

# Family Handbook

## Summer 2025

**First Session:** June 24 – July 19, 2025

**Junior Session I:** July 3 – July 12, 2025

**Second Session:** July 22 – August 16, 2025

**Junior Session II:** July 31 – August 9, 2025



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# Message from Kieve Wavus Education Leadership

Dear Kieve and Wavus Families,

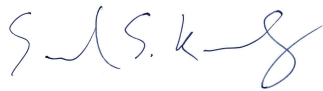
Here's to another amazing summer on Damariscotta Lake!

The Family Handbook is your resource with lots of helpful information for before, during, and after camp. Coming to summer camp is an adventure for both campers and their families. We hope the handbook answers many questions, and we encourage you to reach out to us directly with further inquiries. We're always here to help!

Kindly note that we ask you to confirm [here for Kieve](#) and [here for Wavus](#) that you have read 2025's Family Partnership Agreement at the end of the handbook. Please do this before camp begins.

You've given your child the ultimate gift: a summer with friends, excellent role models, unforgettable adventures, and a break from technology! We hope they return to you stronger, more confident, and full of stories. Thank you for sharing your kids with us, and welcome to the Kieve Wavus family!

Sincerely,



Sam Kennedy  
President & Chief Executive Officer  
Kieve Wavus Education, Inc.



Sam Kaplan  
Executive Director & Chief Operating Officer  
Kieve Wavus Education, Inc.



# About Us

Kieve Wavus Education is guided by our mission: to empower people to contribute positively to society by promoting the values of kindness, respect for others, and environmental stewardship through year-round experiential programs, camps for youth and adults, and guidance from inspirational role models.

## Our Community

Camp Kieve for boys and Wavus Camp for girls welcome campers who are able to participate in our active program, which includes rigorous backcountry wilderness trips. Our camps promote a space for boys and girls to be themselves and grow in confidence and character. We enroll campers based on the gender identity provided on their application. All members of our community must uphold our values of kindness and respect, as we aim to foster a safe and welcoming environment for all.

## Our Team

<b>KWE Leadership</b>	
Sam Kennedy President & CEO <a href="mailto:ssk@kwe.org">ssk@kwe.org</a>	Sam Kaplan Executive Director & COO <a href="mailto:srk@kwe.org">srk@kwe.org</a>
<b>Camp Leadership</b>	
Kate Kaplan Wavus Camp Director <a href="mailto:katekaplan@kwe.org">katekaplan@kwe.org</a>	Caddy Brooks Camp Kieve Director <a href="mailto:caddybrooks@kwe.org">caddybrooks@kwe.org</a>
Hannah Lovejoy Associate Wavus Camp Director <a href="mailto:hannah@kwe.org">hannah@kwe.org</a>	Robby Ford Associate Camp Kieve Director <a href="mailto:robbyford@kwe.org">robbyford@kwe.org</a>
Joy Bengtson Giffen Wavus Registrar & Coordinator <a href="mailto:joy@kwe.org">joy@kwe.org</a>	Emmaline Briske Kieve Registrar & Coordinator <a href="mailto:emmaline@kwe.org">emmaline@kwe.org</a>
<b>Healthcare &amp; Risk</b>	
Sarah Kennedy Healthcare & Risk Director <a href="mailto:sarah@kwe.org">sarah@kwe.org</a>	Sara Hopkins Associate Healthcare & Risk Director <a href="mailto:sarahopkins@kwe.org">sarahopkins@kwe.org</a>

## Camp Staff

Our teams are full of inspirational role models who our campers strive in emulation of. You can learn more about our [Kieve](#) and [Wavus](#) counselors online. Please note that these pages will continue to be updated.



## Our Team (cont.)

### Training & Risk Management

All staff members complete interviews, background checks, and rigorous training in all facets of camp. Every trip leader earns a Wilderness Advanced First Aid certification, which includes CPR, AED, and EpiPen administration. We have a full lifeguard staff and all employees complete extensive child safety training — covering healthcare, risk, staff standards of behavior, mandated reporting, and mental, emotional, and social health (MESH) assessment. Staff also learn to recognize and prevent bullying, harassment, and abuse of any kind among campers and between campers and staff. Parents can help by talking about respecting boundaries and speaking up if something feels unsafe.

### Staff Standards of Behavior

KWE has standards of behavior for conduct and relationships with all youth participants, year-round, on and off KWE property. These standards apply to all adults interacting with youth participants, including employees, contractors, volunteers, parents, and any other third party interacting with youth participants in connection with our programs.

**Roles:** Adults must maintain clear and appropriate roles when interacting with children.

- Serve as a role model.
- Act consistently with your appropriate adult role, such as counselor, educator, staff, coordinator, director, or other representative of KWE.
- Avoid acting as a peer or alternative parent.

**Boundaries:** Set and promote awareness of appropriate boundaries in all relationships with children.

- Establish and maintain healthy boundaries to ensure safe, healthy, and positive interactions with children.
- Be alert to the comfort zones of different children and how culture and identity might affect perceptions of boundaries.
- When possible and practicable, adult and youth interactions should be within hearing or sight range of another adult.

**Power:** Use your influence and authority to promote the healthy development of children.

- Be alert to the imbalance of power between adults and children.
- Use your influence to promote the healthy development of children.
- Put the well-being and emotional needs of the children before your own.

**Accountability:** Be accountable for your own and other adults' interactions with children.

- Always act in the best interest of children.
- Take responsibility for the impact of your actions on children and others.
- Seek and accept assistance for personal issues before they impact children.
- Actively support others in the efforts to meet these Standards of Behavior.
- Promptly address or report concerns about adherence to these Standards of Behavior to your supervisor, the Healthcare & Risk Director, the Executive Director, or the President.

# Kieve Campus Map



# Wavus Campus Map





# Preparing for Camp

## Campminder

[Campminder](#) is our online platform for uploading camp details and required paperwork before camp. It is also where we upload camp photos and families email their campers during camp.

**We encourage you to download the Companion app and log in using your Campminder credentials. It makes completing paperwork and getting camp updates much easier!**



**CAMPANION**

## Required Forms

Following enrollment, the below forms can all be managed in the “Forms & Documents” section of [Campminder](#) unless indicated otherwise. Please note that forms can be scanned and uploaded directly from your phone.

### Health History Form (Electronic) – Due April 11

- Please complete, electronically sign, and submit this form on [Campminder](#).
- Please email [sarah@kwe.org](mailto:sarah@kwe.org) if significant health changes occur after you submit this form. These include new medical conditions, medications, allergies, injuries, etc.
- **Returning campers:** Please ensure all information is up to date for 2025.

### Physical Exam Form (Print & Upload) – Due April 11

- This form differs from the online Health History Form and must be completed and signed by your camper's medical provider.
- We can only accept physicals completed within **one year** of the start of camp.
- You may use your provider's standard form if it clearly states that your camper can fully participate in camp/school/sports activities.

### Immunizations Record (Upload) – Due April 11

- Upload a copy of your camper's immunization record.

### Health Insurance Card (Upload) – Due April 11

- Upload clear photos of the front and back of your insurance card.

### Demographic Form (Electronic) – Due April 11

- Please complete this form in [Campminder](#) to help us learn more about and better serve your camper and family.

## Preparing for Camp (cont.)

### Camper Travel Form (Electronic) – Due June 3

- Please complete and submit this form via [Campminder](#). Once the form is submitted, you must contact Emmaline Briske ([emmaline@kwe.org](mailto:emmaline@kwe.org)) at Kieve or Joy Bengtson Giffen ([joy@kwe.org](mailto:joy@kwe.org)) at Wavus to make changes.

### Trip Waivers (for applicable trips) – Due June 19

- Must be completed and submitted electronically for your camper to go on their wilderness trip.
- All applicable trip waivers will be emailed when cabin lists are distributed in early June. Instructions for how to submit will be provided at that time.

### Family Partnership Agreement – Due before camp

- Please digitally sign 2025's Family Partnership Agreement [here for Kieve](#) and [here for Wavus](#).
- By doing so, you're confirming that you and your camper(s) understand 2025's Family Handbook's content and agree to work collaboratively with camp directors should issues arise, trusting that our intent is always to educate your camper while maintaining the safest possible environment at camp.

### Helpful Pre-Camp Conversations

Our counselors will help your camper establish daily routines and pack for their wilderness trip. To support this process, please read our Healthcare and Risk section (pg. 20) closely for more details and talk to your camper about the following before camp:

#### Self-advocacy is key.

- Rashes, cuts, blisters, changes in bathroom habits, etc. Please talk to your camper about bringing these things to the attention of counselors, directors, or healthcare staff. Your camper will have a private, nightly check-in with cabin counselors to share anything affecting their experience — positive or negative!

#### Hygiene at camp and in the wilderness is critical.

- Please discuss the importance of showering regularly, washing your hands, brushing your teeth, applying sunscreen, and sending towels out to be laundered.
- Teach your camper how to cut their fingernails and toenails and use their nail brushes regularly before they come to camp.
- If your camper expects to have her period at camp, discuss routines and remind her that her counselors are there to help her navigate this in camp and on trip.

### Cabin Assignments

Cabin lists are emailed approximately **10 business days** before campers arrive. Relevant wilderness trip waivers will also be sent at this time. We try to honor cabin requests and balance a number of factors when determining the best fit for each camper. If we do not honor a request, or if we make a change from past summers, we ask you to trust that it is because we believe it will lead to the best experience for your child.

# Packing for Camp

## A Note From the Directors

Please leave the expensive clothes and trendy labels at home. One of our hopes for the camp experience is time and space for kids to be kids; to leave the screens and the expensive brands behind and connect with peers through this shared adventure. As you can imagine, these items get a lot of attention at camp and can exacerbate that familiar adolescent urge to compare who has what. Not to mention, camp is messy, and things get ruined and lost. We're striving to build a camp environment that focuses on the shared experience, ensuring campers of all different backgrounds feel true belonging. Your support of that goal is appreciated.

## Pack Light

- Laundry service is provided twice a week for full session campers and twice during the junior session. Your camper must use the laundry bag we provide for them upon arrival.

## Break in those Boots

- While hiking boots are only required for Maine Trails campers, your younger camper is welcome to bring boots if they are on a shorter hiking trip. Boots must be broken-in at home to reduce the likelihood of blisters.

## Label EVERYTHING

- Things get lost at camp. Please label everything!

## Duffles, Please!

- Please pack in soft-sided duffles, no trunks.

## Wilderness Trips

- Everyone goes on a wilderness trip and our staff help campers pack!

## Shipping Luggage

In 2025, we are partnering with **Ship Camps** to get your camper's baggage to and from camp to save costs for our families, protect your camper's luggage, and streamline the process for our small administrative team.

Baggage registration opens on **Feb. 3, 2025**, and all shipments need to be booked by or before **April 11**. Shipping dates will be provided once booking is complete. Options start at \$99 per bag. You can register your bags at [shipcamps.com/kieve-wavus](https://shipcamps.com/kieve-wavus) or by calling Ship Camps at 855-540-2267.

## Packing for Camp (cont.)

### Prohibited Items

*\*Campers who travel to camp with their device, ID, passport, etc. will turn these items into their counselor upon arrival. We lock them away and return to the camper at the end of the session.*

- Food/Candy
- Drugs/Alcohol
- Weapons (*Allagash, Long Voyage, and Maine Trails campers can bring an all-purpose tool like a Leatherman and must let their counselor know they have it.*)
- Hair dryers/Styling tools
- Headphones/Music players
- Cellphones/Tablets/Smartwatches
- E-Readers/Kindle/Nook
- All electronic devices, gaming systems, etc.

### Medications

Please see instructions for sending medications under “[Medications](#)” in the Healthcare & Risk section (pg. 20). While packing for camp, keep medications separate from camper belongings so they may be easily dropped off at the Health Center upon arrival.

### Where to Shop

Shop locally! KWE has collaborated with our friends at [Maine Sport Outfitters](#) to curate a collection of camp necessities. Maine Sport has selected quality gear that will last way beyond camp at a price point where cost and value meet. The camp collection contains nearly every item on the packing list in one place, done and discounted. If you have any questions about what to purchase, you can use the handy “Moose Chat” on the webpage. Please use the discount code “KieveWavus” for an additional 10% off. [L.L. Bean](#) and [REI Co-op](#) are also great options.

### Financial Support for Required Gear

Please contact us if you need assistance obtaining the required gear for your camper:

- Emmaline Briske for Kieve (207-563-5172 ext. 209, [emmaline@kwe.org](mailto:emmaline@kwe.org))
- Joy Bengtson Giffen for Wavus (207-563-5172 ext. 700, [joy@kwe.org](mailto:joy@kwe.org))

# FULL SESSION PACKING LIST

**A NOTE ON MATERIAL:** It's crucial that campers have non-cotton clothing, especially for their wilderness trip. Cotton pulls heat away from the body when wet and will not keep your camper warm. Please ensure that your camper has mostly tops and bottoms (long and short) that are synthetic/quick-dry/poly-blend/wool. Please reach out to [joy@kwe.org](mailto:joy@kwe.org) at Wavus or [emmaline@kwe.org](mailto:emmaline@kwe.org) at Kieve if you need any assistance!

## Clothing

- 4 swimsuits
- 10 underwear
- 10 pairs of socks
- 5 bras/sports bras (if applicable)
- 3 pairs of hiking socks - wool/synthetic/poly blend
- 2 pajamas
- 5 short sleeve shirts
- 2 Kieve/Wavus short sleeve shirts
- 5 long sleeve shirts
- 5 shorts
- 3 leggings/long pants/sweatpants
- 2 sweatshirts/hoodies/warm fleece
- 1 nice outfit/dress for special end-of-session dinner (Wavus only)



## Bedding and Linens

- Pillow
- 2 sets of twin sheets with pillowcases (regular length)
- Comforter/warm blanket
- Face cloth
- Hand towel
- 2 bath towels
- 2 beach/swim towels



## Outerwear and Footwear

- Rain jacket - waterproof
- Rain pants - waterproof
- Warm hat - fleece or synthetic
- 2 warm long sleeve layers - fleece or synthetic
- Sneakers
- Crocs
- Water shoes - Chacos/Tevas/Keens (Crocs are not water shoes)



## Toiletries

- Toothbrush and toothpaste
- Soap
- Shampoo and conditioner
- Hairbrush/comb/hair ties/scrunchies
- Pads/tampons (if applicable)
- Nail brush and clippers
- Lip balm with SPF
- Sunscreen
- Bug spray
- Shower caddy and toiletry caddy



## Wilderness Trip Essentials

*\*All group gear, including tents, is provided for campers.*

- Sleeping bag - synthetic, 30-degree rating with stuff sack is preferred
- Sleeping pad - the smaller it packs, the better
- Headlamp with extra batteries
- Boundary bag/dry bag - 65 liters and waterproof (SealLine, NRS Boundary Bag). These are recommended for all campers and mandatory for campers on the St. Croix River and up. Some of our directors are still using the same boundary bags they had as campers!
- Day pack/school pack
- Quick dry towel
- Allagash, Long Voyage, and Maine Trails campers are allowed to bring an all-purpose tool like a Leatherman



## Accessories

- Stationery and envelopes
- Summer reading/books
- Journal/notebook
- Sunglasses with float band
- Hat
- Bandana/buff
- Crazy Creek chair
- Disposable or digital camera
- 2 water bottles
- Costume items - optional but always welcome!



# JUNIOR SESSION PACKING LIST

**LAUNDRY:** Junior campers will be able to send their laundry out twice during the 10-day session.

**A NOTE ON MATERIAL:** It's crucial that campers have non-cotton clothing, especially for their wilderness trip. Cotton pulls heat away from the body when wet and will not keep your camper warm. Please ensure that your camper has mostly tops and bottoms (long and short) that are synthetic/quick-dry/poly-blend/wool. Please reach out to [joy@kwe.org](mailto:joy@kwe.org) at Wavus or [emmaline@kwe.org](mailto:emmaline@kwe.org) at Kieve if you need any assistance!

## Clothing

- 2-3 swimsuits
- 5 underwear
- 5 pairs of socks
- 3-4 bras/sports bras (if applicable)
- 2 pairs of hiking socks - wool/synthetic/poly blend
- 2 pajamas
- 4 short sleeve shirts
- Kieve/Wavus short sleeve shirt
- 4 long sleeve shirts
- 4 shorts
- 3 leggings/long pants/sweatpants
- 2 sweatshirts/hoodies/warm fleece



## Bedding and Linens

- Pillow
- 2 sets of twin sheets with pillowcases (regular length)
- Comforter/warm blanket
- Face cloth
- Hand towel
- 2 bath towels
- 2 beach/swim towels



## Outerwear and Footwear

- Rain jacket - waterproof
- Rain pants - waterproof
- Warm hat - fleece or synthetic
- 2 warm long sleeve layers - fleece or synthetic
- Sneakers
- Crocs
- Water shoes - Chacos/Tevas/Keens (Crocs are not water shoes)



## Toiletries

- Toothbrush and toothpaste
- Soap
- Shampoo and conditioner
- Hairbrush/comb/hair ties/scrunchies
- Pads/tampons (if applicable)
- Nail brush and clippers
- Lip balm with SPF
- Sunscreen
- Bug spray
- Shower caddy and toiletry caddy



## Wilderness Trip Essentials

*\*All group gear, including tents, is provided for campers.*

- Sleeping bag - synthetic, 30-degree rating with stuff sack is preferred
- Sleeping pad - the smaller it packs, the better
- Headlamp with extra batteries
- Boundary bag/dry bag - 65 liters and waterproof (SealLine, NRS Boundary Bag). These are recommended for all campers and mandatory for campers on the St. Croix River and up. Some of our directors are still using the same boundary bags they had as campers!
- Day pack/school pack
- Quick dry towel



## Accessories

- Stationery and envelopes
- Summer reading/books
- Journal/notebook
- Sunglasses with float band
- Hat
- Bandana/buff
- Crazy Creek chair
- Disposable or digital camera
- 2 water bottles
- Costume items - optional but always welcome!



# MAINE TRAILS PACKING LIST

## MAINE TRAILS CAMPERS ONLY

**GEAR:** Backpacks and all group gear, including tents, are provided by KWE for Maine Trails campers.

**A NOTE ON MATERIAL:** It's crucial that campers have non-cotton clothing, especially for their wilderness trip. Cotton pulls heat away from the body when wet and will not keep your camper warm. Please ensure that your camper has mostly tops and bottoms (long and short) that are synthetic/quick-dry/poly-blend/wool. Please reach out to [joy@kwe.org](mailto:joy@kwe.org) at Wavus or [emmaline@kwe.org](mailto:emmaline@kwe.org) at Kieve if you need any assistance!

### Clothing



- 6-8 pairs of synthetic/poly blend underwear
- 4 synthetic/poly blend sports bras, if applicable
- 2 pairs of synthetic/poly blend shorts - Patagonia Baggies are a favorite
- 6 synthetic/poly blend short sleeve T-shirts - two shirts will go out on each leg of the trip
- 2 synthetic/poly blend long sleeve base layer tops
- 2 mid-layers - long sleeve fleece and/or synthetic down
- Sock liners - liners with toe slots are recommended
- 6-8 pairs wool/synthetic hiking socks
- Swimsuit

### Wilderness Trip Essentials



- Sleeping bag - synthetic, 30-degree rating with stuff sack is preferred
- Sleeping pad - the smaller it packs, the better (it can be foldable or inflatable)
- Headlamp with extra batteries
- Large quick dry towel
- 2 1-liter Nalgene-type, screw-top closure water bottles
- CamelBak style hydration system (not required)
- Mess kit
- Multi-tool pocket knife (not required)

### Outerwear and Footwear



- Baseball cap or brimmed hat
- Warm-fleece/wool/synthetic hat
- Waterproof rain jacket
- Waterproof rain pants
- Fleece pants
- Pair of hiking boots - we highly recommend purchasing boots in a store so that your camper can try the boots on before purchasing. Boots must be broken in before arriving at camp. This will help prevent blisters on the trail, which can be crippling and lead to evacuation.
- Pair of campsite shoes - Crocs are recommended
- Water shoes - Chacos/Texas/Keens (Crocs are not water shoes)

### Toiletries



- Toothbrush and toothpaste
- Biodegradable Soap
- Shampoo and conditioner
- Lip balm w/SPF
- Sunscreen
- Insect repellent
- Pads/tampons (if applicable)
- Nail clippers

### Accessories



- Small stuff sacks
- Hiking poles (optional but suggested)
- Buff
- Mosquito head net
- Stationery and stamps
- Summer reading
- 2 bandanas

# Arrival Day

Camper arrival for Kieve and Wavus is between 10 a.m. and 2:30 p.m. on Opening Day.

You will be directed to the Health Center to drop off any medications and to meet the Health Center staff when you arrive. Counselors will greet you to unload luggage, and we encourage families to help their camper settle into their bunks.

# Travel

## Travel by Car

We strongly encourage all families to arrive by car if possible.

Kieve	Wavus
42 Kieve Road Nobleboro, ME 04555	88 Wavus Point Road Jefferson, ME 04348

## Travel by Air

We strongly recommend arriving at camp by car or bus, but if a flight is necessary please review the following carefully before booking your travel and email [joy@kwe.org](mailto:joy@kwe.org) at Wavus or [emmaline@kwe.org](mailto:emmaline@kwe.org) at Kieve if you need any assistance.

Kieve Wavus **does not escort unaccompanied minors for outgoing flights.** Please make alternative travel arrangements for your camper’s return home.

For **inbound unaccompanied minors**, please fill out the unaccompanied minor documentation with your airline — using Emmaline Briske for Kieve or Joy Bengtson Giffen for Wavus as chaperones — and pay any required fees beforehand. We provide a final chaperone name a few days prior to camp. You must then update the airline with this information before travel.

We can offer the following airport shuttles for Portland International Jetport (PWM) for \$250 per camper each way:

- Arrival: **8:30 a.m. – 12:30 p.m.**
- Departure: **8:30 a.m – 11:30 a.m.**

We can offer the following airport shuttles for Boston Logan International Jetport (BOS) for \$350 per camper each way:

- Arrival: **9:00 a.m. – 11:30 a.m.**
- Departure: **9:30 a.m. – 12:00 p.m.**

If your camper cannot arrive or depart in our shuttle windows then you must make alternate arrangements for your camper to arrive or depart camp.





## Travel (cont.)

**Travel by Bus** (Note: For full-session campers only. Not available for junior sessions.)

- We charter a bus service from Cyr Bus Lines, chaperoned by Kieve Wavus staff members, that brings campers to camp on Opening Day.
- Cost per camper is \$300.
- Campers traveling by bus should bring a backpack and a bagged lunch as we avoid stops to ensure camper safety and that we get to camp on time.
- **Campers should ship all other luggage to camp. Space under the bus is limited.**
- **Boarding is 30 minutes prior to the departure time listed.**

### STOP #1 — PHILADELPHIA AREA

TIME	LOCATION	DIRECTIONS	DURATION
7:30 a.m.	<b>Plymouth Meeting Mall</b> 500 W Germantown Pike Plymouth Meeting, PA 19462	Exit 333 for PA Turnpike and Exit 20 for 476. Parking lot near Dick's.	9 hrs 15 mins

### STOP #2 — NORTHERN NEW JERSEY

TIME	LOCATION	DIRECTIONS	DURATION
9 a.m.	<b>Grover Cleveland Service Area</b> Sewaren, NJ 07077	I-95 northbound between Exit 11 and Exit 12. Park in the normal lot and walk to bus parking.	7 hrs 45 mins

### STOP #3 — SOUTHERN CONNECTICUT

TIME	LOCATION	DIRECTIONS	DURATION
10:45 a.m.	<b>I-95 Darien Northbound Service Plaza</b> Darien, CT 06820	I-95 northbound between Exit 12 and Exit 13. Park in the normal lot and walk to bus parking.	6 hrs

### STOP #4 — BOSTON AREA

TIME	LOCATION	DIRECTIONS	DURATION
1:45 p.m.	<b>Lexington Service Plaza Northbound</b> Lexington, MA 02421	Exit 46a on I-95 northbound. Park in the normal lot and walk to bus parking.	3 hrs

## Closing Day

**All campers must depart on this day.** Wavus ceremonies are staggered to begin after Kieve ceremonies so there is time to boat families with siblings across the lake. Shuttles are available back and forth all morning so that you may park at either campus. Counselors will help load cars and can direct you to shipping stations on each campus to mail camper luggage.

Kieve		Wavus	
<b>8:30 a.m.</b>	Arrival	<b>9 a.m.</b>	Arrival
<b>9:30 a.m.</b>	All-Camp Closing Ceremony	<b>10 a.m.</b>	Explore Camp
<b>10 a.m.</b>	Cabin Ceremonies	<b>10:30 a.m.</b>	All-Camp Closing Ceremony
<b>10:30 a.m.</b>	Explore Camp	<b>11 a.m.</b>	Cabin Group Ceremonies
<b>11 a.m.</b>	Camp Lunch and Farewell	<b>11:30 a.m.</b>	Camp Lunch and Farewell

Please confirm any medications are packed, and check lost and found before departing! All items left in poor condition will be disposed of, and items in good condition will be donated to local families in need.

### Early Departure

Should you need to pick up your camper prior to Closing Day, let Emmaline Briske ([emmaline@kwe.org](mailto:emmaline@kwe.org)) at Kieve or Joy Bengtson Giffen ([joy@kwe.org](mailto:joy@kwe.org)) at Wavus know as soon as possible so the camp staff can coordinate the departure.

## Camp Communications

Part of the magic of camp is the independence it provides. Our goal is to help campers navigate challenges with the guidance of inspirational role models and without the pitfalls of social media and technology.

As parents and educators ourselves, *we know it's hard*. There will be rainy days, skinned knees, friendship bumps and bruises, and even some failure (although plenty of opportunities to try again!). We want your camper to leave here with greater confidence in their own ability to be a resilient problem-solver and achieve what once seemed out of reach. Those lessons will certainly transcend their time here on Damariscotta Lake.

Please remember that no news is good news! We will contact you if there is a significant issue, and we encourage you to reach out to the camp director if you receive a concerning letter home from your camper. We value the opportunity to partner with you to ensure that camp is one of the hallmark learning experiences of their childhood.

# Camp Communications (cont.)

## Contacting Your Camper

- To write letters to your camper, please address them using the following format.

Kieve	Wavus
<i>Camper Name, Session, Cabin Name</i> Camp Kieve P.O. Box 169 Nobleboro, ME 04555 207-563-5172	<i>Camper Name, Session, Cabin Name</i> Wavus Camp P.O. Box 350 Jefferson, ME 04348 207-563-5172

- Campminder emails are printed Monday to Saturday and passed out at rest hour.
  - Please note that you do not need to purchase “Camp Stamps” through Campminder to send emails.
  - Parents can create guest accounts for family and friends to email your camper. When you log in, click the “My Account” menu. From there, scroll down to the “Online Community” section and select “Guest Accounts.”
- Please remember that packages are NOT allowed in camp or on resupply.**
  - The exception is birthdays! You may send your camper a package for their birthday, but please do not send food items. We ensure our campers and their cabins get a special treat for their birthday at camp.
  - Reach out to us if your camper needs an essential item.

## Photos

- In-camp photos post to Campminder on Mondays, Wednesdays, and Fridays.
- Wilderness trip photos post the Monday, Wednesday, or Friday after the group’s return to camp.
- Photos may be purchased via your Campminder account, and you may allow friends and family to view the photos by sending them a guest invitation via Campminder.
- We also periodically post photos to our social media feeds.

## Camper Updates

- Camp directors will email a **Sunday note** about camp happenings each week.
- If your camper has a wilderness trip with a resupply, you can expect to receive a brief **resupply update** via email with a group photo the next business day after the resupply.
- We will send a **mid-session update** about the cabin’s experience and a reflection from your camper.
- Post-camp, your camper’s head bunk counselor will send an end-of-session recap reflecting on the group experience and sharing notes about your camper’s growth throughout the session.



# Healthcare & Risk

## Our Team

KWE's Healthcare & Risk Director Sarah Kennedy, FNP-BC, lives onsite, overseeing the Kieve and Wavus Health Centers and all healthcare in consultation with Full Circle Direct Primary Care. Each center is staffed by a director with a supporting staff. The healthcare team is available 24/7 for needs that arise at camp and on trips. Sarah also leads our KWE Risk Management Team, inclusive of KWE trustees and department heads, that works to proactively mitigate risk and learn from incidents that occur.

## Illness and Injury

Our focus is on preventing illness and injury. Teaching your child about the importance of frequent hydration, adequate sun protection, and good hygiene ahead of camp is important. Our Health Centers treat illness and injury as they arise and consult with our local physician's office (Full Circle Direct Primary Care) and local hospital (Miles Campus-Lincoln Health) as necessary.

On wilderness trips, each head bunk counselor is certified in wilderness advanced first aid and carries a Garmin inReach satellite texting device to consult and communicate with camp directors in case of a medical issue or incident.

We will contact you if your child experiences significant illness or injury, needs to stay overnight in the Health Center, or requires outside medical attention.

## Mental, Emotional, and Social Health

It is essential to share all mental, emotional, and social health challenges your camper may experience before camp begins. Overnight camp and wilderness tripping can exacerbate symptoms of mild or past mental health conditions, and talking through these potential symptoms and effective coping mechanisms will allow us to better serve your child at camp.

While we can manage many mental health challenges, we are not a therapeutic camp and may be unable to adequately support some campers with more acute needs. If our team decides that camp is not a safe place for your child, we will work with you to facilitate an early departure.

Please refer to the chart below with examples of what we usually can and cannot provide, and contact us if you have concerns about your camper's readiness.



## Healthcare & Risk (cont.)

Camp Can Usually Provide	Camp Cannot Safely Provide
Strategies for coping with symptoms of anxiety and depression	Therapeutic treatment or care for campers experiencing significant or recurring distress (ex. frequent panic attacks, severe depressive episodes, suicidal ideation)
Care for campers who have engaged in non-suicidal self-harm in the past but are now in remission	Care for campers actively engaging in non-suicidal self-harm at camp
Supportive environment for campers with a history of disordered eating or whose eating disorder is well-managed	Care for campers currently struggling with severe eating disorders
Prescheduled phone calls with a camper's therapist from home when not on a wilderness trip	Contact with therapeutic providers on demand
Supervision and redirection for campers who may need short breaks from group settings	1:1 behavioral support to function in group settings

### Medications

**All medications must be documented on your camper's Health History Form in Campminder by April 11, 2025** and brought to the Health Center upon arrival. Campers are not allowed to keep medications in their cabins without authorization.

#### Prescription Medications

- Please pack enough medication for the session in its original packaging, clearly labeled with your camper's name, dosage, and frequency.

#### Over-the-Counter (OTC) Medications

- Please only send OTC medications that your camper takes daily and cannot go without while at camp, like an allergy pill or nasal spray. **Please leave all other non-prescription medications at home**, as we keep our Health Centers stocked with commonly needed OTC medications.

#### Emergency Medications

- If your camper has an emergency medication they must carry and self-administer, like an inhaler or EpiPen, please authorize this on the Physical Exam Form and send two of each. Per Maine state law, this authorization must be signed by both the medical provider and guardian.

# Healthcare & Risk (cont.)

## Medication Administration

- Medications are administered during meals and before bedtime. If your camper requires medication outside of these scheduled times, please contact Sarah Kennedy at [sarah@kwe.org](mailto:sarah@kwe.org) before camp to discuss a plan.

## Med Kits

Each cabin's medical kit contains the supplies necessary for counselors to utilize their first-aid training to manage common illnesses and injuries on wilderness trips.

## Med Minute

Med Minute is a nightly check-in for counselors to have 1:1 conversations with their campers to evaluate their health and well-being, from bumps and scrapes to social dynamics within the cabin. Med Minute notes are reported to camp director and healthcare staff the following morning.

## Immunization Requirements

All campers must be current on all [standard vaccinations](#) to attend Kieve or Wavus.

## Allergies and Food Preferences

Please use the Health History Form to communicate all allergies and dietary restrictions before camp. KWE staff is trained to manage allergies and anaphylaxis. EpiPens are available around campus and in wilderness trip med kits. The dining halls are nut-free, and our kitchens can accommodate reasonable dietary restrictions. Meals on wilderness trips are planned based on the group's specific needs, and certain foods will be omitted if a severe allergy is present.

## Hygiene

Good hygiene is crucial for maintaining camper health. Each cabin creates a shower schedule so that all campers can bathe each day while in camp. Please help prepare your camper by reviewing the importance of frequent showering (and changing into clean clothing) to prevent infection. The bacteria that cause the common skin infection [impetigo](#) can spread easily in communal settings, especially in the presence of sweat, scratched bug bites, and warm, humid weather. Small cuts, scrapes, and bug bites can quickly become skin infections without good hygiene. Our healthcare staff will contact you if your child develops a skin infection like impetigo or if they come in close contact with an active infection.

## Sun Safety

We emphasize sun safety and have sunscreen readily available throughout camp. Please send your child their own broad-spectrum sunscreen supply and teach them to apply it independently. This is especially important for campers going on longer trips. If your camper has sensitive skin, please consider sending them with a UV-blocking sun shirt and a wide-brimmed hat.

## Lice

We check every camper for lice on the first evening of camp. If lice are found, we contact you and treat them with over-the-counter shampoo or give you the option to have them treated at the Nits End in Portland, Maine. Before coming to camp, please thoroughly clean all personal items, such as blankets and sleeping bags.



## Healthcare & Risk (cont.)

### Tick Safety

Ticks are an unfortunate reality in Maine. To mitigate risk, we organically treat highly frequented campus areas and regularly mow grass areas. When practical, we encourage long pants and long sleeved shirts and discuss tick checks every evening during the daily Med Minute. If a tick is found attached, we remove it, document the time and location, and contact families. If the tick is estimated to have been attached for 36 hours or longer, we will recommend treating it prophylactically with a dose of doxycycline. We follow CDC guidance for tick bite prophylaxis, found [here](#). Repellent and prevention treatments to consider before camp can be found [here](#).

### Browntail Moth

The browntail moth caterpillar is an invasive species found in Maine. Direct contact with its poisonous hairs can cause an itchy rash similar to poison ivy. Our campuses are treated to prevent browntail moth infestation, and the risk of rash decreases by mid-summer. If a camper develops a rash that may be from caterpillar exposure, we help treat their symptoms and make sure their clothes and bedding are cleaned. More information on the browntail moth caterpillar can be found [here](#).

### Bedwetting

If your child experiences bedwetting, it is important to include details in the Health History Form, including severity and any strategies your child may use to minimize occurrence or effect. Our staff is trained to manage bedwetting respectfully and discretely. Communicating with us beforehand will help us select the appropriate bunk and have a plan in place.

### Ear Care

All bodies of water have the potential to carry harmful bacteria and parasites. To help prevent swimmer's ear, we administer ear squirts, a 1:1 mixture of white vinegar and isopropyl alcohol after lake swimming.

### Periods

Wavus is well-equipped to help campers feel comfortable during periods. Our counselors and tripping directors teach campers about appropriate hygiene and proper disposal of supplies while on a trip. Please pack your child with pads or tampons if a period is expected, but know that we have plenty available.

### Homesickness

Every camper at one point or another will experience homesickness. Leaving home, disconnecting from daily comforts, living in a shared space, and having more independence can be hard. Please remember that homesickness is normal! If you ever receive the S.O.S. letter, it is important that you contact us so that we can partner with you to help your child turn the corner. At some point, we may set up a conversation on the phone but know that that is rarely, if ever, going to be our first solution. We know when and how to intervene, and persevering through homesickness without family intervention is arguably one of the most transformative experiences a child can have at camp. [Here's a great resource](#) on homesickness from the American Camp Association. **Please do not tell your camper that you will pick them up if they just give it a try or get through a certain number of days — it does not work.**

# In-Camp

Daily in-camp life is designed to foster relationships, provide healthy risk-taking opportunities, and strengthen independence. We don't wear uniforms or keep score often, and our traditions are both silly and serious. The strength of in-camp life comes from the creativity of our counselors. After a busy and programmed school year, we push campers to try new things and have fun. In-camp memories will color your camper's stories for the rest of their lives.

## Activities

The following activities are offered regularly at camp:

- Arts and Crafts
- Pottery
- Woodworking
- Swimming
- Sailing
- Paddleboarding
- Kayaking
- Canoeing
- Tennis
- Archery
- Riflery
- Ropes Course
- Nature
- Sports

Each night, the counselor in charge of the day plans an activity for the entire camp. Examples of some of our favorite evening activities include:

- Capture the Flag
- Boulder Dash
- Air Guitar
- Casino Night
- Kickball
- Olympics
- Relay Races
- Open Hill

## Daily Schedules

- 7:30 a.m. Morning Bell
- 8 a.m. Flag
- 8:10 a.m. Breakfast
- 9:15 a.m. Gathering Circle
- 9:30 a.m. 1st Morning Activity (Assigned by Cabin)
- 10:30 a.m. 2nd Morning Activity (Assigned by Cabin)
- 11:45 a.m. General Swim
- 12:30 p.m. Lunch
- 1:30 p.m. Rest Hour
- 2:30 p.m. Gathering Circle
- 2:45 p.m. 1st Afternoon Activity (Camper Choice)
- 3:45 p.m. 2nd Afternoon Activity (Camper Choice)
- 4:45 p.m. General Swim
- 5:15 p.m. Free Time
- 6 p.m. Dinner
- 7 p.m. Evening Activity
- 8 p.m. Evening Flag
- 8:15 p.m. Showers, Cabin Meetings, Med Minutes, Flashlight Reading Before Bed



# In-Camp (cont.)

## Sunday Schedule

Siblings and cousins can get together for lunch on Sunday afternoons. We alternate between campuses.

Kieve Sunday Schedule		Wavus Sunday Schedule	
8 a.m.	Morning Bell	8 a.m.	Morning Bell
8:30 a.m.	Breakfast	8:30 a.m.	Breakfast
9:15 a.m.	Cabin Inspection Prep	9:15 a.m.	Cabin Inspection Prep
10:30 a.m.	Chapel*	10:30 a.m.	Pine Whispers
11:30 a.m.	Cabin Inspections	11:30 a.m.	Cabin Inspections
12:30 p.m.	Lunch	12:30 p.m.	Lunch
1:30 p.m.	Rest Hour	1:30 p.m.	Rest Hour
2:30 p.m.	Gathering Circle	2:30 p.m.	Gathering Circle
2:45 p.m.	1st Activity Period	2:45 p.m.	OD's Activity
3:45 p.m.	2nd Activity Period	4 p.m.	General Swim
4:45 p.m.	General Swim	5 p.m.	Free Time
5:15 p.m.	Free Time	6 p.m.	Dinner
6 p.m.	Dinner	7 p.m.	Sunday Sparks Campfire
7 p.m.	Evening Activity	8 p.m.	Evening Flag
8 p.m.	Evening Flag		

\*Sunday Chapel is a non-religious Kieve tradition — just like Wavus' Pine Whispers — run by the campers for the campers. It's a time to slow down, reflect, and share stories, thoughts, poems, and songs.

## Wilderness Tripping

Wilderness trips are the core of each camper's experience. Every camper will spend at least one night out in the woods away from camp with their cabin. As campers grow older, their trips become more extensive and demanding; the youngest are away for one or two nights, and the oldest spend up to 22 days canoeing or hiking in the most beautiful and remote parts of Maine. These trips build a deep appreciation for the natural world and grit and resilience beyond what can be learned in the comforts of home.

[Kieve Wilderness Trips](#)

[Wavus Wilderness Trips](#)

## Staff Training

Every cabin at Kieve and Wavus has a certified Maine State Camp Trip Leader and counselors with certifications in Wilderness Advanced First Aid, Swiftwater Rescue, and/or lifeguarding. There is also significant in-camp training.



# Wilderness Tripping (cont.)

## Trip Preparation at Camp

### Cabin Trip Talk

- A tripping director reviews the itinerary and maps with campers, goes over relevant skills, and answers any questions.

### Counselor Trip Talk

- A tripping director reviews the itinerary, maps, and emergency action plans with the head bunk counselor.

### Menu Planning

- Counselors submit a menu prior to departure for review by our tripping directors.

### Health Center Meeting

- The head bunk counselor meets with the Health Center director prior to their trip to review their med kit, camper medications, and all medical concerns.

### Canoe Clinic

- All campers who are scheduled to go on paddling trips complete a canoe clinic with our tripping directors to cover the following skills:
  - Parts of the canoe
  - Canoe strokes
  - T-rescues and capsizing
  - Navigating white water and lake paddling
  - Basic knots

### Final Gear Check

- A tripping director does a final gear check with the head bunk counselor before the group departs.

## Communication Protocols

Every cabin carries a Garmin inReach satellite device on their trip. These devices allow counselors to text camp directors in case of emergency and to confirm each evening that they have reached their campsite and all is well.

## Evacuation Protocols

Counselors are trained to communicate via their inReach device if an evacuation due to injury, illness, or mental, emotional, or social health is necessary. Our priority is camper safety. Due to the isolated nature of our trips, any incident that escalates to an evacuation request leads to a collaborative risk assessment between our camp directors, healthcare & risk director, and wilderness tripping directors. In the event that we believe the safest course of action is to evacuate a camper, we will communicate with families and coordinate the next steps.

# After Camp

## Shipping Luggage

Starting this year, **Ship Camps** will be available to send your camper's baggage to and from camp. Registration opens on **Feb. 3, 2025**. To send luggage home, shipments must be booked at least 10 days before the end of the summer camp session. More information is available at [shipcamps.com/kieve-wavus](http://shipcamps.com/kieve-wavus) or by calling Ship Camps at 855-540-226.

## Camp Survey

After camp we will send you the link to our post-camp survey and feedback form. Your family and your camper's feedback is invaluable, and we appreciate you taking the time to submit it.

## Healthcare & Risk Concerns

If a healthcare concern arises within 10 days of camp, please email Sarah Kennedy at [sarah@kwe.org](mailto:sarah@kwe.org). It's important for us to identify patterns and communicate issues to other families if necessary. Checking for lice and reporting rashes and other illnesses will help keep our community healthy.

If you have any questions or concerns about your child's experience at camp due to behavioral issues, please contact the camp director to discuss. We don't tolerate anything but kindness and respect for others and want to partner to address any inappropriate behavior. It is important for us to support your child and to not miss a learning opportunity for the unkind or disrespectful camper.

## Off-Season Communication

Kindness and respect are our guiding principles, and we expect campers to honor this with each other outside camp. This includes their communication through text and social media.

We coach our staff to maintain healthy boundaries in their contact with campers after camp, adhering to our Staff Standards of Behavior. You can always contact a camp director to schedule a check-in with a favorite counselor during the school year.

## Enrollment for Next Summer

Enrollment for Kieve and Wavus fills FAST — often as soon as open enrollment begins in mid-October.

Please note our application dates and visit our website to read our full enrollment policy. If you know of a prospective camper family, please refer them to [kwe.org](http://kwe.org) for more information and to submit a formal application.

## 2025 Applications Open on August 26, 2025.

*Priority enrollment for returning campers and their siblings before October 14, 2025*

## 2025 Enrollment for New Families Begins on October 14, 2025.

*New families are enrolled in age groups with available spaces or placed on our waitlists.*



## After Camp (cont.)

### Supporting Kieve Wavus Education

Kieve and Wavus are part of Kieve Wavus Education, Inc., a nonprofit organization that provides year-round experiential and education programs for building healthy, resilient, and engaged communities of teachers and learners.

Beyond summer camp, KWE creates innovative education opportunities through [The Leadership School](#) (TLS), various events, and community outreach. TLS is a vital resource for Maine that cultivates career educators who provide experiential education programs to thousands of local kids. Many of our camp leaders are employed year-round and also serve as TLS educators.

Gifts to the Annual Fund are used in real-time, ensuring exceptional summer camps and programs that empower people to contribute positively to society by promoting the values of kindness, respect for others, and environmental stewardship. **You can make a gift at [kwe.org/give](http://kwe.org/give) and through Venmo @kieve-wavus.**

### Networking

The commitment, creativity, and responsibility that comes from working summers at Kieve and Wavus fosters a set of “real-world skills” that an internship can’t teach. That sort of experience, paired with school-year internships in industries our counselors are passionate about, will no doubt set them up for success.

If you think your company might benefit from hiring one of our outstanding counselors as a school-year intern, or if you’re interested in being a career resource in any way, please reach out to Alumni Engagement & Campaign Coordinator John McDevitt at [johnmcddevitt@kwe.org](mailto:johnmcddevitt@kwe.org). You’re not just helping our counselors, you’re ensuring our campers have role models who are experienced and prepared for the enormous responsibility of leading Kieve and Wavus.

### Staying Connected

Follow us on Instagram @kiewwavus and like us on Facebook.

## Camp Policies

**Our number one rule is that everyone has the right to be treated with kindness and respect, and this guides all behavior expectations at camp.**

### Harassment and Bullying

We train our staff to identify harassment, bullying, and abusive behavior and to report it to camp directors. We work together through the lens of kindness and respect to empower affected campers while appropriately holding the other camper(s) accountable. We will communicate when we believe the poor behavior of your or another camper is meaningfully impacting the camp experience and will always prioritize maintaining a safe environment at camp.

If your child has experienced bullying — defined as the repeated and targeted mistreatment of someone who has less power — or mistreatment of any kind, please let us know. Before camp, encourage your camper to use their evening Med Minute check-in to share how they are doing. Please reach out if we may be missing context or behavior that was hidden from view.



## Camp Policies (cont.)

### Prohibited Items

- Food/Candy
- Drugs/Alcohol
- Weapons (*Allagash, Long Voyage, and Maine Trails campers can bring an all-purpose tool like a Leatherman and must let their counselor know they have it.*)
- Hair dryers/Styling tools
- Headphones/Music players
- Cellphones/Tablets/Smartwatches
- E-Readers/Kindle/Nook
- All electronic devices, gaming systems, etc.

### Technology

Camp is screen-free for campers. That means no social media, phones, tablets, smartwatches, or anything that can connect to WiFi or wireless data. Old-fashioned books and basic cameras and watches are best. Campers who travel without their families will turn in their devices when they arrive at camp so we can securely store those valuables for the session.

### Gratuity

It is Kieve Wavus Education's policy that our staff decline gratuity. We encourage a gift in their name to our Annual Fund.

# Family Partnership Agreement

We cherish the responsibility of caring for your camper this summer, and we know that a healthy working partnership between Kieve Wavus Education and every family is required to make this experience successful.

While disciplinary issues leading to dismissal from camp are unusual, it is important that each family understands that bullying, substance use or possession, and significant violations of our policies that lead to an unsafe environment at camp may lead our directors to decide that your camper leave early and/or take one or more summers away.

To that end, we are asking that you:

- read this Family Handbook **each year** to familiarize yourself and your camper with camp, our expectations, our educational philosophy, and our policies;
- trust that when we do not communicate proactively, it is to protect the privacy and well-being of every camper involved in an incident; and
- agree to work collaboratively with camp directors when issues arise, trusting that our intent is always to educate your camper and provide everyone with the safest possible camp experience.

You can digitally sign 2025's Family Partnership Agreement [here for Kieve](#) and [here for Wavus](#).

Also, please note that by submitting your camper's application and this agreement, you agree to the following:

*The images and video we capture during summer camp are used in Kieve Wavus Education's promotional materials and are posted to social media and our website. By submitting this application, you agree to allow Kieve Wavus Education to use these images and videos of your child in camp brochures and promotional materials.*

If you would like to opt out of our photo and video use agreement or have any other questions or concerns, please email Emmaline Briske ([emmaline@kwe.org](mailto:emmaline@kwe.org)) at Kieve or Joy Bengtson Giffen ([joy@kwe.org](mailto:joy@kwe.org)) at Wavus.

**Thank you for entrusting us with your child.  
We are so excited for the summer!**