

Life Balance INITIATIVE

A PUBLICATION OF GRAND TRAVERSE AREA CATHOLIC SCHOOLS

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June 2009

The Important Role of Summer Camp

There's no doubt that summer camp is fun. Kids get to sing silly songs, play funny games, swim in lakes, and tell spooky stories around a campfire. This is the image of camp that has been captured and memorialized in films, books, and television programs for the past fifty years. But there's much more to camp than just a good time. In addition to fun, you should be aware of these five reasons your child needs camp.

Camp will forever change your child... for the better – American Camp Association® (ACA) research has confirmed that camps build skills necessary to prepare campers to assume roles as successful adults. Campers said that camp helped them make new friends (96%), get to know kids who are different from them (93%), feel good about themselves (92%), and try things they were afraid to do at first (74%).

Camp will teach your child to “move it, move it” – Camp provides children the opportunity to try new things and participate in human powered activities. According to surveys by both the Kaiser Family Foundation and the Center for Disease Control and Prevention, an American child is six times more likely to play a videogame on any given day than to ride a bike. An estimated 22 million of the world's children under the age of five are already considered obese. According to research conducted by ACA, 63 percent of children who learn new activities at camp tend to continue engaging in these activities after they return home. This leads to continued physical exercise that lasts a lifetime.

Camp keeps all that hard work from going to waste - Camps understand the critical role they play in helping young people learn and grow. Many offer programs that help reduce summer learning loss, bolster academic enrichment and socialization, provide opportunities for leadership development, and ensure that campers achieve their full potential.

Camp allows kids to relax, take a deep breath, and feel the nature – Camp is a great way for your child to unplug from the iPod® and plug into the world around them. According to a study by two Cornell

University environmental psychologists, being close to nature can help boost a child's attention span. Additionally, a study conducted by the University of Essex in England concluded that nature can help people recover from pre-existing stresses or problems, has an immunizing effect that can protect from future stresses, and helps people to concentrate and think more clearly. In some instances, camp may be the only time a child is in contact with the natural world.

Camp is fun – It's true; kids do sing silly songs and play funny games at camp. Children are allowed to play in a safe and nurturing environment, and are allowed to just be kids. Play is a powerful form of learning that contributes mightily to the child's healthy physical, emotional, social, and intellectual development. According to an American Academy of Pediatrics report, creative free play protects a child's emotional development and reduces a child's risk of stress, anxiety, and depression.

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A letter of thanks

A few weeks ago, Chef Bauer sent over lunch to Ron Jolly and the crew at WTCM NewsTalk 580. We thought we would share the letter of thanks we received back from Ron:

Chef Michael,

All I can say is WOW! The students and staff of GTACS are truly fortunate to have such a talented chef running their food program. Thank you very much for sending over lunch today. The only thing left is a scrap of foil.

We loved the salad with asparagus and goat cheese and raspberry dressing, the soups, the beans, the meatloaf, and the no-bake cookies! I was so impressed by the quality, and more impressed that this represents what students throughout the GTACS system enjoy everyday. Tasty, fresh, and delicious!

It was so thoughtful of you to arrange for us to sample one of your lunches. The GTACS community, and the community at large, should be proud that we have such a program as the Life Balance Initiative and Chef Michael in our midst!

Best regards,

*Ron Jolly
WTCM NewsTalk 580*

Enjoy your summer ...and remember to choose healthy options for your family, drink lots of water during the upcoming hot days and I look forward to serving you all again in September!

Bon Appetit',

Chef Bauer



Wedding Bells.....for Chef Michael and his fiancée' Joni Capling on June 28th! On behalf of all of us at the Grand Traverse Area Catholic Schools, congratulations to you both. Who's catering?

June 2009 Menu

MONDAY 1st	TUESDAY 2 nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
Rice Farm's Bratwurst Or Rice Farm's Hot Dogs STEAMED BROCCOLI	Pasta Marinara Or Ham Sandwich on Wheat ROAST ZUCCHINI	That' sa Pizza on Whole Wheat Or Chicken Salad Sandwich ROAST ASPARAGUS	Roast Chicken with Homemade Gravy Or Turkey Wrap REDSKIN MASHED POTATOES	Turkey Tetrazzini over Noodles Or Seafood Chowder STEAMED GREEN BEANS
MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
Meatloaf Or Tomato Basil Soup VEGETABLE DU JOUR	Waffles with Strawberries And Sausage Links SALAD BAR	½ Day of School For GTACS Pizza Day for Trinity Lutheran and Lake Leelanau St. Mary's	½ Day of School Last Day of School	SCHOOL'S OUT FOR SUMMER
Every Day	Every Day	Every Day	Every Day	Every Day
Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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