



# Sequoia Newsletter

## Alumni Reunion

We are very excited for our upcoming alumni and LIT trip on May 19th-21st in Baltimore, MD. We will be visiting Adventure Park USA and the Medieval Times for a weekend of fun, food, and friends. This trip is a great chance for our LITs to get perspectives from previous campers on life after graduation and our camp alumni to reconnect with friends from their time at camp. Interested in this awesome trip? Email us to sign up!  
[artrice@camp-sequoia.com](mailto:artrice@camp-sequoia.com)



## Girls Program

Pickleball, SquidCat, Hat Tricks at evening meeting, oh my! The Girls Program can't wait for another awesome Sequoia Summer full of camp traditions new and old.  
[kristen@sequoiagirls.com](mailto:kristen@sequoiagirls.com)  
215-671-6944

## Refer a Friend

If you are as excited as we are and know of anyone else who might like to join our community this summer, we welcome the chance to talk with families. Our current (highly limited) summer openings for this summer are below. Thank you for helping to spread the word!

SEQUOIA GIRLS  
(6/24-7/22)

Single digit availability across all age groups 9-17

SEQUOIA BOYS  
(2ND SESSION 7/16-8/5)

2 spaces TOTAL for campers 12 and under

HAWAII PROGRAM 8/6-8/19

Single digit remaining availability for campers 15+



## Pre-Camp Pool Party

On June 3rd, from 3:30pm to 6pm, Camp Sequoia will be hosting our annual community cookout. This is a family friendly event where parents and siblings are encouraged to attend. Swimming, Gaga, mini-golf, baseball, trampolines, and more are all options for our campers. This event is hosted by our friends at Briarwood Day Camp in Furlong, PA @ 1380 Creek Road. Follow the RSVP link in the cover email for this newsletter to allow you to register and note any dietary needs.





Spring 2023 Newsletter

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## ~School Wrap Up Tips~



The school year winding down can bring a wide range of emotions for students, families, and teachers alike. The end of the school is often an exciting time filled with field trips, end of year exams, special events, and additional extracurricular activities. It can be especially challenging for students with ADHD. As we know, transitions are often difficult for neurodivergent kids and the end of the school year is no different. Below are strategies to help your clients and their families end the school year on a high note!

**Prepare:** It may seem self explanatory, but one of the best ways to help kids prepare for seasonal transitions is by helping them know what to expect. Simply marking a calendar together with upcoming school and extracurricular events can help students to feel prepared. When going through the calendar it can be helpful to talk about how their schedule may shift and what adjustments in their routine are needed.



**Support Self-Compassion:** neurodivergent youth often experience feelings of embarrassment and shame. These feelings can be especially difficult for youth who struggle with transitions. Reminding kids of their strengths and teaching positive self-talk can help them during seasonal transitions.

**Communicate:** The earlier families start talking with kids about their summer schedules the better. This gives kids the opportunity to bring up concerns they may have and allows families to problem solve together.



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