



## Welcome to the newsletter!

It's December, and time to wrap up another month's Akeela news! In this issue, we look at another blog on the Akeela website, see what some of our great Akeela family have been up to, and celebrate Akeela pride!

01 Highlights from the Akeela Blog

02 Upcoming Events  
Camper News  
Staff News

# AKEELA NEWS

December  
2020

Bringing you all the Akeela news throughout the year!

## Happy Holidays!

We're now in the final month of 2020 - a year many of us have found difficult. As the days get shorter and shorter, we're reminded of the many spots of light that get us through darker times. Here at

our home in Philadelphia, we have created new traditions - birthdays and holidays have become exciting landmarks in an otherwise empty calendar. Birthday decorations have

become more important, afternoon walks around the neighborhood are now an opportunity to talk to other people, Zoom holidays with family and friends from all over the world are now the norm, and there has been a lot of baking going on in the kitchen. All of this family time isn't always easy - our tween often tells us she just wants to be alone! At the same time, our 1st grader hates to be alone for more than a few minutes! We have watched a lot of movies on Netflix.

Yet we are reminded every day how lucky we are. We are especially grateful for our camp

community. We spend every day thinking about being back together this summer in Vermont with our campers and staff. When we're feeling low, we try to focus on a memory from Akeela: being

together with friends at the campfire site, laughing on the slide at the lake, watching the talent show as a community. We know that even if camp looks a little different this summer, the feelings that Akeela gives all of us will be the same.

Our wish for all of you is that you take some time to find a light in all of this darkness, that you're able to wrap yourself in a warm memory from camp, and that it brings you joy and peace. Please know that we're thinking of all of you and are looking forward to the time when we can all gather together safely.

Here's to 2021!

With love,

*Debbie Erac*



## From the Blog

*Last month, we had the pleasure of presenting a webinar with our colleague Elise Wulff from MGH Aspire in Boston. In case you missed it, here are some of Debbie's thoughts about the importance of setting limits and pushing our kids to take on challenges in an effort to raise children who are resilient.*

As parents, our job is to keep our kids safe while also trying to shape them into decent human beings who will one day be able to be ok without us. It often feels like we're going against our parental instincts to force our kids to struggle. We need to shift our notion of our roles as parents. Helping our children work THROUGH the struggle is what enables them to grow up to be independent and resilient. There is a great deal of research published about the importance of raising children who have GRIT. I encourage you to read anything by Angela Duckworth (books and papers).

To continue reading this blog post, please click [here](#).

To watch the whole webinar, click [here](#).

# UPCOMING EVENTS

## VIRTUAL EVENTS FOR CAMPERS



# 12

7:30 - 8:15pm ET

### Virtual Games Night

*\*Bring a friend/plus one!*

Zoom link will be sent to parent emails.



# 28

7:30 - 8:15pm ET

### Virtual Games Night

Zoom link will be sent to parent emails.

## CAMPER NEWS!

An article about **Avery C** has been published on the SPARK website, you can [read it here](#) ... **Abby V** enjoyed a great Thanksgiving weekend ... On a recent virtual camp evening activity, **Josh F** showed us a huge LEGO plane that he built ... **Jude H** has been working out and playing a lot of basketball ... **Caroline C** reports that she made vanilla cake with chocolate icing and sprinkles for Thanksgiving! ... **Soph H** is getting a new dog and she made chocolate covered strawberries for Thanksgiving ... **Ryan O** is taking his learners permit test this month and is very excited for Beyond Akeela (and its new location in New Hampshire) ... Speaking of driving, **Warren J** got a drivers license!



## STAFF NEWS!

After being in the States for almost a year, **Cambell M** is flying home to Australia for the summer (USA winter) to see family and friends .... **Courtney S** recently finished her last fall semester of grad school and is now onto her internship! ... **Emily B** has been doing a lot of baking and watching lots of Netflix! ... **Grace B** moved to Scotland in September and started a degree in Musical Theater ... **Alex W-M** is living in Vermont with her cat, Jameson, and is working towards a mental health counseling license!

## Akeela Pride!

National Camp T-shirt Day was November 10th! Here are some shots of people in our community showing their Camp Akeela pride!



And a very special thank you to Nicky B, who really went above and beyond with his Akeela pride!



Do you have some good news to share with our community? Let us know! Please send it to us at [rob@campakeela.com](mailto:rob@campakeela.com)