

# CAMP PEMIGEWASSETT

## PREPARE FOR PEMI IN MARCH

March has arrived and along with it, Pemi camper forms!

We launched access to Pemi's camper forms earlier this month. If you haven't already, now is a great time to find some momentum towards [completing these forms](#). We use the information you provide with the greatest discretion, and encourage you to make us a full partner in planning for your child's summer. Our office, counselors, health, and kitchen staff use the information you provide throughout the summer to help your child adjust to camp and to provide a safe and supportive experience. All forms for all sessions are due May 1.

**The easiest way to complete Pemi forms is through the mobile Companion App.** Companion allows you to complete pre-camp forms and upload paperwork directly to your Pemi CampInTouch account. Download the Companion app (available on the [Apple App Store](#) and [Google Play](#)) and log in using your Pemi CampInTouch email and password OR [Log in](#) to your Pemi CampInTouch account and go to "Forms and Documents"

**REMINDER: For new campers, a camper recommendation from a teacher is required.** Please provide the link for this [Camper Recommendation Form \(GoogleForm\)](#) to your son's teacher.



**PEMI Rec Form**



## Preparations & Conversations with your Camper

### **Communication & Screen Free Environments at Pemi**

Sending a camper to overnight camp provides a unique opportunity for both campers and families to practice making adjustments to the way they connect and communicate, both in person and from afar. Read on for [helpful tips](#) in making the adjustment from connection at home to connection at camp.

#### **Campers**

Parents are often surprised by the fact that our campers are able to unplug from devices for 2, 3, 4 or 7 weeks. "Don't they struggle detaching from their technology?" We find the shift to screen free life is easier than people imagine, especially when 165 of your peers are doing the exact same thing. The power of an entire group of campers redirecting their focus from a device to camp activities and friendships is a rare and almost magical occurrence in today's age. And what about being at a distance from family? Don't campers miss their family? The answer is YES, AND. Yes, it is quite normal to go through an initial period of missing family when adjusting to a new place AND Pemi has decades of experience with supporting campers through the shift from home to camp (we will dig into supporting campers with homesickness in May's NCN!). Ultimately, with most campers we find two things can be true at once. We love and might miss our family AND we love Pemi.

#### **Parents**

Campers experience the shift from living at home to living at camp with the help of their friends, camp staff, and fun camp activities, but an often overlooked adjustment is the one that happens with parents. It is a rarity in today's world for parents to find exposures to what Pemi calls "the art of letting go," an experience where parents practice patience and trust in the absence of immediate and detailed news of their child. Where are parents able to take advantage of the benefits of healthy separation for not only their camper, but themselves? We at Pemi know what a big moment this

giving over of trust and independence is for families, and we are right here to partner with you and your camper every step of the way.

### [Helpful Tips for Parents & Camper Communication](#)



Trust Pemi will always reach out to you if there is a concern with your child. The safety and wellbeing of the whole camper is our first priority. We value the expertise families bring to the table regarding their camper, and find most challenges are overcome when we communicate and work as a team.

The excitement is growing. As always, be in touch with any questions or concerns!

Warmly,

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