



**HOLIDAYCAMP**

# HALF TERM CAMP INFORMATION BOOKLET

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**Dear Parents,**

Welcome to the ESM half term camp 2017.

Each year ESM welcomes hundreds of enthusiastic young campers to take part in our Holiday Camp program. We offer your child the opportunity to experience a fantastic range of activities. The daily schedules are tailored to each individual camper, which enables your child to experience a balance between activities they are familiar with and new activities that we feel they will enjoy.

Rest assured that your children will be taken care of by qualified professionals in a safe and friendly environment.

We hope that their camp experience with us is an enjoyable and memorable one.

**Jimmy Repsold**  
**ESM Camp Director**



## MULTI ACTIVITY CAMPS

Venues: GEMS Wellington International School, Jumeirah Primary School, GEMS Royal Dubai School, GEMS Wellington Academy Silicon Oasis, GEMS Wellington Primary School, GEMS Metropole School, GEMS FirstPoint School, Dubai British School, Dubai British School Jumeira Park, and Jumeira Baccalaureate School

Date: 29 October to 2 November

Ages: 4 - 12 years old

Timings: 9am – 1.30pm

- 100% Health & Safety Record
- Child to Coach Ratio of 15:2
- Professional Sports Coaches
- Premium School Facilities
- Aqua Fun Sessions
- Inflatable Bouncy Castles and Obstacle Courses

Activities: Some of the activities the children will take part in are shown below.

Aqua fun, Mini Cricket, Arts & Crafts, Basketball, Kung Fu, Rounders, Fun & Games, Relay Races, Rugby Skills, Talent Shows

In house Tournaments and Inflatable bouncy castles and obstacle courses

Please note that the activities above are venue specific due to the facilities the schools offer ESM as well as the number of children attending the camp on the day.

## HEALTH & SAFETY POLICY FOR INJURIES

All holiday camp staff are First Aid trained and will be able to handle all minor injuries. While we understand that accidents do happen particularly in an active environment, rest assured, the safety measures we have put in place ensure that accidents are managed and reported appropriately (of the highest standards).

We are proud that ESM holiday camps is continuously maintain a 100% health and safety record.

Detailed procedure in the event of a serious injury:

**STEP 1:**

Coach will assess the situation

**STEP 2:**

The safety of the remaining campers within the session will be managed by either another coach or an assistant coach.

**STEP 3:**

The coach in charge will proceed with First Aid.

**STEP 4:**

Parents/Guardian will be contacted immediately.

**STEP 5:**

Report and follow up will be carried out, further investigations for safety will be documented and actioned where necessary.

## INTRODUCTION OF INFLATABLES AT ESM CAMPS



ESM Holiday Camps are excited to announce the introduction of inflatable bouncy castles and obstacle courses at our camp venues during spring and Summer!!



Click on the play button above to watch a short video.

## WHAT TO EXPECT

ESM holiday camps are the leading holiday camp providers for children aged 4-12 in the UAE. We have developed a strong reputation by constantly focusing on what parents and children want by creating a camp environment which encourages children to thrive, learn and develop whilst making friends and having fun.

We have achieved this by being committed to delivering multi activity, engaging and stimulating programs within a safe and positive environment. Offering a balance of sports and classroom activities, we ensure each session is perfectly suited to the age and ability of the camper. We take full advantage of our fantastic locations with health and safety always being our top priority, to ensure your peace of mind.

Some of the activities the children will take part in are shown below.

Aqua Fun  
Arts & Crafts  
Basketball  
Kung Fu  
Dodgeball  
Rounders  
Water Polo  
Team Building  
Quiz Time

Mini Cricket  
Obstacle Course  
Bouncy Castles  
Musical Games  
Fun & Games  
Relay Races  
Rugby Skills  
Talent Shows  
In house Tournaments

## SET UP

Below you will find an example of our holiday camp schedule. The daily schedule will be posted at the venue which you can see on arrival each day.

Group 1 (Example)	
9.00 – 9.45am	Football
9.45 – 10.30am	Swimming
10.30 – 10.45am	Snack Break
10.45 – 11.30am	Basketball
11.30 – 12.15pm	Kung Fu
12.15 – 12.45pm	Lunch Break
12.45 – 1.30pm	Tennis
1.30 – 1.45pm	Pick up



## AVAILABLE VENUES & PRICING

Each school is priced according to the type of the facilities the school has on offer. You are welcome to attend any of the venues listed below.

Venue:	Rate/Day	Rate/Week
GEMS Wellington International School	AED200	AED700
GEMS Jumeirah Primary School	AED200	AED700
GEMS Academy Silicon Oasis	AED150	AED560
GEMS Metropole	AED150	AED560
GEMS FirstPoint School	AED150	AED560
GEMS Wellington Primary School	AED150	AED560
GEMS Royal Dubai School	AED150	AED560
Dubai British School – Jumeira Park	AED150	AED630
Dubai British School	AED150	AED560

## BENEFITS OF CHILDREN ATTENDING CAMP

Physical activity is vital for a child's development and lays the foundation for a healthy and active life. ESM holiday Camps are ideally placed to foster the development of good physical activity habits early in life and to encourage children to engage in regular physical activity.

ESM Holiday camps offer a wide choice of play-based, physically active learning experiences that link to children's interests, abilities, identity and prior knowledge. Physical activity in childcare needs to be made up of both structured physical activity and unstructured, spontaneous activity. In addition, as active role models, coaches can encourage children to participate in physical activity

Regular physical **activity in children** improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

Why is physical development important to a child?

From sitting up on their own to throwing a ball, children gradually **develop** the **physical** skills needed for their adult lives. ... Both gross (large muscle movements) and fine (small movements) motor skills contribute to **physical development**, and children often learn a set of skills by a certain age.

Why does a child need to exercise?

**Exercise** helps **kids** achieve and maintain a healthy body weight. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints. ...**Exercise** helps improve motor coordination and enhances the development of various motor performance skills.

## BENEFITS OF CHILDREN ATTENDING CAMP

Why Exercise Is Good for Your Body:

**Lungs and heart.** They get stronger when you get moving. That helps you feel more energy and means you can play, walk, or jog longer without feeling tired. So how about an extra lap around the track?

**Muscles.** Exercise makes them stronger and stretchier. So, become the family arm-wrestling champ. Do the limbo. Take out the garbage. Master the cartwheel.

**Bones.** You make yours stronger when you move. That'll help with everything from how tall you stand to how powerful you are.

**Reflexes and coordination.** They help you catch a pop fly on the field or land a perfect half-axel when you're figure skating. Remember, practice helps!

**Staying healthy.** Exercise helps you keep your weight in check. It can mean you're less likely to get diseases like diabetes, high blood pressure, and some kinds of cancer. It can even help you avoid getting a cold or the flu as often.

## WHAT TO BRING



**SWIMMING  
KIT**



**PACKED  
LUNCH**



**SNACK**



**WATER  
BOTTLE**

## THEME DAYS EXAMPLE:

### **SIGNUP SUNDAYS**

Signup for the talent show and fun activities for the week.

### **MAD MONDAYS**

Crazy Hair Day

### **TOURNAMENT TUESDAYS**

A selection of Olympic sporting style tournaments will take place throughout the day.

### **WACKY WEDNESDAY**

Dress up day—This will be an official Pyjama Day

### **NATIONAL SPORTS DAY THURSDAY**

Students will get the chance to showcase their competitive nature in a day full of activities and challenges.

## EMERGENCY CONTACT NUMBERS

Each camp venue has a qualified First Aider onsite. In the event of any emergency, a parent or guardian will be contacted by the camp manager at the venue where they registered their child.

If you would urgently like to reach the sports coordinators you can do so using the numbers provided below. The contact number for the camp manager will be displayed at the sign in desk at each venue.



**ABBIE RABOT**

ESM Sports Coordinator

055-5873158

Schools: JPS



**ADRIAN JOHN (AJ)**

ESM Sports Coordinator

055-5875834

Schools: MTS; WSO; DBS; DBSJP; JBS;



**GWYN WILLIAMS**

ESM Sports Coordinator

055-3507664

Schools: WIS; RDS; WPS; FPS

## FREQUENTLY ASKED QUESTIONS

### 1. WHAT KIND OF ACTIVITIES WILL MY CHILD BE DOING AT CAMP?

Aqua Fun

Arts & Crafts

Basketball

Kung Fu

Dodgeball

Rounders

Water Polo

Team Building Talent Shows

Quiz Time

Mini Cricket

Obstacle Course

Bouncy Castles

Musical Games

Fun & Games

Relay Races

Rugby Skills

In house Tournaments

### 2. CAN MY CHILD DECIDE WHICH ACTIVITIES THEY WANT TO DO?

Children are required to stay within their assigned groups and will participate in all activities.

### 3. HOW MANY ACTIVITIES PER DAY WILL MY CHILD PARTICIPATE IN?

There will be 5 different activities each day divided into 45min sessions.

### 4. WHAT IF MY CHILD CANT PARTICIPATE IN ANY SPECIFIC ACTIVITY E.G. AQUA FUN?

In some cases the camp manager may be able to move them into another group for 1 session. If this is not possible, they will stay with the group and sit out for the activity.

## FREQUENTLY ASKED QUESTIONS

### **5. HOW ARE THE STUDENTS DIVIDED INTO GROUPS?**

Groups are divided according to age and with an age difference of 2yrs either older or younger.

### **6. ARE THE TEACHERS QUALIFIED SPORTS COACHES?**

All ESM holiday camp staff are qualified sports coaches.

### **7. WHAT FIRST AID PROCEDURES DO YOU HAVE IN PLACE?**

There will always be a fully qualified First Aid person on Duty. ESM pride themselves on their Health and Safety Standards. In the unlikely event of a child being injured the parent will be notified by the camp manager.

### **8. DO YOU OFFER A SIBLING DISCOUNT ?**

ESM offers a 10% siblings discount on the 2nd and 3rd child for full weekly bookings only. They have to be either brother or sister (not cousin or niece/nephew).

### **9. WHAT TO WEAR?**

Casual or sports clothing is highly recommended & trainers. Please ensure all bags, clothing, Swim costume and towel, are clearly labelled.

## FREQUENTLY ASKED QUESTIONS:

### **10. WHAT ELSE DO I NEED TO BRING?**

Please bring swimsuit, towel, refillable water bottle and packed lunch

### **11. WHAT IF MY CHILD IS SICK?**

Please inform us the day before (before 4pm). Please refrain from sending sick children as they tend to make other children sick or spend all day in the sick bay.

Please provide a medical note & we will offer camp credit so they can attend when they are feeling better.

### **12. WHAT IF MY CHILD HAS A MEDICAL CONDITION?**

It is vital that we are made aware of any medical conditions and any prescribed medication that your child is required to take. We also advise you to talk with the camp manager if you have any concerns.

### **13. WHAT IF CHILDREN ARE BADLY BEHAVED?**

Our staff treat children with respect and we expect this to be reciprocated by the children.

We encourage good behaviour and sportsmanship with positive reinforcement. By the same token bad behaviour cannot and will not be tolerated.

In more serious cases, we may contact parents to take action. If bad behaviour continues, we reserve the right to remove children from the camp if necessary.



## FREQUENTLY ASKED QUESTIONS:

### **14. WHAT IF MY CHILD IS 3YRS AND 6 MONTHS**

Children who are under 4 years need to be able to function in a group environment with minimal assistance in the sporting activities set out for the day - If children cannot adhere to this parents will be asked to come and collect the students. ESM staff are not allowed to assist with bathroom trips, children need to be “potty trained” and able to cope within a group environment

### **15. CAN I LEAVE MY NANNY ONSITE?**

We do not permit nanny’s to remain onsite during camps as this can cause distractions for young children.

### **16. CAN I (PARENT/GUARDIAN) COME AND WATCH MY CHILD?**

Parents are allowed to stay for the first few minutes of camp to allow their child to adjust to the camp environment however after that they cannot be actively involved in the camp as this can cause a distraction or disrupt sessions.

## FREQUENTLY ASKED QUESTIONS

### **17. WILL AQUA FUN TAKE PLACE EVERYDAY?**

Parents are advised to pack their students' swimming costume everyday. This is to accommodate possible program changes. (It does not mean swimming will take place every day or take place at all)

ESM offer all inclusive holiday camps but please do inform the camp managers if your child has any behavioral or learning disabilities so that we can best assist your children during camp time.





**HOLIDAYCAMP**

**Thank you for choosing  
ESM Holiday Camps**

**For more information please visit our website:  
[www.holidaycamp.ae](http://www.holidaycamp.ae)**