

COMMUNITY HEALTH

June 2013

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE FOR YOUTH DEVELOPMENT

SO OUR KIDS CAN STAY PHYSICALLY AND MENTALLY ENGAGED

Keeping kids **LEARNING**

So they can get up, get out, and grow.

"Summer Learning Loss." The academic world is abuzz with the concept. It refers to the tendency of children to regress in literacy and mathematic skills over the summer. Studies show that students score lower on standardized tests at the end of the summer than on the same tests at the beginning. The loss extends into the first two months of school after vacation. The interval breaks the continuity of learning. The students forget what they learned over the school year. Their learning skills become sluggish.

Some academics advocate extending the school year, but scientists have determined that more time in school does not necessarily translate into more learning. In fact, it may simply mean more fatigue. Kids need time off. And they need to have fun.

Make the school calendar year-round? Most parents and almost all children are against the idea.

A proven alternative is summer camp. Studies show that camp, either sleep-away or day camp, can be very effective in counteracting Summer Learning Loss. Although the learning environment is structured differently, the children remain engaged. They participate in activities that require problem-solving skills. Lessons are buried in fun and children learn without the pressure of tests and grades.

According to Kelly McBride, director of the new Camp Terra Mare summer program at the YMCA of Martha's Vineyard, "Camp is so much more than child care. We let the kids have fun, but remind them of the lessons they learn along the way."

Towards that end, Terra Mare's extensive list of activities and field trips will include journaling and a program called "Curiosity Science" that will be tied to the camp's weekly themes. There will also be a small library so campers who opt out of certain activities will have the opportunity to spend time reading.

Being that campers are exposed to new skills and ways of thinking, camp can also help build confidence. For a child who is not an ideal student or has problems with certain concepts, it can be a real growing experience. "Maybe in math class they sit at the back of the room and don't know what's going on," Kelly explains, "but when they do the 'Human Knot,' they can take charge and lead the group in figuring out how to get out of it."

"School works on a certain part of the kid," she

adds. "(Camp) is a much different avenue for children to learn without even realizing the development that's coming along."

Besides closing the summer learning gap, the programs at all YMCA camps are developed to focus on social skills, team work, self-esteem, and an appreciation for the environment. But it's not just about learning and building. "We don't want it to be *too* school-like," Kelly relates. "We still want kids to have that break and be able to have fun and be kids."

At the YMCA's new Camp Terra Mare, the fun will never end with multiple field trips weekly in collaboration with wonderful Island organizations, including Kayaking and Stand Up Paddle Boarding with Island Spirit Kayak, Sailing with The Black Dog Ships, Offshore Fishing aboard The Skipper, Baseball with MV Sharks, and Horseback riding with Esperanza Riding Company.

Camp Terra Mare begins on July 1 and extends through August 23. To learn more about our new Camp Director Kelly and the fun she has in store for your child this summer, read her "Letter to the Parents" at www.ymcamv.org under the link Camp Terra Mare Summer 2013, where you can also find registration forms. Y FOR ALL Financial Assistance is available for Camp, funded through the generosity of Y donors. For additional information, contact Kelly McBride at camp@ymcamv.org or 508 696-7171, x 115.

A Typical Day at Camp Terra Mare

9:00-9:30am	Check-in at the Pavilion
9:30-10:00am	Morning Circle
10:00-10:45am	Camp Crafts
10:45-11:30am	Camp Skills
11:30-12:00pm	Games & Sports
12:00-1:00pm	Lunch
1:00-1:30pm	Team Building
1:30-2:30pm	Swimming
2:30-3:00pm	Curiosity Science
3:00-3:45pm	Gardening
3:45-4:00pm	Closing Circle

The schedule of activities will change daily.

THE BEST SUMMER EVER!



SHARING OUR STORIES



"Every time I walk in the doors of the YMCA I see friendly faces and people meeting new friends. There are a lot of life-enriching programs that most everybody will love. My family does a lot of programs, for example I do the summer camp. To me, this is the best camp on the Island. The group I am in is called Leaders-in-Training. We do community service projects like beach clean up, work with elders, and help on the farm. The YMCA is very family-oriented and does a lot of things for our community,"

- Alison Daigle

2012 Summer Camp Leader-in-Training

UPCOMING ACTIVITIES

- Summer Program Registration
- Members: June 17-27
- Non-member: June 21-27
- 6/8: Middle School Dance Party 7-10:30pm; All 6th, 7th, 8th graders invited, \$5 Admission
- 6/2: Open Stage - All Ages 8pm @ Alex's Place
- 6/8: Authentic Freedom* Drop-in with Elliot S. Dacher, M.D. of MV Hospital, 9:30am
- 6/8: Adult, Child, Infant CPR/AED and First Aid class 9am-3pm
- 6/14: End of School Dance Party 9-11pm @ Alex's Place All High School teens invited
- 6/21: Friday Night Special Open Stage 9pm @ Alex's Place - all ages
- 6/25-28: Basketball Clinic Session I For ages 6-12 years
- 6/28: Friday Night Special Open Stage 9pm @ Alex's Place - all ages

**Free community program*

View our full program guide online at www.ymcamv.org!

WHAT DO NEARLY 300 KIDS DO AT THE Y CAMP? **GROW.**



YMCA OF MARTHA'S VINEYARD

Swartz Family Facility

Home of Alex's Place

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The Heckscher Foundation for Children

