the vending machine, ability to order lunch, treasure chest of goodies etc.

Staff Motivation

- Staff received decorated fanny packs
- Off-brand Stanleys that were decorated
- Crew neck sweatshirts
- Lunch once a session
- Donuts weekly
- Pot luck breakfast
- All staff luncheon-cover camp group so staff could go get food and eat
- Baseball game at end of season
- Thank you notes with candy or small gift card in them
- Have staff complete a favorites list upon hire so you know their favorite colors/candy/drinks etc.

DEI at Camp

- Staff Diversity shirt worn monthly to honor/celebrate a different day, info is include dint he newsletters to what the day is and how the agency will celebrate (pot luck, game, etc.)
- Teach Crafts and Games from around the world
- Remove gender biased language and nicknames
- Work with SRA for Inclusion services
- Transgender written policy for bathroom and changing rooms-Oak Lawn had one

Open Roundtable

Does anyone have a Bus checklist form that Mokena can see-looking to create one

<https://catalog.naeir.org/>

<https://www.scarce.org/>

What's the Buzz? H-F looking for cicada recipes (!!!???) for a class on How to Cook Cicadas to be held at Iron Oaks-send over your recipes and register today!

Tempura Cicada Recipe with Sriracha Aioli

Ingredients

36 Cicadas Wings Removed

$\frac{3}{4}$ Cup [Flour](#)

$\frac{1}{4}$ Cup [Cornstarch](#)

8 oz Sprite

$\frac{1}{2}$ tsp Sea Salt

1 tbsp [Korean Chili Flakes](#)

Sriracha Aioli

$\frac{1}{2}$ Cup [Dukes Mayonaise](#)

$\frac{1}{4}$ cup [Sriracha](#)

1 tbsp Lime Juice

Additional Ingredients

2 Qt Canola Oil for Frying

1 tsp [korean chili flakes](#) garnish

Instructions

Once you have caught a good number of large cicadas, place them in a bag and freeze them for about 2 hours. This will put them to sleep in the most humane way.

Heat up two quarts of frying oil in a pot to 350 Degrees F.

Prepare the Sriracha aioli by whisking together the Sriracha, mayo, and lime juice until smooth. Refrigerate until ready to serve.

Prepare the tempura batter by mixing together one egg, flour, cornstarch, sprite and thai lime seasoning or any spicy seasoning you have on hand.

Remove the cicadas wings then rinse under warm water, drain and pat dry with a paper towel.

Dip the cicadas one at a time in the tempura batter, and then gently place them in the oil. Cook for 3-5 minutes until golden and crispy. Season with Korean chili flakes and sea salt

DEI/Trama Based Programming Recommendations

Q's to go over with Site Staff in planning

What camp needs did we struggle to meet this summer?

How much did staff & their responses play an issue in behaviors/managing them/de-escalating or escalating them/etc.

What ages struggled the most-what were the repeated struggles

What activities did campers enjoy the most/least

Any changes to emergency form based on needs/behavior issues/camp 2023?

What behaviors did you see over and over/how were they addressed/how will you address moving forward/parents and issues?

Do you let staff know they may experience triggers at camp-eating disorders/abuse/body image issues, etc. Any thought of this being addressed in the future in the interview or training process

Ideas

- **Increase de-escalation training**
 - Teach signs of escalation
 - Anger
 - Discomfort
 - Nervousness
 - Pace/tone
 - Foot tapping/fidgeting/crossed arms
 - Breathing pace
 - Intervene before escalation
 - Teach coping skills/self-care
 - Check in moments with campers
 - Be aware of facial expressions
 - Be aware of gestures/postures/body language
 - After occurrence-check in with campers about possible triggers, ways could have helped, teach a coping skill to them, be aware of triggers in future
 - Teach conversation tips to have staff use when talking with parents-Difficult conversations
- **Incorporating Self-Care into Camp**
 - Yoga
 - Meditation
 - Dance breaks
 - Fidget toys/games
 - Mindful Minute exercises
 - Free periods

- Coloring/drawing/slime/dough free time

Ideas to bring to camp to assist with staff burnout

- Use more games/team builders/sharing during meetings
- Do secret buddies between staff
- Assign camp families-meet throughout summer
- Hang up funny camper quotes/favorite moments etc. to show staff they are making a difference
- Do you have a plan in place if a staff needs a quick refresh break-

We decided to plan a Lunch in mid-late June to get together and enjoy some away from camp time. Look for more details in June.

In the meantime, please reach out to the group if you need anything!

Happy Camping