



## CAMP FLOURISH REPORT - SUMMER 2023

Dear Public Witness Ministry Team,

Thank you for awarding Camp Flourish with \$20,000 for the summer of 2023. Funding from the Public Witness Ministry Team made it possible for Camp Flourish to continue to provide an excellent experience for 8-weeks for youth and families in the North St. Louis County area. To put that into perspective, your financial contribution helped Flourish create a space for youth to spend over 300 hours of their summer break with us in a safe, christ-centered, nurturing, and educational summer program. The impact of the knowledge learned during our camp will carry a positive footprint for years to come because it filled what would be idle time with new friendships, friendly competitions, bubbles, painting, slime, and much more!

**Date of Camp:** The annual Flourish Summer Camp was held for 8 weeks on Monday, June 12 to Friday, August 4, 2023.

**Camp Location:** Grace New Covenant Community Center - 1060 Chambers Rd, Saint Louis, MO 63137

**Staff Summary:** Staff consisted of four teachers, four teaching assistants, a student coordinator, a mental health professional, 2 interns and 2 kitchen staff. All staff were required to have background checks conducted, CPR training and state mandated training. Staff also participated in a four-hour Camp Flourish Teacher training.

**Camper Summary:** A total of 71 youth were served in grades Kindergarten through 8th grade, see statistical data below:

71 African American Youth (29 girls/42 boys) served. Number of students per class:

- Class 1: Kindergarten - 19 students
- Class 2: 1st/2nd Graders - 16 students
- Class 4: 3rd/4th Graders - 24 students
- Class 5: Middle School - 12

Girls/Boys Percentage of Total Youth served:

- % of Girls: 40%
- % of Boys: 60%

Girls/Boys Percentage by class:

- Class 1: Kindergarten - 26% Girls / 74% Boys
- Class 2: 1st/2nd Graders - 37% Girls / 63% Boys

- Class 4: 3rd/4th Graders - 42% Girls / 58% Boys
- Class 5: Middle School - 67% Girls / 33% Boys

### Onsite Summer Programs:

- *Bible Program* - Theme: Heroes in Training. Campers recited the Lord's Prayer and scripture daily during morning assembly. Afterwards, campers engaged in daily bible learning on their various bible heroes. See bible heroes by class below:
  - Kindergarten: Double M's for *Mighty Moses*
  - 1st/2nd Graders: Charismatic J's for *Joshua*
  - 3rd/4th Graders: Beloved *David*
  - Middle School: O.A's. for Obedient *Abraham*
- *Mental Health* - Flourish staffed one mental health therapist for 20 hours per week, for 8 weeks. The Therapist provided behavioral and mental health support as well as social concerns support. Additionally, the therapist conducted individual and group activities with campers on the topics of self esteem, self care and social interactions. Mental health education was also offered during parent / teacher meetings and counseling was offered to camp staff as a benefit.
- *Recreation* - Flourish created a new recreation program that consisted of biweekly water play and rotating outside play groups. Outside play included bouncy ball, surface scooters, double-dutch, bubbles, face-painting, carnival games, and fun!
- *Elective Classes* -
  - Yoga
  - Chess
  - Choir
  - Meditation
  - Praise Dance
  - *For Girls Like You* - a ministry to young girls and their parents that introduces young girls to Christian values in a way that they are able to palate and digest, so they can walk passionately and boldly in who God has created them to be.
  - Tea Party for Girls / Flourish Men of Distinguish Etiquette class.
  - Preferred Family Health (PFH) Partnership:
    - PFH Counselors worked with student weekly on the following topics:  
 Week 1. Introduction to emotion identification overview, regulation and triggers  
 Week 2. Stress and Anxiety  
 Week 3. Trust and safe people  
 Week 4. Anger, trauma, and violence  
 Week 5. Self esteem and affirmations  
 Week 6. Grief and loss, fear, and sadness  
 Week 7. Positive emotions and celebrating in healthy ways
- *Specialty Classes* - Campers rotated weekly through the following courses: Junior Achievement, Specialty Art, Black History, Life Skills, STEM, Cooking, Spelling Bee, Entrepreneurship.
- *Weekly Field Trips*

- Main Events
- Magic House
- Ulysses S. Grant Historical Site
- Six Flags
- St. Louis Science Center
- Movies
- Park
- Middle School campers (grades 5th - 8th) participated in a week long National Park Service Summer Workshops called “Discovering and Sharing Stories of African Americans in 19th century St. Louis and Missouri.” The workshop took place at the Ulysses S. Grant National Site, the Gateway Arch and River Boat. Campers learned the under-told stories of African Americans in St. Louis by discovery, research, and facilitated conversations.

### **Virtual/digital Summer Program**

No students required virtual programming this summer.

Flourish has digital content for most topics and lessons taught this summer.

- Digital Summer Program:
- Mighty Moses Bible Lessons
- Joshua Bible Lessons
- David Bible Lessons
- Abraham Bible Lessons
- List of Camp Flourish Favorite Songs on YouTube
- The Lord’s Prayer
- Five Finger Method on How to Pray
- STEAM Maker Space Projects: Step-by-step How To

Again, Flourish sincerely thanks you for awarding us with the summer program grant!

Contact Heather Day @ [flourishmofoundation@gmail.com](mailto:flourishmofoundation@gmail.com) for questions.