

THE GOLDEN EAGLE

Volume 13

Smiles Guaranteed

April 2025

From the Directors:

Can you believe that camp starts in 73 days? If you visit us during the off season you'll hear us say that we work "10 for 2". Ruth Ann, Barry, Hanna, Katia, and the whole Eagle's Landing team work 10 months every year getting ready for the 2 months of camp. Now that the weather is getting warmer, we're outside preparing for another amazing summer at Eagle's Landing! All of this is made possible by our camp families, and we want to thank all of our new and returning campers for joining us this summer. We know that there are lots of camps and the fact that you choose Eagle's Landing means so much to us.

If you're already enrolled, this is your reminder if you want to add or change any weeks for this summer. The sooner you let us know, the better your chance of getting the weeks that you want. We only have about 40 spots left in the entire camp and certain grades are

completely closed due to full camper enrollment.

You've received a few emails regarding your camper forms. We need them to create a safe and enjoyable summer for everyone! If you have any

remaining overdue forms, submit them no later than April 25 in order for your child to come to camp. If you have not finished, please take a moment to fill out your paperwork. The Camper Profile Form is helpful when it comes to knowing your child, whether they are returning or new to camp. Ruth Ann reads every form along with your child's Division Leader (the teacher who oversees their division). Children grow and change during the year, so it's important they start off with a clean slate every summer. The Health History Form is also due April 25 so that our Nurses have time to review the information. NJ State Law prohibits any child from coming to camp without the completed form.

Now that the sun is out, camp has become a busy place. We love watching the tents go up! We're also busy cutting the grass, painting buildings, fixing doors and roofs, and so much more! Every day we get truckloads of packages full of camp supplies from paint for Arts and Crafts to new soccer balls for Sports. We also love



getting visitors at camp! We're here 7 days a week so feel free to stop by and say hello, play outside, meet a friend that's coming to camp with you, or just to hang out. All we ask is that you pop your head into the office and let us know that you're on the property and then go have some fun! To our new families, if you would like to set up a playdate at camp, we are more than happy to share some cell phone numbers with you so that you can connect with others in your child's grade.

We are so excited to see everyone in a couple of months!

- Barry, Ruth Ann, Hanna, & Katia

Spirit Packs are Still Available!

As requested by our camp families, we've assembled a Spirit Pack that has some super cool stuff for our Special Days this summer. The bags are stuffed with items to celebrate at least 1 or 2 camp calendar days each week, and you get a reusable bag as a bonus! The cost of the bag is \$25 and parents won't have to run out and buy anything last minute. If you would like to purchase a Spirit Pack, please **fill out the order form by scanning the QR code**. Once we have sold out, we will not be ordering any more. The Spirit Packs will also be available the nights of your Meet & Greet while supplies last.



What's New in the Kitchen?

Camp Lunch options change every year as we continue to update and improve our menu. For this summer, we are excited to announce some new additions (Barry and Katia spent time taste testing at the camp conference last month)! This year we are updating our menu with Burrito Bowls, which can be vegetarian or with ground turkey. We also added Vegetarian Spring Rolls served with veggie fried rice. We're bringing back both Chicken and Vegetarian Empanadas, and we added a new Vegetarian Chili lunch! Don't worry, you'll see all of the fan favorites like Grilled Cheese and Pizza as well.

Our salad bar has plenty of fresh-made salads prepared by our cooks. Our famous vegetarian Black Bean Taco Salad is also available as a wrap. Every day we have two 6' salad bars end-to-end fully loaded with healthy options and fresh fruit (plus the grilled cheese croutons)! We continue to update the salad bar offerings for popularity and make adjustments throughout the

summer.

Over the past 3 years, we continue to add more vegetarian and plant-based options to our hot lunch program.

There's also a new ice cream flavor this year,

but we can't tell you just yet. You'll have to wait to find out! While both the campers and staff get sweets for dessert and ice cream in the afternoon, our menu is as healthy as it is kid-friendly. Our breads are all light whole wheat and none of our food is fried or contains trans fats.

CELL PHONE POLICY

The Eagle's Landing policy regarding cell phones and technology has NOT changed and we need your help to enforce this rule. We ask any parent whose child has a cell phone, no matter the age of the camper, to ensure their phone is left at home. The only cell phones permitted on the property are for campers who have medical concerns and use their phone as a monitor. Coming to camp means socializing and spending time with friends and talking to them without screens. We do not allow texting, use of a connected watch, or taking pictures of other campers. If we find a phone on your camper or in their backpack, we will take the phone and ask you to come to the camp office to pick it up after the camp day is over. Please help us help your kids and keep that screen at home. Recent studies show that children who use screens before the age of 5 demonstrate developmental delays.

Our staff are required to follow the same guidelines regarding phones or they are terminated.

Check This Out

We often have parents asking for a good podcast or book recommendations about children. We understand, because being a parent in today's world meets with countless challenges. In the age of "everybody else has it" and "please put your phone away", we thought we would share some of the books and podcasts we tune into.

Sending your child to camp is important for their social and emotional health. Ruth Ann gets lots of phone calls from parents describing how their child struggles to make friends, or how their child always has a screen in their hand, so how does camp help them? Scan here for an article from the American Camp Association about the benefit of detaching from electronics for the summer →



Camp gives every child the opportunity to experience face-to-face interactions, build relationships, practice emotional regulation, build self-esteem, and benefit from reduced screen time. The Eagle's Landing program is designed to increase physical activity, imagination, creativity, problem-solving, critical thinking, and improve sleep. There's lots of information out there sharing why we do what we do here at camp. If you want to learn more, we recommend the book ***The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*** by Jonathon Haidt. If you are not a reader, we highly recommend Dax Shepard's podcast **Arm Chair Expert**; specifically the episode with Jonathon Haidt returning to discuss his book *The Anxious Generation*.

We would love to hear any feedback you may have and chat further! If you are interested in more information please contact Ruth Ann by calling the office at 732-821-9155 or via email at RuthAnn@EaglesLandingDayCamp.com.

Why should campers have all the fun?

You've asked for a "Parents Only" event and here it is! We'll have swimming, pickleball, ga-ga, ping pong, basketball, mini golf, corn hole, hatchet throwing, and tennis baseball to name a few activities. Our zip line, archery, and hatchet throwing will be open too. Enjoy a camp BBQ and cook s'mores over a campfire. BYOB (we will supply the ice and cups). Mark your calendars:

Friday, July 11
7 - 10 pm

The cost is \$30 per person to reserve your spot; first come, first serve! To reserve your spot, RSVP by scanning this code →



**EAGLE'S
LANDING
DAY CAMP**



2025 Camp Calendar

Week 1 . . June 30 - July 4

Week 2 . . July 7 - July 11

Week 3 . . July 14 - July 18

Week 4 . . July 21 - July 25

Week 5 . . July 28 - Aug 1

Week 6 . . Aug 4 - Aug 8

Week 7 . . Aug 11 - Aug 15

Week 8 . . Aug 18 - Aug 22

Camp will be closed Friday, July 4

Meet & Greet Orientation Dates:

June 11: 5th-10th Grade Meet & Greet (7pm)

June 12: 3rd/4th Grade Meet & Greet (7 pm)

June 18: Drama Show Auditions (5:30 - 8:30 pm)

June 24: 1st/2nd Grade Meet & Greet (7 pm)

June 26: Kiddie Kingdom Meet & Greet (6:30 pm)

June 29: Spring into Summer - All Ages! (1 - 3 pm)

June 30: CAMP BEGINS!!! WooHoo!!! Yay!!!

Mark your Calendar!

In June, we scheduled Meet & Greets for every Division. At each Meet & Greet, parents/guardians come to camp with their campers and have the chance to meet the Directors, Division Leaders, Counselors, and the other campers in their groups. Parents have the opportunity to attend an quick informational session and have any questions answered while their campers are outdoors playing with our staff and other campers.



For returning parents who want to bring their campers and choose not attend our informative talk (because you've already heard it before), we will

ask that you "hang out" down by our Coffee Bar so that your children can interact on their own. For new families, be prepared to leave your child once they are with their Counselor so that they can get used to being with them and their friends. Don't worry we will have tissues for the moms and dads!

For families who are new to Eagle's Landing, we are bringing back our **New Parents Orientation is scheduled on Wednesday, May 21 from 7 - 8 pm.** Specifically designed for first-time camp parents, we will share information about our program and answer any questions that you may have. This evening is open to all ages and we ask that you RSVP for the night **by scanning the QR Code.** We will divide the night into two groups: Kiddie Kingdom through 2nd grade, and 3rd through 8th grade. The New Parents Orientation is purely informational for adults so please leave the kids at home.



Stage Left

We are excited to announce our Drama Shows for this summer!

The Treasure of Friendship
3rd & 4th Grade

Honk Jr.
5th & 6th Grade

Broadway Junior Revue: Pure Imagination
7th, 8th, & 9th Grade

You can audition for any of the shows on
Wed, June 18 from 5:30 - 8:30 pm

We ask everyone to audition on the date above so we can cast and start rehearsals during Week 1. More information, including how to sign up for an audition time slot, will be sent closer to camp. The Drama Shows are performed on August 20 during the last week of camp. (Don't worry, we invite parents to an evening performance on August 20.) We spend all summer rehearsing for the show, so we ask that campers are enrolled for at least 6 weeks (including Week 8) if they would like to participate in the Drama Show. Please contact Hanna with any questions at 732-821-9155.



TAX CREDIT

If you were gainfully employed in 2024 and incurred expenses for the care of your child or dependent so that you could continue to be employed or look for employment, you may be entitled to a tax credit for a portion of your camp tuition. Check the instructions in your income tax booklet and contact your accountant for additional information.

The Federal Tax ID number for Eagle's Landing Day Camp is: 45-3645311.



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EaglesLandingDayCamp.com



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PERMIT NO 1641

Camp starts in 73 Days!
Who is ready to try the new spring rolls??

