



LEARNING WITHOUT BOOKS: SUMMER CAMP

For so many kids, summer camp signifies carefree days of swimming, playing sports, singing songs and reveling in freedom from the demands of the school year. Camp means no homework, no studying and no teachers.

But significant learning is still taking place at summer camp – even if the campers don't necessarily realize it.

All those classic camp dynamics – being away from home and parents, making new friends, being part of a team, and trying new things – are building blocks to crucial social-emotional skills.

Social-emotional learning (SEL) can encompass a variety of practices, but most experts agree that a child with high SEL skills is successful in five core areas: self-awareness, self-management, social awareness, relationship skills and responsible decision-making. These skills are increasingly understood to be central to success in school and in professional life beyond, but schools don't always have the time or capacities to teach them explicitly. Obligations to complete curriculum and boost student achievement often make it difficult for teachers to prioritize community building, goal-setting, or problem solving in their classrooms.

Unconnected to the commitments of the school day, summer camps (particularly overnight camps) can dive head-first into social-emotional learning – and many do. These opportunities are especially important for low-income students, many of whom already have fewer opportunities to gain these skills outside of school.

A 2005 study of 80 camps by the American Camp Association (ACA) found significant growth in children's social-emotional skills after a session of summer camp. Camp staff, parents and children reported increases in children's self-esteem, independence, leadership, friendship skills, social comfort and values and decision-making skills, from the beginning to the end of a session.

It's not just the new environment and flexible sched-



ule that builds kids' social-emotional skills. Many camps have an intentional focus on social-emotional learning. YMCA camps, for instance, explicitly discuss their four values – honest, caring, respect and responsibility – constantly, through songs, skits and rallies. And most camps train staff to coach kids on becoming more independent, socially aware and reflective.

In particular, camps foster relationship skills and social awareness by:

- Introducing children to an entirely new group of peers. Camp may be the first time children have spent substantial time with people whose background – home, race, or religion – is different from their own.
- Setting up opportunities for children to find their own

friends. According to education researcher and longtime camp counselor and director Claire Gogolen, counselors often begin a session by leading icebreakers and regularly sorting a cabin group into different pairs. These activities give campers explicit opportunities to get to know each other, allowing them to figure out who they want to become better friends with.

• Creating a space where silliness is accepted and bullying is not. Without the need to plunge into academic content, camps have time to use the beginning of a session to prioritize group norms, said learning specialist and former camp counselor and director Ari Fleisher. Counselors can make it very clear that bullying and teasing are not acceptable. At the same time, camps can encourage

continued on next page

Find Your Y Camp Adventure.

CAMP SIGN UP DAY — MARCH 7th

SUMMER VIBES

Summer is a time for kids to explore new things and expand the limits of their imagination. At the YMCA of the Foothills summer camps, each day brings a new adventure!

Experience all the amazing summer activities!
ymcafoothills.org/camp

SCAN ME

LEARNING WITHOUT BOOKS: SUMMER CAMP (CONTINUED)

from previous page

songs, jokes and general silliness that allow campers to relax and be themselves.

- Taking a break from technology. Many overnight camps restrict or prohibit phones and computers. For many campers, this means it's the first time they've made friends without the help of Instagram or Snapchat, and they learn how to navigate social cues to build and maintain friendships in "real life."

- Modeling teamwork and sportsmanship. During staff training, many camps stress the importance of adults demonstrating cooperation and friendship to their campers. When campers are surrounded by positive role models – particularly role models closer to their own age than teachers are – they learn how to get along with peers who may be different from them.

Camps also nurture self-awareness, self-management and responsible decision making by:

- Requiring children to solve day-to-day problems on their own. With limited contact with parents, campers have to learn how to manage their own conflicts, whether it's a disagreement with a bunkmate or not getting their first-choice activity.

- Presenting activities that are new to everyone. Counselors often purposefully lead games and activities that none of their campers have tried before, said afterschool specialist and former camp counselor Nicky DeCesare.

Without the fear that some peers will already have a leg-up on lava tag or basket making, children may be more likely to decide to try new things.

- Offering kids the chance to set and accomplish daily goals. The sheer amount of new activities makes it possible for kids to continually set and achieve goals, deepening their understanding of personal limits. One day a camper may be set on reaching the top of the climbing wall and the next she may be determined to collaborate with her group to create a new song.

- Helping children uncover new skills. Kids who are usually immersed in academics may become aware of new skills that they didn't know they had. For children who struggle in school, these opportunities can increase self-confidence.

- Providing time for reflection. Many camps begin or end the day with reflection activities in which campers can think about the challenges they've faced, how they've grown and what they're excited for. These moments, rare in a typical school day, can develop self-awareness and mindfulness for all kids.

Reprinted from Harvard Graduate School of Education *Lessons from Camp* by Leah Shafer

10 Amazing Facts!

1. **Amazing Animals:** Octopuses have three hearts and blue blood, while butterflies taste with their feet.
2. **Space Wonders:** A single day on Venus is longer than a year on Venus, and the Moon is moving away from Earth by about 1.5 inches every year.
3. **Heavy Clouds:** An average cloud can weigh as much as 1.1 million pounds, similar to 100 elephants!
4. **Unique You:** Your fingerprints are unique, even for identical twins, due to factors in the womb.
5. **Sneeze Speed:** A sneeze can travel incredibly fast, reaching speeds of up to 100 miles per hour.
6. **Royal Birthdays:** The Queen of England has two birthdays: one on her actual day and another public celebration.
7. **Surprising Play-Doh:** Before becoming a fun dough, Play-Doh was invented as a wallpaper cleaner.
8. **Mammal Skill:** Elephants are the only mammals that cannot jump.
9. **Cloudy Weather:** Rainbows can only appear when the sun is behind you.
10. **Sweet Facts:** Cotton candy was invented by a dentist, and vanilla is the world's most popular ice cream flavor.

SCAN FOR CAMP INFO CCLCF.org



REGISTER TODAY!



SUMMER CAMP REGISTRATION IS OPEN!

WEEKLY SESSIONS JUNE 8–AUG 14

CAMP RUNAMUK: New theme each week. STEM, arts & crafts, and high energy activities throughout each day of camp (ages 5-10). CIT program also available (ages 12-15).

SUMMER CAMPS: Junior Ceramics (age 5-8), Pre-Teen Ceramics (age 9-13), Professor Egghead (age 5-10), & more...

More camps may be added as summer approaches, with additional details coming soon — stay tuned!

CCLCF.org | 818-790-4353 | grace@cclcf.org



Community Center of La Cañada Flintridge
4469 Chevy Chase Dr., LCF



SPORTS DAY CAMPS!

MULTI-SESSION AND SIBLING DISCOUNTS AVAILABLE!

Spartan Allstars Sports Day Camp is a premier coed, multi-sports day camp. Campers play over 35 sports and activities in a fun and supportive environment. Screen Free Fun, All Day!

2026 Sports Camp Offerings:
 June 8-12: Sports Camp, JCs, Basketball (PM)
 June 15-19: Sports Camp, JCs, Basketball (PM)
 June 22-26: Sports Camp, JCs, Basketball (PM)
 June 29-July 3: Sports Camp, JCs, Futsal (AM), Baseball (PM)
 July 6-10: Sports Camp, JCs, Baseball (PM)
 July 13-17: Sports Camp, JCs, Baseball (PM)
 July 20-24: Sports Camp, JCs
 July 27-31: Specialty Week*

WHO CAN PARTICIPATE?
 Sports Camp Campers: Rising K-7th Graders
 Junior Counselors (JCs): Rising 8th & 9th Graders
 Specialty Sports Camps: Rising 2nd-9th Graders
 Need Volunteer Hours? Rising 10th Graders

Hours
 Sports Camp & JCs: 8am-5pm (M-F)
 K/1st: 8am-12:30pm
 Futsal: 8am-12pm
 Basketball and Baseball: 1-5pm

Camp Location
 La Canada High School

Specialty Camps:
 Futsal Camp: June 29-July 3, 8am-noon
 Bball Camps: June 8-12, June 15-19, June 22-26, 1-5pm
 Baseball Camps: June 29-July 3, July 6-10, July 13-17
 (Full Day Combo options available to add on with Sports Camp for 8am-5pm day)

***Specialty Sports Week:** July 27-31
 8am-12pm Sports Camps: Soccer, Tennis, Wrestling, Flag Football, Dance/Cheer, or Basketball
 Optional Aftercare from 12-5: Lunch, Games, & Swim

818-473-0005
 www.spartanallstars.com
 info@spartanallstars.com

EARLY BIRD DISCOUNT ENDS FEB 28TH!



SUMMER NATURE & ANIMAL ANTICS

FIREFLY GLOW: Fireflies are most active in summer, and their light is a result of a chemical reaction in their abdomens.

CRICKET THERMOMETER: You can calculate the temperature by counting the number of chirps a cricket makes in 15 seconds and adding 37; the result is roughly the temperature in Fahrenheit.

SUMMER HIBERNATION (ESTIVATION): Some animals, like desert snails, tortoises, and crocodiles, "estivate" (a form of hibernation) to escape the extreme heat.

MORE VOCAL WHALES: Whales are more vocal in the summer, with songs that can travel for hundreds of miles underwater.

MOSQUITOS: Mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 million years.



SUMMER CAMPS for GIRLS



ARTS CAMP

June 8 - June 12
\$425/week



Speech & Debate, Improv

June 29 - July 2*
July 6 - July 10
\$425/week
*holiday



SPORTS CAMP

June 8 - June 12
June 15 - June 18*
June 22 - June 26
June 29 - July 3
\$350/week
*holiday
(Lunch included)

STEM

June 15 - June 18
Science \$400

June 22 - June 26
Coding \$425

June 29 - July 2
Engineering & Design \$400

WORLD LANGUAGES

July 13 - July 17
Spanish \$425

DANCE CAMP

July 6 - July 10
July 13 - July 17
\$375/week
(Lunch included)

EXTENDED CARE

2:30-5 PM,
\$150

+ MORE!



summer@fsha.org

fsha.org/summer



VERITAS



FLINTRIDGE SACRED HEART ACADEMY



Summer On The Hill



CV Weekly **Summer 2026** **#1** *Special Section*

SCHOOL & CAMPS



SUMMER VIBES ARE COMING TO YMCA OF THE FOOTHILLS – AND THIS YEAR’S CAMPS ARE BIGGER, BRIGHTER AND MORE FUN THAN EVER!



Get ready! The Summer Vibes experience launches on Saturday, March 7 at Camp!

Sign Up for our 2026 Summer Camps. Join us in person at the Crescenta-Cañada YMCA (1930 Foothill Blvd.) from 10 a.m. – 1 p.m. on March 7 to secure your spot and enjoy a waived \$50 registration fee (includes a camp shirt!). Online registration opens immediately afterward.

This summer, the Y is bringing nonstop excitement with camps for every age and interest. From resident and half-day camps to preschool and kinder programs, there's something for every young adventurer. Our day camps feature unforgettable onsite fun – like reptile and puppy shows – along with epic field trips to places such as Universal Studios and Knott's Berry Farm. Campers enjoy weekly swimming, new friendships and action-packed themed activities all summer long.

Want even more? Specialty Camps offer immersive, week-long experiences in dance, aquatics, sports, robotics, S.T.E.M., arts & crafts, e-sports, gymnastics and so much more.

Plus, don't miss Family Camp – a free weekend getaway for Y family memberships at beautiful Camp Big Bear. Enjoy cabin lodging, hot meals and a full schedule of outdoor adventures, including archery, lakefront fun, campfires, swimming, arts and crafts and more. Space fills fast!

Your unforgettable summer starts now. Explore the full camp list and digital booklet at ymca-foothills.org/camp.

Why send your kids to summer camp?

1. Keeps Kids Active
2. Improves Self-Confidence
3. Teaches Children Social Skills
4. Increases Resilience
5. Minimizes Screen Time
6. Allows Children To Be Independent
7. Leads To Lasting Friendships
8. Helps Children Connect With Nature
9. Introduces Kids To Nutritious Food
10. Allows Kids To Try New Things



CENTER FOR CHILDREN OFFERS SUMMER FUN!

Hello Families! As the Summer Camp director for Center for Children, I have found that the best summers blend beloved traditions with new experiences. It has been a pleasure to implement this for our children for the past 15 years.

At CFC, your child's safety is a top priority. Our staff members are background-checked and extensively trained. Procedures and routines help us create a secure environment where children can confidently explore, grow and have fun.

Our Day Camp serves incoming 1st-7th graders with a separate program for incoming kindergartners. Within our Day Camp, activities are planned age-appropriately with time spent together in mixed-age play and separately in age-based groups. Each week brings high-energy adventure balanced with restful downtime, sunshine-filled outdoor play paired with cool indoor STEAM exploration and a wide range of engaging, age-appropriate activities including sports, arts and crafts, outdoor challenges and specialized enrichment. A couple of our favorite trips last summer included Knott's Berry Farm and an LA Sparks game! Memorable on-campus activities included a Roaring Foam Party and a visit from Kona Ice.

One of the most rewarding parts of camp is watching friendships blossom. Camp provides a supportive social environment that fosters independence, confidence, teamwork and resilience. Through play, collaboration and even healthy risk-taking, campers build socio-emotional skills that prepare them for success far beyond summer.

We also understand the needs of busy families. Flexible drop-off and pickup options, along with transportation from local summer school programs in the La Crescenta, Montrose and La Cañada areas, help make participation convenient and stress-free.

We would love your child to join us for a summer filled with discovery, connection and unforgettable adventures.

Join us on May 19 to meet our new executive director, Arpy Jajah, and assistant director, Shannon Macall, along with members of our amazing Day Camp staff. You'll hear all the details about the Summer Day Camp program and have time for Q&A.

In addition, CFC also offers a high-quality, licensed, infant-toddler and preschool program, as well as school-age after school care year round.



NO PLACE

Like This Place

FIND ADVENTURE AT THE Y.
Camp Fox, Catalina Island

Whether it's your child's first time away from home or their fifth summer back, Camp Fox is the place to be. From archery to crafts, swimming to campfires, every day is filled with unforgettable adventures, new friendships, and the kind of confidence-building that lasts a lifetime.

818-696-2581
glendaleymca.org
camp@glenymca.org

More Info

E 1 S 9 T 2 6
100TH ANNIVERSARY

SUMMER CAMPS

Early Bird Pricing: Additional 10% savings* ends 2/28/26!

DATES	THEME
Jun 8-12	Crazy Carnival
Jun 15-19	Race to Outer Space
Jun 22-26	Ninja Warrior
Jun 29-Jul 3	Superheroes
Jul 6-10	Dinosaurs
Jul 12-17	Animal Adventures
Jul 20-24	Mermaid & Pirates
Jul 27-31	Pajama Party
Aug 3-7	Under the Sea

Our camps combine fun physical activities and games with plenty of time to laugh and play with friends. Each week has a special theme with new activities and adventures every day.

Camps are daily from 12:45pm-3:45pm

Ages 3-8 (Potty independent)

Flexible scheduling: Purchase a Camp Pack and select your camp days on a DAILY basis.

Camp Pack	Base Pricing
5-pack	\$293 member / \$325
10-pack	\$495 member / \$550
20-pack	\$899 member / \$999
Single Camp	\$63 member / \$70

Transactions based on a per-purchase basis. Any changes to camp bookings must be confirmed 24 hours before the start of camp. All camp passes are non-refundable and expire on August 8, 2026. Cannot be combined with any other offers. * Early Bird Pricing for 10-pack and 20-pack ends on February 28, 2026.

The Little Gym of La Cañada
Camps.TLGLaCanada.com
818-249-4496 (voice)
2196 Foothill Blvd Ste A1, La Cañada, CA 91011



Learn to Swim With Us!

We offer year-round survival-based swim lessons for all ages & skill levels!



Enroll Today!

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britishswimschool.com/glendale-burbank

SUMMER FOOD & FESTIVITIES

HOT DOG CAPITAL: Americans eat roughly 7 billion hot dogs between Memorial Day and Labor Day.

WATERMELON IS A VEGETABLE: Watermelons are part of the cucumber, pumpkin, and squash family.

ICE CREAM MONTH: July is National Ice Cream Month in the U.S., with July being the peak month for consumption.

THE "DOG DAYS": The "dog days of summer" refer to the hot, sultry period from July 3rd to August 11th, named after the Sirius (the Dog Star) rising with the sun.

FRISBEES STARTED AS PIE PANS: Before they were plastic, frisbees were empty pie tins from the Frisbie Pie Company, which college students in the 1940s began throwing for fun.

ICE POPS WERE AN ACCIDENT: In 1905, 11-year-old Frank Epperson invented the popsicle when he accidentally left a sugary drink with a stirring stick outside overnight, and it froze.

DIARY by Center for Children

of a Summer Camp Kid

- For campers entering 1st-7th grade
- 8 weeks of fun starting June 22nd
- Pick & choose weeks
- Flexible pick-up & drop-off times

- parks ✓
- waterplay ✓
- sports ✓
- VBS ✓
- museums ✓
- amusement parks ✓
- & MORE!

center4children.com
2902 Montrose Ave.
p: (818)249-8124

*We also offer a program for incoming kindergartners!

scan here for info

PUZZLE TIME **GATHER THE BACKPACK**
— crossword puzzle —

ANSWER: 1. Knife 2. Flashlight 3. Rope 4. Kettle 5. Lantern
6. Binoculars 7. First-Aid Kit 8. Thermos 9. Map
10. Compass 11. Hat 12. Matches

RHODES SCHOOL OF MUSIC HOSTS FIRST-EVER FREE KIDS DAY EVENT IN LA CAÑADA

Community Celebration on March 8 Features Free Music Lessons, Live Performances and Family Activities.

Rhodes School of Music will host its inaugural Kids Day on Sunday, March 8 from 10 a.m. to 2 p.m. at its La Cañada location. The free, family-friendly celebration is open to the public and designed to introduce children and families to the joy of music education through hands-on activities, live performances and community fun.

"We are excited to open our doors to the community for a day of fun, music and a celebration of this wonderful community," said David Rhodes, founder of Rhodes School of Music.

The four-hour event will feature free introductory music lessons on piano, guitar, drums and other instruments allowing children to experience playing music firsthand. Live performances by Rhodes students and teachers will showcase the talent within the school's community of approximately 900 students.

Additional activities include two bounce houses, an instrument petting zoo where children can touch and explore various musical instruments, face painting and prizes. Free food will be provided, including tacos and treats from Handel's ice cream truck. The school will also give away music lesson packages throughout the day.

Rhodes School of Music has served the Los Angeles area since 2012, growing from a single location to two campuses serving families in Los Angeles and La Cañada. The school offers comprehensive music instruction across piano, guitar, drums, voice, strings, brass, woodwinds and early childhood music programs.

The La Cañada location opened in 2024 and has quickly become a hub for music education in the Foothill communities. Kids Day marks the school's first large-scale community event designed to make music accessible to all families.

Kids Day at Rhodes School of Music is on Sunday, March 8 from 10 a.m. to 2 p.m. Rhodes School of Music is located at 846 Foothill Blvd. in La Cañada Flintridge. The cost is free and the event is open to the public.

For more information, call (818) 864-6773 or visit rhodesschoolofmusic.com.

Founded in 2012, Rhodes School of Music operates two locations in Los Angeles County, serving approximately 900 students with a faculty of 60 professional music educators. The school offers private lessons in piano, guitar, drums, voice, strings, brass and woodwinds, as well as mini music classes for kids ages 3-5. Rhodes School of Music focuses on building musical ability, creativity and confidence in students of all ages and skill levels.

DID YOU KNOW?

A squirrels front teeth never stop growing.



FUN SUMMER SQUIRREL FACTS

In the summer, squirrels are most active two to three hours after sunrise and about two hours before sunset. Squirrels will retire to its nest well before dark and rarely leave the nest in the dark.



DID YOU KNOW?

Squirrels zigzag to escape predators.

Come to Kids DAY *Everyone is welcome!*

at Rhodes School of Music La Cañada

Sunday, March 8th 10am - 2pm

TWO bounce houses!

free lessons live music

Handel's ice cream truck

instrument petting zoo

tacos! trumpet face painting

win free lessons and other prizes!

rhodesschoolofmusic.com

846 Foothill Blvd. All food and activities are FREE!

Call or text us with questions: 818-864-6773

Action League of the Foothills

ALF
ACTION LEAGUE
of the FOOTHILLS

SUMMER SCHOOL



June 15 through July 10

Classes for Grades K-6

All for the joy of learning, with no homework!

For more information about **ALF Summer School** and **TO REGISTER ONLINE**, visit our website at **ALFoothills.org** or call the ALF Programs Office at **818.790.2211**

ALFoothills.org

**REGISTRATION
OPENS MONDAY
MARCH 9
AT NOON**