Calgary Science School

Grade 9 Spring Camp



9.1/9.2 Boys June 10 - 11, 2013

Grade 9 Girls June 11 -12, 2013

9.3/9.4 Boys June 12-13, 2013

Parent Information Booklet

**Calgary Science School -Grade 9 Spring Camp 2013**

General Information

|  |  |
| --- | --- |
| Times | 9.1/9.2 Boys - Leave school at 9:00 am Monday June 10th return 3:00 pm Tuesday June 11th.  Grade 9 girls - Leave school at 9:00 am Tuesday June 11th return 3:00pm Wednesday June 12th  9.3/9.4 Boys - Leave school at 9:00 am Wednesday June 12th return 3:00 pm Thursday June 13th  **Please have firm arrangements for student pickup at 3:00pm on the appropriate day.** |
| Location | This outdoor experience will take place at Camp Sweet. This is a natural area located 10 miles west and 2 miles north of Olds, Alberta. The site contains woodlands and clearings and is situated at the confluence of Dogpound Creek and the Little Red Deer River. There is a centrally-heated three-bedroom cabin on the property as well as two 28 foot tipis. Temporary dining shelters will be erected for the duration of the camp. We will be sleeping in high-quality tents. |
| Transportation | Transportation will be by Traxx Coach Lines. The trip is approximately one and one-quarter hours in duration. |
| Programme | The programme will promote the following:   * Rapport building through initiative and team building activities. * Leadership skills through camp management * Celebration of the students' experiences and time at CSS |
| First Aid | In the unlikely event that medical attention is needed, a modern hospital is located less than fifteen minutes from the site. Teachers also have a basic/standard first-aid training. |
| Staff | * 2 teachers * Ron Sweet * 4 Parent Volunteers (**Please contact your child’s homeroom teacher if you have your volunteer clearance and are able to volunteer for this trip**) |
| Meals | All meals and snacks will be provided, except lunch on the first day(students' bring a bag lunch from home.) Please pack a water bottle for your child.  **Your teachers asks that you contribute nut-free cookies (for a campfire snack) to be shared with the entire group)** |

Camp Sweet - Grade 9 Spring 2013

9.1/9.2 Boys

|  |  |  |
| --- | --- | --- |
| Times | Day 1 | Day 2 |
| Breakfast | Depart CSS at 9:00 | Breakfast: bacon, eggs, and hash browns, juice, milk and fruit |
| 9:00 - 12:00pm | Arrive around 10:30  Move into tents/Orientation/Free time | Pack up gear and clean out tents.  Animal Game |
| Lunch 12:00 -1:00 | Lunch: bagged lunch | Lunch: beef smokies (instead of hotdogs) and veggie hotdogs/Cookies and fruit for dessert. |
| 1:00 – 3:00 | Animal Game | Free time Clean up and depart @1:00 pm |
| 3:00-3:30 | Snacks: pineapple, watermelon, cheese, crackers, chips (Doritos, potato), juice |  |
| 4:00 - 5:00pm | River and Water gun fight | Arrive at school @ 3:00 pm |
| 5:00 - 6:00pm | River time/Food preparation |  |
| 6:00 - 7:00 pm | Dinner: Tacos & Taco salad, dessert |
| 7:00 - 8:00 pm | Memory books and free time |
| 8:00 - 10:00 | Animal Game |
| 10:00 - 11:00 | Campfire (smores) |
| 11:00 - 12:00 | Tent time (optional Night hike) |
| 12:00 | Lights out |

Camp Sweet - Grade 9 Spring 2013

Grade 9 Girls

|  |  |  |
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| Times | Day 1 | Day 2 |
| Breakfast |  | Pancakes, Fruit and Bacon. Juice, Milk |
| 9:00 - 12:00pm | Arrive around 10:30  Move into tents/ Orientation/Free time | Pack up gear and clean out tents.  Animal Game |
| Lunch 12:00 -1:00pm | Bag lunch brought from home by students. | Hotdogs (All -Beef and Vegetarian), buns, juice boxes. Cookies and fruit for dessert. |
| 1:00 - 4:00pm | Water fight/Wading in the river/ Hike to Heron Rookery. | Clean up at depart @ 1:30 |
| 4:00 - 5:00pm | Free time / Food preparation | Arrive at school @ 3:00 pm |
| Dinner 5:00 - 6:00pm | Taco Salad, milk and juice boxes. Brownies and fruit for dessert. |  |
| 6:00 - 7:00 pm | Free time |
| 7:00 - 9:00 pm | Tie Dye T-Shirts/ Memory Books |
| 9:00 - 10:00 pm | Campfire |
| 11:00 - 12:00 | Night hike/Tent time |
| 12:00 - 12:30 | Tent time |
| 12:30 | Lights out |

Camp Sweet - Grade 9 Spring 2013

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| --- | --- | --- |
| Times | Day 1 | Day 2 |
| Breakfast | Depart CSS at 9:00 | Breakfast: bacon, sausages, eggo-waffles, eggs, and hash browns, juice, milk and fruit |
| 9:00 - 12:00pm | Arrive around 10:30  Move into tents/ Orientation/Free time | Pack up gear and clear out tents.  Animal Game |
| Lunch 11:30 -12:30pm | Lunch: bagged lunch | Lunch: smokies (instead of hotdogs) Cookies and fruit for dessert. |
| 12:30 – 3:00 | Animal Game | Water fight Clean up and depart @1:30 pm |
| 3:00-3:30 | Snacks: fruit, cheese, crackers, juice |  |
| 4:00 - 5:00pm | River and Water gun fight /Food preparation | Arrive at school @ 3:30 pm |
| 5:00 - 6:00pm | Dinner: Tacos & Taco salad, and burgers. |  |
| 6:00 - 7:00 pm | River time/free time |
| 7:00 - 9:00 pm | Animal Game |
| 9:00 - 10:00 | Free time |
| 10:00 - 11:00 | Campfire |
| 11:00 - 12:00 | Tent time (optional Night hike) |
| 12:00 - 12:30 | Lights out, 'Sleep' |

**Calgary Science School – Camp Sweet Grade 9 Camp**

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| **These requirements represent minimum amounts. Students may wish to bring more clothing.** |

**Clothing**

* Warm jacket
* Toque
* gloves or mitts
* Sun hat and sunglasses
* 1 pair shorts
* 3 T-Shirts
* 2 pair of jeans/pants
* Bathing suit
* 3 pairs of underwear
* 1 pair of long underwear (synthetics are warmest, top and bottom)
* Socks
* Waterproof rain gear
* Pyjamas
* River Walkers: canvas runners or strap on sandals
* Comfortable walking shoes

**Sleeping Gear**

* Sleeping bag (1 winter sleeping or 2 summer sleeping bags)
* Foamy (the school has a small number to lend if necessary)
* Pillow

**Personal Gear**

|  |
| --- |
| **All items should be packed in one suitcase, duffle bag or packsack. Extra daypack is useful for hiking.** |

* Toothbrush and toothpaste
* 2 towel s
* Comb or brush
* Sunscreen
* Lip balm
* Water bottle
* Sunglasses
* Flashlight
* Bug repellant
* Garbage bag for dirty clothes and extra plastic bag for any wet clothes.

**Optional Items**

* Camera
* Book
* Super soaker water guns

**Food**

* Snack for the bus
* **Hearty bag lunch for the first day**
* Assigned snack for the group

CALGARY SCIENCE SCHOOL

INFORMED CONSENT AND ACKNOWLEDGEMENT OF RISK FORM

CAMP SWEET

THIS CONSENT AND ACKNOWLEDGEMENT OF RISK FORM MUST BE READ AND SIGNED BY A PARENT OR GUARDIAN OF ANY STUDENT PARTICIPATING IN THIS OFF SITE ACTIVITY.

**STUDENT AND EMERGENCY CONTACT INFORMATION:**

STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HOMEROOM:\_\_\_\_\_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TELEPHONE: DAY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EVENING \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACTIVITY DETAILS**

DESTINATION / ACTIVITY: \_\_\_\_\_\_\_\_CAMP SWEET DATE(S): 10 – 13 JUNE 2013

CURRICULAR OUTCOMES: Leadership skills through camp management, rapport building, celebration of success at the end of the year.

ITINERARY / ACTIVITIES : SEE ATTACHED ITINERARY

PER STUDENT COST (if applicable): N/A

WHAT STUDENTS NEED TO BRING: SEE EQUIPMENT LIST

METHOD OF TRANSPORTATION: BUS BY TRAXX COACH LINES

SCHOOL CONTACT: 403 282 2890 KEVIN SONICO, ABBY SAADEH, SHASHI SHERGILL, PATRICK TAM, JASON PUBLACK (SUPERVISION RATIO: 1:5)

NO. OF PARENT VOLUNTEERS REQUIRED: 4

ADDITIONAL INFORMATION:

**BOARD RESPONSIBILITIES**

**The Board of the Calgary Science School will make every reasonable effort to ensure that:**

1. Staff, volunteers, and/or service providers are suitably trained and qualified to lead this activity/program.
2. Students will be adequately supervised during all aspects of the program / activity.
3. The location(s) used for this activity/program are appropriate for the planned itinerary and group.
4. Equipment used for this activity/program has/have been inspected and deemed safe.
5. A Safety Plan has been developed to identify and manage known potential risks.
6. An Emergency Plan is in place to deal with an injury or illness to any student.

# ACKNOWLEDGEMENT OF RISKS:

I HAVE READ THE ABOVE, AND UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED HEREIN, I AM ASSUMING THE RISKS ASSOCIATED WITH DOING SO ON BEHALF OF THE STUDENT NAMED ON THIS FORM. THE RISK OF SUSTAINING AN INJURY OR DEATH MAY OCCUR FROM THE NATURE OF THE ACTIVITY AND CAN OCCUR WITHOUT FAULT OF EITHER THE STUDENT, OR THE SCHOOL BOARD, ITS’ EMPLOYEES/AGENTS. BY CHOOSING TO TAKE PART IN THIS ACTIVITY, YOU ARE ACCEPTING THE RISK THAT YOUR CHILD MAY BE INJURED OR KILLED.

Signature of Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# INFORMED CONSENT:

I give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ consent to participate in the **(type of activity)** to be held on or

(Name of student)

about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(dates)

Signature of Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**POTENTIAL RISKS AND PERILS ASSOCIATED WITH PARTICIPATION IN THIS ACTIVITY INCLUDE BUT ARE NOT LIMITED TO:**

**Transportation**

☐ Traffic accidents, incidents, and mishaps while a passenger on a highway coach or leased school bus

☐ Being struck by a moving vehicle

**Environmental**

☐ Weather related causes, including but not limited to: hypothermia, lightning strike, heat

stroke, heat exhaustion, and dehydration.

☐ Interaction with wildlife, including but not limited to encounters with bears, cougars, elk,

wolves, coyotes, moose, porcupine, badgers, spiders, snakes, insects.

☐ Contact with, or ingestion of, plants, berries, roots, or bark.

**Food**

☐ Choking during planned or unplanned meal times.

☐ Allergic responses, including anaphylactic shock, as a result of direct or indirect contact

with food products, byproducts, or waste.

☐ Burns, cuts or injuries received during food preparation

**Pre-existing medical conditions**

☐ As identified on the student health information form.

**Activity related perils**

**Camp Sweet**

☐ Drowning while participating in activities near or in Little Red Deer River or Dogpound Creek.

☐ Burns suffered as a result of exposure to open flame from campfires.

☐ Cuts, scrapes, wounds, or death from injuries received while using, or being in the vicinity of

someone using, an axe.

☐ Injuries or death from head trauma, broken bones, and/or soft tissue damage resulting from

activities including running over uneven ground or walking through wooded areas during day

or night hours.

**Health Information Form**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT / GUARDIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WORK PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ALBERTA HEALTH CARE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child receive medication? Yes \_\_\_\_\_\_ No \_\_\_\_\_\_

What type? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does or has your child had any illness such as Diabetes: Yes \_\_\_\_\_ No \_\_\_\_\_ Asthma: Yes \_\_\_\_\_ No \_\_\_\_\_

Rheumatic Fever: Yes \_\_\_\_\_ No \_\_\_\_\_ Allergies: Yes \_\_\_\_\_ No \_\_\_\_\_ (State) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has your child been away from home before? Yes \_\_\_\_\_ No \_\_\_\_\_

Has your child been on an overnight trip before? Yes \_\_\_\_\_ No \_\_\_\_\_

Does your child have any problem of which the staff should be aware? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Will you permit teachers to administer light remedies such as Tylenol and Diovol? Yes \_\_\_\_\_ No \_\_\_\_\_

Food Restrictions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I hereby give my permission for my son/daughter to take part.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (signature of parent and date)