

# 2018 My Chinese TreeHouse Prep Week

Rev. ed. 2018-08-01

## Summer Camp Do's and Don'ts

### Please **DO** bring the following:

- A very healthy lunch, and napkins along with two healthy snacks for AM and PM snack time; tuna or turkey sandwich with veggie slices, peanut butter sandwich, are just a few healthy lunch choices;
- Suggestions for snacks; fresh and raw organic fruits/veggies, yogurt, various nuts\*\*;  
boiled farm eggs; healthy dip if you have to use a dip for your vegetables; a GOOD multivitamin supplement.
- A yoga mat and towel;
- A book, preferably one related to China and/or Chinese culture in Chinese or English or in both languages, for after-lunch quiet time reading;
- A pillow and a blanket - optional;
- Water, **a big bottle of water!** (Unsweetened juice in moderate amounts per day, is OK.)
- Do wear covered toe sandals or sneakers, - **flip flops are bad for your back**;
- Sunscreen and hat – We will go to the park nearby; weather and temperature permitting.
- Do wear comfortable clothes such as t-shirt; we'll move around a lot;
- Do ask for permission before going to the restroom;
- Do ask for permission to use the phone;
- Do respect your peers and your instructor as well as yourself;
- Be humble and ask questions, discuss matters politely.

**\*\* Never offer nuts to any of the other campers.**

**They may have severe allergies to nuts!**

**Please DO NOT bring or do the following & please honor all rules:**

- Electronic devices of any sort – when needing to use phone to contact parents or Guardians, please note that the MCTH staff has access to cellphones, and you most certainly are welcome to use said phones! If you absolutely have to bring your own cellphone, please keep it inside your bag at all times; keep it off from 9-4; you may take it out when you leave.
- Do not argue with the TA's (teacher's assistants);
- Do not disrespect the teacher and/or the other campers;
- Do not touch or push others;
- Do not use put-down words or make comments to others;
- Do not use language that is inappropriate in school settings;
- Do not go into the kitchen without permission;
- We share the space with other library users, therefore, do not wonder to areas other than the areas assigned to My Chinese TreeHouse.
- Do not wonder outside of the library.

\* Learn to read labels if you do not yet have the good habit of doing so!

An article by Melissa Breyer (<http://www.mnn.com/food/healthy-eating/stories/8-alarmingly-unhealthy-snacks-to-avoid>) teaches us how to make better choices for snacks, it says & I quote:

Look for snacks that are high in proteins, vitamins, minerals, fiber, but relatively lower in calories, total fat, saturated fat (no trans fat), sugar and sodium.