



TOP BENEFITS OF SUMMER CAMP FOR CHILDREN

Time to make summer plans. For most of us, we look back with fondness and joy on the seemingly endless, care-free summer days of our childhood. However, for our own kids some of us may have mixed feelings about this season. How will we manage childcare while working? How can we avoid the “I’m bored!” comments? Are there any educational summer activities we can get them involved in? Why is our grocery bill and electricity suddenly so much higher?

One of the best answers to these questions can be summed up in two words: summer camp! Not only is summer camp fun, but there are a wide range of benefits of summer camp for children.

Here are just a few.

Socializing and Friendship Building

One of the greatest benefits of summer camp for youth is that they get to socialize and meet new people. During summer break, kids often find it difficult to form or maintain friendships with peers their own age. Besides their siblings or cousins, most kids would say that they mainly interact with adults when they are not in school. Not only do kids develop important life skills through socializing – such as sharing, setting boundaries, and problem-solving – they also are learning how to develop strong, healthy relationships through interacting with their peers. A summer camp program provides a safe environment for children to develop social skills and decision-making skills and maybe even experience the great outdoors. In fact, socialization during childhood may accomplish more for growth and development than reading or eating vegetables! A fun environment like summer camp is a fantastic way to encourage this in your own children, from early childhood into adolescence.

Eliminating Screen Time and Getting Exercise

In a world full of technology, sedentary-related conditions are on the rise. In fact, physical inactivity is currently the



Photo courtesy of CV PARK

leading cause of disease and disabilities in the United States ... and it all starts in childhood. According to the World Health Organization (WHO), sedentary lifestyles increase all causes of mortality, doubles the risk of cardiovascular diseases, diabetes and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety – which, for the most part, are entirely preventable. While some extra creativity to get kids

active and limiting screen time at home during the summer is often required, summer camp is a perfect solution. Most of these programs are situated in the great outdoors and offer a number of physical activities for the children to partake in. Not only will the kids get out of the house and have some fun, but they are sure to get some solid exercise in as

continued on next page

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MOMENTS

Unforgettable Summer



STRATFORD SCHOOL

Academic Camps



Learning and Growing

Day Camps



Reaching Goals

Specialty Camps



Mastering New Skills

Sports Camps



Having Fun

Get ready for an epic summer filled with hands-on activities where your child can explore new skills, have a blast, and make new friends. We offer a variety of summer camps, from day camps, sports camps, and academic adventures to specialty camps, allowing you to create a unique experience and unforgettable memories. Campers enjoy sports, STEM projects, arts, crafts, music, dance, drama, and more.

Give them a summer filled with epic moments and unforgettable memories!

- Spaces Are Limited
- Sign Up Today
- All Families Welcome

SUMMER CAMPS
 Preschool THROUGH Grade 8*



STRATFORD SCHOOL

Altadena

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Our other Southern California campus Mission Viejo



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CU Weekly **Summer 2024 #3** **SCHOOLS & CAMPS** Special Section

BENEFITS OF SUMMER CAMP (CONTINUED)

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well – from activities such as hiking to archery, horseback riding, swimming, zip-lining and team sports. Allowing kids to explore the outdoors and interact with new children is an excellent way to broaden their perspective and experience a whole new world for their summer break.

Personal Growth, Learning, and Development

Most summer camps focus on a theme, or incorporate aspects of learning, exploring, character building and personal growth. For those who are looking for fun summer activities for their children, there are many different camp types to consider: sports camp, cooking camps, art camps, science camps and many more. Not only will children be entertained but they may also be educated and challenged. While they are having fun and exploring their own interests, they are also increasing their own capacities for learning, teamwork, problem solving, knowledge and self-awareness. In fact, studies have shown that of families who send their kids to summer camp 70% of parents report that their child gained self-confidence while at camp. A strong sense of self is so important and this is only one of the many ways that attending summer camp can positively im-

pact children and their outlook. Learning about themselves and the world outside of the traditional classroom environment can do wonders for their growth and development.

Positive Role Models

Another benefit of summer camp is that it provides children with the opportunity to interact with positive adult role models. Typically, camp counselors are younger adults who are choosing to volunteer or working part-time over their own summer break from college. Not only are these counselors energetic, but kids see them as “cool” and often a little more relatable than their own parents. This can be a tremendous asset in the lives of children (and their parents). Sometimes, it helps kids to see what their own lives could look like in just a few short years and, if the “cool camp counselor” has integrity and a good character, children are likely to emulate them, too. It also gives children or teenagers a sense of community while working with others. The formation of these role model relationships can help kids to develop the confidence, self-esteem and skills they need to be successful in school and in life. Overall, the more healthy, positive adult relationships that a child or youth

has in their life, the more likely they are to thrive in all areas, long after summer camp has ended.

Making Memories

Many adults would say that some of their fondest memories were those sunny, summer camp experiences as they were growing up. Unfortunately, kids today are missing out on some of the simplicity of life before the technological era. While times have certainly changed, and there is tremendous value in that, there is nothing quite like preserving those simple, unplugged, childhood memories. Aside from gaining decision-making skills, leadership skills and social skills at a summer program, they also get plenty of physical activity as well. While children may at first miss their phone, tablet or gaming system, once they start exploring, interacting with their peers, engaging in a variety of activities and having new adventures, they are sure to leave summer camp with stories, photographs, friendships, life lessons and memories that will last a lifetime.

Reprinted from <https://www.all4kids.org>

CAMPING FUN AT CFC

Camper excitement is the highlight of summer! Campers find a waterfall at the end of a hike or catch a butterfly they'd been tailing for 20 minutes! Center for Children varies our summer schedule with the old favorites like going to Knott's Berry Farm and local parks as well as incorporating new activities like a foam party! Our schedule balances high-energy adventures with downtime, indoor and outdoor play, on-campus and off-campus events and age-combined and age-specific activities. With our Wonka theme this summer we will be bringing in Matt Braaten, an instructor of Theater Arts at Glendale College, to introduce performing arts. Our Wonka theme will also include candy-themed S.T.E.A.M. Makerspaces!



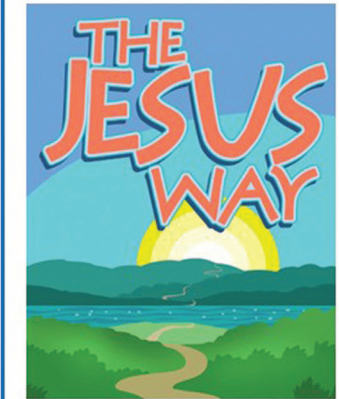
Parents often ask how we support academics at camp and the answer is in non-traditional ways. Physical activity improves memory and attention span. We're building socio-emotional skills through risk-taking and navigating friendships. An engaging summer experience will prime your child for success in the fall and they'll have fun! CFC has always been about play-based learning.

If you do feel your child would benefit from academic support this summer but do not want them to miss fun, our week are pick and choose with a three-day minimum. We also pick up from local summer school programs in the La Crescenta area (including Rosemont Middle School). Drop off and pick up times are flexible to meet your family's needs, yet do be sure to be aware of field trip departures and return times. Campers also participate in a week of Vacation Bible School through La Crescenta Presbyterian Church, which will take over our mornings on Week 6 (July 15th-19th).

Our day camp is open to incoming 1st-8th graders and a separate program for incoming kindergartners. Please visit us at center4children.com to learn more!

Lutheran Church in the Foothills
1700 Foothill Boulevard in La Cañada

Join Us at VBS Sign Up Day!



Sunday, April 14th

10am: Worship Service
11am: Registration with Games & Snacks!

Come learn about our Vacation Bible School and reserve your spot!

Save the Dates for VBS:
June 17th - 21st, 9:00am to 12:00pm

www.lcifoothills.org / 818.790.1951

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For Girls Entering Grades 4-8



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- ♥ Basketball ♥ Soccer
- ♥ Swim ♥ Volleyball

Register at immaculateheart.org/youthsportscamp



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5515 Franklin Avenue, Los Angeles, CA 90028
(323) 461-3651

MCMS Summer School

Preschool - 6th Grade

ENROLL NOW!



4 Week Sessions:

- SESSION 1: June 17 - July 12
- SESSION 2: July 15 - August 8

Academics:

Math, Reading, Writing, Bible



Fun Electives:

Foreign Language, Cooking, Crafts, Art, Gymnastics, Music, Sports & Fitness



Fun Activities:

Field Trips, Water Play, Bounce House, Games, Etc.

*note that not all activities are for every age level



Contact us:
818-249-2319
mcms.us
2545 Honolulu Ave.
Monterose, CA

SUMMER IS GOING TO BE HOT THIS YEAR!

Be sure when you are doing outdoor activities that you have ample supply of water and don't expose yourself too long in the hot sun.



SUMMER HIKING IS GREAT FUN!

Be sure when you are summer hiking you wear sun lotion and a brimmed hat. Bring ample water. Always let someone know when and where you will be hiking.



NEXT SPECIAL SECTION... PET APPRECIATION, MAY 23, 2024!



Call your sales rep or the office for special rates. (818) 248-2740.



SUMMER DAY CAMPS

JUNE 10 - AUGUST 16, 2024

Except June 19 (Juneteenth) and July 4 (Independence Day)

Kool Dayz • Kinder • Travelin' Teens • Maple Starz Sparr-Tacular • Summer Blast • Summer Spectacular, and Summer Specialty Camps throughout Glendale



SUMMER SPECIALTY CAMPS

Skate Camps • Pacific Skate School
Yoga & Arts Camp • Tennis Camps
Basketball Summer Break • Nature Camp

SPARR-TACULAR SUMMER CAMP

12:00 PM - 6:00 PM

Operating on a weekly basis

It's time for summer fun at Sparr Heights Community Center! Children ages 6-12 will enjoy games, crafts, and weekly presentations from various City departments to learn about public safety, public transit, recycling and composting and visits to our local parks. Children must bring snacks, water, spray on sunscreen, and a brown bag lunch Monday through Thursday. We will have a pizza party every Friday!



STONE BARN NATURE CENTER

9:00 AM - 4:00 PM

Campers will gain appreciation for the nature in their own backyards through exploration in the Stone Barn Nature Center and the rugged 700 acres that Deukmejian Wilderness Park has to offer!

Interpretive Hikes • Nature Crafts & might even see a wild animal or three!



Registration Information

Glendale Residents: MARCH 4 • 9:00 AM | General Registration: MARCH 6 • 9:00 AM

(Proof of Residency Required)

For more information and registration visit GlendaleCA.gov/DayCamps



Community Services & Parks



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THRU
JULY 12TH**

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CONTACT US

(818) 650-8676
Parker-Anderson.org



CV Weekly *Summer 2024* **#3** *Schools & Camps* **Special Section**

LCIF IS CALLING ALL CAMPERS!

Calling all campers! An annual tradition at Lutheran Church in the Foothills returns this June 17-21. VBS (Vacation Bible School) "The Jesus Way" will take place from 9 a.m. until noon for children from 4 years old to sixth grade.

Day campers will enjoy a week full of interactive singing and skits, crafts, games and lots of fun! Campers will explore themes including: feeding, forgiving, loving the neighbor, serving and praying.

Early registration is offered at VBS Sign Up Day on Sunday, April 14 at 11 a.m. on the LCIF campus. The church is located at 1700 Foothill Blvd. in La Cañada Flintridge.

A HEALTHY MIXTURE OF LEARNING AND FUN

Montrose Christian Montessori School is offering its Summer School Program starting on June 17th. During this program, the school will provide a healthy mixture of learning and fun, a Montessori-based curriculum with Christian practices. Its flexible, fun-filled Summer School program offers your child the chance to grow academically and socially over the summer break. If your child is behind, or is determined to move ahead, or just needs something meaningful to do, then the Summer School program is a perfect fit. Morning sessions is academic time which includes Math, Language, and Reading.



Afternoon sessions may include fun electives such as Cooking, Music, Arts/Crafts, Sports/Fitness, and Foreign Languages. Special activities are held on Fridays, and may include field trips, bounce houses, water play, and other fun activities. Sessions are offered to Preschool through 6th grade, divided by age group. Extended care is available before school from 7:30am and after school until 6:00pm. Email the school at contact@mcms.us or call 818.249.2319 for questions or tours of the school. To apply or for more information about the different session options, please check out its website at <http://www.mcms.us/summer-school-2024>.

ECOLE DU SOLEIL Summer Camp

5 weeks of French and fun!

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internationalschool.la/ecoledusoleil

VOTING FOR THE 2024 FINEST IS OPEN!

Do you have a favorite restaurant, dentist, nail salon, doctor? Let them know by voting now!



Winners announced in June. See the ballot in this week's issue or go online to vote

<https://www.crescentvalleyweekly.com/finest/>

SUMMER DAY CAMP CENTER FOR CHILDREN
 CENTER4CHILDREN.COM (818)249-8124

GREETINGS TO YOU THE LUCKY FINDER OF THIS SUMMER TICKET!

- *FIELD TRIPS TO MUSEUMS, AMUSEMENT PARKS, LOCAL PARKS/TRAILS & MORE!
- *10 WEEKS OF FUN STARTING MONDAY, JUNE 10TH 3 DAY MIN. -PICK & CHOOSE WEEKS
- *FOR CAMPERS ENTERING 1ST-8TH GRADE

EXPLORE THEATER AND S.T.E.A.M. THROUGH THE MIND OF WILLY WONKA!

WATERPLAY SPORTS VBS

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SUMMER '24

<SCAN FOR WEBSITE

www.cvweekly.com

Burbank Phil Plays 'Symphonic Favorites' In Free Concert March 16 at Lanterman

Join the Burbank Philharmonic Orchestra on March 16 at Lanterman Auditorium in La Cañada for an evening of world-class orchestral music featuring cellist Shengyu Meng, winner of the orchestra's Hennings-Fischer Young Artist Competition, playing Dvorak's "Cello Concerto in B Minor Op. 104" and Elise Fukuda, the 2024 Discovery Conductor, conducting "Scene No. 1" from Swan Lake Suite by Tchaikovsky. All other selections, including Stravinsky's 1919 "The Firebird" suite will be conducted by Maestro Michael Stanley.

The Burbank Philharmonic is a professional orchestra whose mission is to promote classical music by providing free concerts to the community.

"Many people don't realize we are a professional orchestra because our concerts are free," said Music Director Michael Stanley. "We want everyone to be able to enjoy orchestral music regardless of ability to pay and that is why our concerts are free. But we are a fully professional orchestra made up

of Los Angeles' finest symphony and studio musicians."

As part of its educational mission, the orchestra sponsors the Hennings-Fischer Young Artist Competition and the Discovery Conductor Project.

The Hennings-Fischer Young Artist Competition is celebrating its 23rd year as one of the nation's preeminent solo competitions, annually attracting an exceptional pool of applicants.

"This year's participants were among the most talented we've ever seen in the competition," said Maestro Stanley.

The performers are supported and nurtured by the judges to achieve their highest artistic level, which they display in the final round of the competition.

Finalist Robert Feng said, "The support and encouragement from the judges for each artist was palpable. This competition was a great opportunity for all of us to shine and show our greatest strengths as artists!"

The 2024 Hennings-Fischer winners

were Jason Moon, violin, and Lily Smith, soprano.

The Burbank Philharmonic's Discovery Conductor Project offers a rare opportunity for talented high school students to study conducting while working with a professional orchestra.

"The Project's goal is to identify and support talented student musicians interested in making the leap from performer to conductor," said Maestro Stanley. "It's inspiring to witness the growth and passion of these young musicians as they step into that musical leadership role."

This year's Discovery Conductor is Elise Fukuda, a junior at Ramon C. Cortines School of Visual and Performing Arts in downtown Los Angeles.

For more information about the Burbank Philharmonic Orchestra and its programs, visit www.burbankphilharmonic.org.

By Rebecca Newcomer,
Burbank Philharmonic Orchestra
Administrator



Photos provided by Burbank Philharmonic Orchestra

ABOVE: 2024 Hennings-Fischer winners Jason Moon and Lily Smith accept their awards from Maestro Michael Stanley at the Hennings-Fischer Young Artist Competition, held for the 23rd year in collaboration with the Burbank Philharmonic Orchestra.



RIGHT: 2023 Hennings-Fischer winner, cellist Shengyu Meng, a student at the Colburn School in Los Angeles, will perform the Dvorak Cello Concerto.

Local Business Awarded

Captured Celebrations, recognizes exceptional photo booth businesses worldwide. Captured Celebrations, a local photo booth rental company known for its unique experiences, announced its win for Best Single Operator at the Snappic Booth Mastermind Awards held on Feb. 18 in Las Vegas, Nevada. This award recognizes exceptional photo booth businesses worldwide. "We are absolutely grateful and excited to receive this incredible recognition," said Liz Colon, owner of Captured Celebrations. Capturedcelebrations.com

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A TALK ON CHRISTIAN SCIENCE

FINDING WHERE GOD IS SEEN AND FELT What's church got to do with it?

March 16 @ 11:00am

Photo by Sergey Schmidt on Unsplash

Location

Community Center of La Cañada Flintridge
4469 Chevy Chase Drive, La Cañada Flintridge

Contact 818.790.3493 | www.cslcf.org

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Michael Stanley
Music Director & Conductor

Elise Fukuda
Discovery Conductor

Shengyu Meng
Cello

BURBANK PHILHARMONIC ORCHESTRA

Michael Stanley, Music Director and Conductor
Steven Kerstein, Conductor Laureate



Symphonic Favorites

Saturday, March 16, 2024 • 7:30 PM

Lanterman Auditorium
4491 Cornishon Ave., La Cañada, CA 91011

featuring

2023 Hennings-Fischer Grand Prize Winner
Shengyu Meng, Cello

2024 Burbank Philharmonic Discovery Conductor
Elise Fukuda

Free Admission & Parking

PROGRAM

"Scene No. 1" from *Swan Lake Suite* Peter Tchaikovsky
conducted by **Elise Fukuda**
Burbank Philharmonic's 2024 Discovery Conductor

Firebird Suite (1919) Igor Stravinsky

Cello Concerto in B Minor, Op. 104 Antonín Dvořák

Shengyu Meng, Cello

2023 Hennings-Fischer Grand Prize winner

The Young Artist Competition and Discovery Conductor Project are supported by a generous grant from the Hennings-Fischer Foundation.

For information, please visit www.burbankphilharmonic.org or (818) 771-7888.
The Burbank Philharmonic Orchestra is a 501(c)(3) non-profit organization that is funded entirely by donations.