

2025 Summer Camp

Healthy Foods, Nutrition – and a lot of Science!



Help your child learn all about healthy foods, nutrition and more in this hands-on, high activity program. Your child will learn the basics of nutrition and labeling – and the science behind these - while developing their cutting, chopping and mixing skills. Students will make juice, salsa, freeze dried fruit, yogurt, fresh bread, sprouts, stir-fry veggies and more. The group will travel to a local farmers market and grocery stores to learn and make purchases. The camp will be held at our 30,000 square foot location which includes trampolines, a foam and ball pit, and a basketball court. Class size max of 12 students with two teachers. Designed for grades 2-6. Open to Newton and non-Newton students.



The Newton School
ENHANCING MINDS THROUGH MOTION
45965 Nokes Blvd, Suite 120
Sterling, VA 20166
www.thenewtonschool.org
703-772-0480

Program Dates and Fees

Program Weeks: 9:00 am - 3:00 pm

Week 1 • July 7 - 11 - FULL

Week 2 • July 14 – 18 - AVAILABLE

Week 3 • July 21 – 25 – NEW/AVAILABLE

Weekly Rate:

\$400/week

Includes materials, field trips and Friday lunch

Before and Aftercare (\$10 per hour)

8:00-9:00am

3:00-5:00pm

Sample Schedule:

9:00-9:45	Small group movement in gyms
9:45-10:30	Hands-on Food/Nutrition activity
10:30-10:45	Snack and Current Event
10:45-12:00	Making healthy food (Part 1)
12:00-12:30	Lunch
12:30-1:15	Small group movement in gyms
1:15-2:00	Making healthy food (Part 2)
2:00-2:30	Reading/Art (alternating days)
2:30-3:00	Reflection/Prepare/Pack-up

To reserve your space, please contact Allison Abraham
at aabraham@thenewtonschool.org or at 703-407-7193.