



Kapolei Elementary
91-119 Kamaaha Loop
Kapolei, HI 96707
ymcahonolulu.org

Summer Day Camp Staff

Site Coordinator:

Ms. Ayme
Ms. Jasmine

Youth Leaders:

Morning Staff

Ms. Beaty

Afternoon Staff

Mr. Mateo

Program Hours

Monday-Friday

7am-5:30pm

Drop-Off: 7am-8am

Pick-Up: 4:30pm-5:30pm

Day Camp Site Phone Number

808-445-4267

NOW HIRING!

Hiring youth
leaders for up to
\$19 per hour: get
free YMCA
membership, 60%
off camps &
childcare, paid
training, & more!



bit.ly/YMCAJobDetails

Refer a new hire and
earn \$250 in Y
credits for camps,
swim lessons, and
more!



bit.ly/4aU20kU

Watch or share this
fun video!

**Kapolei Elementary Day Camp Newsletter Week
5: July 01 – 05, 2024
Theme: Summer Magic**

Dear Parents & Guardians,
Abarcadabra & Alakazoo! Welcome to week 5 of our Summer Day
Camp program. Prepare to be mystified and amazed this week
with "Summer Magic". We will also incorporate unique project
activities such as outdoor fun, The Heroic Journey, and much
more. Please see the backside for daily activities and reminders.

If you have any questions or concerns, please call our Day Camp
Direct Line at **808-445-4267**. Mahalo!



Need to Know

INCURSION/EXCURSION

See permission/waiver form for dates of
each incursion/excursion. Participants
MUST turn in a permission release form.

NUT-FREE SNACKS

Please pack 2 or more snacks to last
throughout the day.

ALLERGIES/MEDICAL CONDITION

Please let us know if your child has any
allergies or medical conditions.

OUTDOOR SAFETY

Come prepared with sunscreen, bug
repellent, covered shoes, and a hat. All
groups will rotate outdoors throughout the
day.

WATER BOTTLE

Must bring a hydro flask or water bottle.
Water dispensers are available.

LUNCH

Please pack a lunch for your child every day.
We do not have refrigeration or microwave
available.



Just A Reminder

Absent?

Please call us at **808-445-4267** by 9:00
AM if your child will be absent from
program. Please notify Day Camp
immediately if you will be late. A \$5 late
pick-up fee is charged for every 5
minutes beyond the closing time.

Pick-Up Procedures

All authorized people must present their
valid ID and sign out their child; if a
person is not on the authorization pick-
up list or not phoned in by the parent,
YMCA staff will not release the child until
the parent has been contacted and
approves the child's release.

If your child is experiencing a cough or
any symptoms of illness, we will call for
immediate pick-up.

**WE ENCOURAGE PARTICIPANTS TO STAY
HOME.**

FACE MASKS are optional.

LOST SOMETHING?

Please check our Lost and Found. Any
items left at the end of program will be
given to Donation.

ACTIVITY SCHEDULE – SUBJECT TO CHANGE

Mon July 01	Tues July 02	Wed July 02	Thur July 04	Fri July 05
<p>MORNING</p> <p>Mingle Mingle</p>  <p>AFTERNOON</p> <p>*Mental Health Curriculum (3rd – 6th grade)</p> <p>“The Heroic Journey”</p>	<p>MORNING</p> <p>3-D Fireworks</p> <hr/> <p>AFTERNOON</p> <p>Jump Rope Contest</p> 	<p>MORNING</p> <p>SPECIAL GUEST: Honolulu Fire Department</p>  <p>AFTERNOON</p> <p>Mental Health Curriculum (3rd – 6th grade)</p> <p>“The Heroic Journey”</p>	 <p>MORNING</p> <p>MOVIE: Onward</p>  <p>AFTERNOON</p> <p>Stretch Your Body</p>	

HEROIC JOURNEY AT HOME

Pressure to Obey

This week is about understanding why we sometimes follow what others say, even if it's wrong. We will learn how to make good, ethical choices and think for ourselves.

Parent Video
bit.ly/3KuLYDg



HAWAIIAN WORD OF THE WEEK

Kuleana
Responsibility, privilege, job and title.

KIDZLIT – BOOK OF THE WEEK

“Gratitude is my Superpower”
By Alicia Ortega

Kids literature helps engage students with simple ideas and moral lessons of the book.



Magical Unicorn Facts

- A unicorn's horn is called an alicorn.
- A baby unicorn is called a sparkle.
- A group of unicorns is called a blessing.
- The Chinese unicorn has a short, curly horn.
- According to European myth, unicorns are fairly shy, but you could tell if one was close by the sweet smell of cinnamon in the air.
- In unicorn mythology, unicorns are born without a horn; it usually takes about a year for the horn to grow to full size.
- The narwhal is sometimes called a sea unicorn. A narwhal's horn is a tooth that has grown into a long, spiral tusk.

Foods for Eye Health

These foods contain nutrients that promote good eye health. Let's see what they are and how they can make a difference:



Sweet Potato

Noteworthy Nutrient:

Beta-Carotene (Converts to Vitamin A)

- Prevents dry eyes and night blindness

- Reduce risk of eye infections

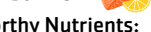


Strawberries

Noteworthy Nutrient:

Vitamin C

- Reduce risk of cataracts



Salmon

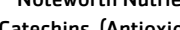
Noteworthy Nutrients:

Omega-3 Fatty Acid

- Alleviates dry eyes

Vitamin D

- Protects against macular degeneration



Green Tea

Noteworthy Nutrient:

Catechins (Antioxidant)

- Reduce risk of cataracts and macular degeneration

SUMMER PROMOTIONS

Join our free [Summer Bucket List Challenge](#) where completing just 20 activities could win you a grand prize of \$2000, along with weekly Y swag and Y Bucks. Open to the public—register online or visit any YMCA location and start your adventure with the whole family!



Plus, [save \\$99 on new Y memberships](#) and enjoy up to 20% off camps, programs, and swim lessons, with free child watch while you work out, and 10% off personal training.