

# ISHCMC SUMMER CAMP 2020



Newsletter - **WEEK 1**

## VISION

**2020 VISION** will encourage and guide children to explore what is important to them and what they are passionate about.

What makes me **me**?

What do I love to do?

How am I unique?

What makes me **happy**?

By understanding who we are, we are able to look at what we are really passionate about = **DREAM BIG!**

Project Focus = **PERSONAL VISION**

Life Skills Focus = **CONFIDENCE**



Children today are faced with a very complex and fast changing world of information and technology in addition to the challenging journey of growing up and identifying who they are and making sense of the world they live in.

When Inspire Educamps submitted the Think BIG 2020 summer camp to ISHCMC for approval last November we had no idea about the challenges ahead. The impact of the Covid-19 World Pandemic has had devastating effect on many lives around the world. Through this, I believe that we have all been placed in the position that requires us to shift focus away from the many distractions in our everyday lives, to look at what is really important.

Now as we enter a 'new normal' it is even more important for us as parents and guardians to best prepare our children for the many variables in life. Is it not a fact that the best we can do for our children is to support them to identify who they are and what they are really passionate about, and to support them to move towards this!

For me as a parent, above all else in life, the most important thing to me is that is that my children are happy

Week 1 of Think BIG 2020 Summer Camp was off to a fantastic start!

The children in camp have embraced the opportunity to spend time together in a calm and friendly environment as they engage in fun activities. As the children in camp work through their weekly projects they focus on self-identity and look at their lives with the mindset of 'there are no limits!'

Our mission this summer is to help children to **really understand**,

**How we think is EVERYTHING!**



# Cooking

## Rock Cakes & Stuffed Tomatoes

Our students really enjoy their cooking classes! Ingredients to touch, smell and taste to learn where foods come from and how they can be used together to formulate different recipes and tastes.

This week, students learned to make rock cakes. The young Einstein groups were curious to see if we actually used rocks in the cakes! Of course, they discovered that the name of the cakes was based on the cake's appearance rather than the content of the ingredients.

A healthy twist to a tomato with our organic stuffed tomatoes. Students learned that combining soft tofu, tomato sauce, cheese and other ingredients can result in a very tasty and healthy meal option, which is fun to make! After baking in the oven, the students loved the smell and gained a greater connection and appreciation to healthy eating options – plus it was fun to do!

Children thought about the natural living world and looked at ways they could make healthy choices about the type of fruits and vegetables they could choose to eat!



## Sports & Teambuilding



The first week of Summer Camp started in tremendous fashion and it flew by very quickly, with all campers showing great enthusiasm and participation in Sports activities and team building. Fun was had by all our students throughout the different age groups. Each day focussing on a different set of skills and games which incorporated problem solving and team work. We are really looking forward to Week 2!





# Drama & Performance



A very exciting and energetic start with some thespians already in the blossom! This first week was a general introduction to what "Improvisation" is all about and exploring ways an actor hones their theatrical tools, (which are body, voice, imagination and focus).

We introduced 'Laughing Yoga', which is a great way to get both body and voice ready for fun. We also did a very standard Improv warm up called, "Yes....let's". This exercise was a focus in accepting the offer, rather than saying no. Emotional Spaghetti was another exercise that allowed students to explore and emote various emotions. Ask your child about these exercises and have fun with your family this weekend!



## Activities



We opened this new exciting summer camp at ISHCMC with stress-relieving crafts in the Activities Department. Through simple crafts we reflected upon how we have coped with COVID-19. We looked at the simple things in life that can bring happiness, such as fun stress balls and aromatherapeutic pillows infused with an essential oil of their choice to relax them before sleeping after a very active day. This week, we placed arts and crafts at the center of well-being.





# Einstein 1



What a fantastic start to Summer Camp for Einstein 1! We all arrived on the Monday with not a tear in site and ready to have fun and make friends.

This week we had a total of 11 students in our group and everyone is very settled and already familiar with the daily routines. As far as keeping to the rules of masks and hand sanitizers, Einstein 1 have been Amazing! During this week we have been talking about 'what makes me **ME**' along with emotions and feelings. We have also been talking about what makes us happy and unique. The children have come forward very positively and enthusiastically with great input into these discussions. We have watched the story 'The Dot' by Peter H. Reynolds and have based many of our art work pieces around this. The children clearly understood that even if we all create simple works of a dot; each one would be very different as we are all different. We have a 'feelings check-in' each day where the students stick their name under the emotion, they are feeling that day. I am happy to say, the majority have had their names under 'happy' and a few under 'tired'. By the second day, the tired students went up voluntarily and changed to happy which was great to witness. We have created 'what makes me happy cameras' as well as self-portraits that are up in the class with the student's information on them, among other things. Einstein 1 children are very excited to go to the various other classes, being Activities (art & crafts), Drama, Sport and Cooking. We are having so much fun and are looking forward to the weeks to come!





# Einstein 2



The first week for E2 was off to an amazing start as the students entered camp filled with excitement and energy. Over the last week the busy bee E2 Group have focused on activities which helped them connect with and understand their emotions and the different things that make them unique as individuals. The students have decorated our classroom with craft activities aimed at asking the questions **what makes me unique? & what makes me happy?** All students were able to participate in answering these questions and discuss their answers as a group during brain storming sessions. Our walls are looking so colourful and happy as each student successfully came up with special ways to answer these questions through crafts. Some of the craft activities displayed in our classroom include all about me posters, what makes me happy crafts and our free art area which is filled with unique drawings and colouring activities students have completed during our lessons. The busy bee E2 Group have also spent the first week successfully taking part in and completing team-based activities such as team races and a blindfolded obstacle course which encouraged students to focus on communication skills with their partners. Other hand-eye coordination games have also been played in class which students have thoroughly enjoyed and succeeded in and even requested we play next week again; such as ball races on a racetrack designed by students out of modelling clay. During this first week, E2 have also played various team-based games in sport which have helped them develop new skills and they have also all enthusiastically taken part in cooking, drama and activity classes. With a total of 12 students this week we have had a lovely time in the E2 beehive and we look forward to welcoming

# Einstein 3



For the first week of the summer camp, students made a heart map and self-portrait mixed media art. They also shared in front of their classmates about their family, favourites, and interests. Students were guided on how to research on the computer and they did brainstorming about the concept of 'confidence' in pairs, and also by sharing situations where they felt good about themselves. Through group sharing, one student volunteered to teach her classmates origami and some of the students used their finished product as a water bottle and muffin holder.

Students had a lot of fun in the various activities prepared for them like doing a squishy ball, baking rock cakes, playing sports with other classes, and doing laughter yoga!





# Einstein 5 & 6

This week, E5 Group focused on the theme of 'Dream Big!' The children explored their passions and aspirations for the future, all the while remembering that they can achieve anything! The class researched, created posters, built models, and created PowerPoint presentations together. Creations varied from model constructions of drones to handmade books to guides on the history of soccer. Students worked cooperatively, sharing ideas and resources constructively with an end goal in mind. The process wasn't always easy but it certainly was rewarding. Other activities included cooking healthy meals, baking rock cakes, and creating stress balls out of balloons and flour. Throughout the week, the children also practiced teamwork through sports and other skills activities. They particularly enjoyed competing in teams to build the tallest tower out of just a few materials. It was amazing to see what they accomplished together in such short time!



In E6 Group this first week, the campers were encouraged to talk in front of the class and have shared their personal vision. This activity helped to build self-confidence as students realized that they felt confident to do this. We also played some fun games (confidence walk) and activities (comic strip) to connect some thoughts on how being confident would affect their future plans. We made a wall (The Thinking Man) and a door (My Light Bulb) décors that showed student's vision for this year, 2020. The students this week have shown endless creativity as they have embraced and completed all of the challenges before them.





# Davinci 1 & 2

The first week For D1 was a fun-filled learning and fun experience for everyone as we explored and learned more about ourselves through our interests and hobbies. Fun games like Faye's the Challenge were done by the kids to boost their confidence and make them believe in themselves.



For our D2 Group, the first week of Summer camp started with a bang, 2020 Vision and the ideas of the children have been a real eye opener to myself. I really love the open minds that these children have, the honesty they exude with the blatant truth of their opinions being expressed.

Our weekly project has been well received, students have grouped themselves into 2 groups of 6, and 2 groups of 5. They have really taken to the theme of this first week (2020 Vision) and used it in the context of 'me and them', and put together amazing projects. The weekly projects are presented in class to peers each Friday.

A great mix of students, the girls are very outspoken and up for all the challenges and the boys are also as engaged!

We have also spent time on the football field doing team building challenges and playing collaborative games.

I am very impressed with how all students have made the effort of getting to know each other and work together. A very well-balanced group of children.

