**FORT STEELE**



**HISTORY LAB**

**2014**

**PARENT BOOKLET**

**Grade 5**

**CONNECT CHARTER SCHOOL**

**MAY 1 – 13, 2014**

**FORT STEELE HISTORY LAB**

**FORT STEELE, BC**

**EMERGENCY CONTACTS:**

 **FORT SECURITY 250-417-6000**

**SITE SUPERVISORS:**

 **SCOTT PETRONECH 403- 819-9192**

 **RON SWEET 403-880-2018**

**TRIP # 1 May 1 - 4**

Grade 5.1 Jocelyn Monteith

**TRIP # 2 May 4 - 7**

Grade 5.2 Margaret Leland

**TRIP # 3 May 7 - 10**

Grade 5.3 Valerie Barnes

**TRIP # 4 May 10 - 13**

Grade 5.4 Gail Stevenson

**Fort Steele History Lab**

**General Information**

*The Fort Steele History Lab was developed by Ron Sweet in 1975 as a Social Studies immersion activity. Since its inception, the History Lab has introduced students to the challenges faced by indigenous people, early settlers, and the North West Mounted Police as they all sought to meet their diverse needs. Park interpreters deliver the programs for the Pioneer Home, Horse Study, and Blacksmithing components of the History Lab. Connect staff and parent volunteers administer all other aspects of the program.*

**COST**

The cost of the Fort Steele History Lab experience is generally borne by parents. Board policy states “…no eligible student may be denied participation solely on the basis of inability to pay the cost.” If a problem exists in this area, please contact the school administration. The cost of the 2014 program is $280 per student. Payment should be made on line through the Family Zone of the Connect website. Alternatively, cheques should be made payable to Connect Charter School. On the final day of the experience, students will be able to go shopping at the Fort Steele gift shop. We suggest that their spending money not exceed $20.00.

**TRANSPORTATION**

Transportation to and from Fort Steele is via washroom-equipped chartered highway coaches. For each trip the bus will be ready for loading at the school at 7:00 am and will depart at 7:30 am. The bus will return to the school at approximately 7 pm on the final day. *Please note that on the return trip the bus stops at Radium Hot Springs to allow students time to enjoy a swim in the public swimming pool. Admission to the pool is provided.*

**FOOD**

We ask each student to bring:

* 2 dozen cookies (see snack suggestions following menu);
* a hearty bag lunch for the first day (to be eaten on arrival at the Fort).

**MEDICATION AND FIRST AID**

Please complete the Health Information Form included with this booklet. Any medication that your child is taking during the History Lab must be clearly marked with their full name and administration procedures and be given to the teacher. The staff is equipped and trained to handle minor ailments and injuries. In the unlikely event of serious illness or injury, an emergency vehicle is available for transportation to the nearest hospital located 14 km away in Cranbrook, BC. Parents will be notified immediately. Please note emergency contact numbers at the front of this booklet.

What To Take

Please review this list with your child so that they know what they are taking. **Please label everything** and pack all items into a large duffle bag or suitcase. **Please do not use plastic bags**. Other than possibly a digital camera, please do not bring electronics (iPods, handheld gaming systems, cell phones etc.), or knives of any kind.

## Clothing & Sleeping Items

1. \_\_\_\_\_\_ 3 t-shirts
2. \_\_\_\_\_\_ 2 long sleeved shirts
3. \_\_\_\_\_\_ 4 pairs of underwear
4. \_\_\_\_\_\_ 1 pair of long johns
5. \_\_\_\_\_\_ 3 pairs of pants
6. \_\_\_\_\_\_ 1 pair of shorts
7. \_\_\_\_\_\_ 1 sweater
8. \_\_\_\_\_\_ 1 light jacket
9. \_\_\_\_\_\_ 1 winter jacket
10. \_\_\_\_\_\_ 1 hat or cap
11. \_\_\_\_\_\_ 1 toque
12. \_\_\_\_\_\_ 1 pair of gloves or mitts
13. \_\_\_\_\_\_ 4 pairs of socks
14. \_\_\_\_\_\_ 1 set of pajamas
15. \_\_\_\_\_\_ 1 swimsuit
16. \_\_\_\_\_\_ 1 pair of runners
17. \_\_\_\_\_\_ 1 pair of rubber boots
18. \_\_\_\_\_\_ 1 raincoat or poncho
19. \_\_\_\_\_\_ 1 winter weight sleeping bag (or 2 summer weight bags)
20. \_\_\_\_\_\_ 1 pillow
21. \_\_\_\_\_\_ 1 flashlight (with extra batteries)

## Personal Hygiene Optional Items

1. \_\_\_\_\_\_ toothbrush & toothpaste 32. \_\_\_\_\_\_ camera
2. \_\_\_\_\_\_ 1 bar of soap in a container 33. \_\_\_\_\_\_ book(s)
3. \_\_\_\_\_\_ 2 towels (one small, one large) 34. \_\_\_\_\_\_ blanket
4. \_\_\_\_\_\_ comb or brush 35. \_\_\_\_\_\_ playing cards
5. \_\_\_\_\_\_ Chapstick 36. \_\_\_\_\_\_ spending money
6. \_\_\_\_\_\_ plastic cup for brushing teeth

## Food & Other

1. \_\_\_\_\_\_ two dozen cookies (no nuts please)
2. \_\_\_\_\_\_ hearty bag lunch & reusable water bottle (for the first day)
3. \_\_\_\_\_ backpack (that can be carried, not wheeled)

**FORT STEELE HISTORY LAB GRADE 5**

**FORT STEELE APPRENTICESHIP PROGRAM GRADE 7**

**MENU: SPRING 2014**

ATTN: PARENTS OF STUDENTS WITH DIETARY RESTRICTIONS

PLEASE USE THIS PAGE TO INDICATE MENU SUBSTITUTIONS & RETURN TO YOUR CHILD’S TEACHER

|  |  |  |
| --- | --- | --- |
| DAY 1 | LUNCH**Grade 5 & 7** | * Bag lunch brought by students
 |
|  | SUPPER**Grade 5 & 7** | * Hamburgers (veggie burgers)
* BBQ Sauce for burgers
* Buns
* Cheese, lettuce, tomato, ketchup, relish, mustard
* Tortilla Chips
* Salsa
* Milk/Chocolate milk
* Fruit Salad
* Cookies
 |
| DAY 2 | BREAKFAST**Grade 5 & 7** | * Pancakes
* Sausage (chicken apple)
* Syrup
* Margarine
* Orange Juice
* Milk
* Orange slices
 |
|  | CREEK LUNCH**Grade 5** | * Hot Dogs (Beef)
* Veggie Dogs
* Buns
* Beans (in tomato sauce)
* Ketchup, Relish, Mustard
* Cookies, Bananas
* Juice Boxes
 |
|  | FORT LUNCH**Grade 7** | * Grilled Cheese Sandwiches
* Tomato Soup
* Pickles
* Celery, Carrots, Ranch Dressing
* Milk/Chocolate milk
* Fresh Fruit
 |
|  | SUPPER**Grade 5 & 7** |  (whole meal provided by Grade 7’s) |
| DAY 3 | BREAKFAST**Grade 5** | * Scrambled Eggs
* Bacon
* Hashbrowns
* Orange Juice/ Milk
 |
| DAY 3(cont’d) | BREAKFAST**Grade 7** | * Hotel Breakfast (provided by Grade 7’s)
 |
|  | FORT LUNCH**Grade 5** | * Grilled Cheese Sandwiches
* Tomato Soup (Campbell’s)
* Pickles
* Raw Veggies, Ranch Dressing
* Milk/Chocolate milk
* Fresh Fruit
 |
|  | CREEK LUNCH**Grade 7** | * Hot Dogs (Beef)
* Veggie Dogs
* Beans (Tomato Sauce)
* Ketchup, Relish, Mustard
* Cookies, Bananas
 |
|  | SUPPER**Grade 5 & 7** |  (whole meal provided by Grade 7’s) |
| DAY 4 | BREAKFAST**Grade 5** | * French Toast / Syrup
* Orange Juice
* Milk
* Leftover Fruit Salad
* Sausages
 |
|  | BREAKFAST**Grade 7** | * Hotel Breakfast (provided by Grade 7’s)
 |
|  | LUNCH**Grade 5 & 7** | * Submarine Sandwiches
* Roast Beef, Ham, Chicken (deli)
* Cheese Slices Lettuce, tomato, mayo, mustard
* Pickles
* Milk/Chocolate Milk
* Fresh Fruit
 |

**Parent Volunteers**

Each class requires **five** parent volunteers to accompany the group and fulfill specific duties. If you wish to volunteer for the Ft. Steele Apprenticeship Program, please be aware of the following requirements and expectations:

**Requirements**

* Valid security clearance check on file with Connect.
* Experience in administering to minor injuries; ideally first aid training.
* Physical ability to walk several kilometers and lift moderate weights (e.g. - pails of water).
* Commitment to long, (but rewarding) days that occasionally require independent thinking and action to ensure student safety or to meet program requirements.

**Expectations**

* Food preparation and cooking for breakfast, lunch, and dinner as required. You may be asked to assume responsibility for ensuring specific students have their dietary needs met aside from the regular food preparation procedures.
* Supervise and participate in post-meal clean up and ensure all food and equipment is properly stored for future use.
* As required, and only within your levels of confidence and competency, chop wood for the stove in the mess hall, and / or supervise students in chopping wood. NOTE: Only those who are experienced and knowledgeable in the safe use of an axe will be permitted to chop wood or supervise students in this activity.
* Enthusiastic participation in activities while leading and supervising students.
* Supervise groups of students during Apprenticeship Program activities as directed by the classroom teacher. This will include, but is not restricted to, a hike around Echo lake, activities in various fort buildings, gold panning on Wild Horse Creek, accompanying students to the recreation center in Cranbrook, and sleeping on the hotel floor to assist in supervising either male or female students at night and ensuring that ‘quiet time’ is respected.
* Administer minor first aid treatments to students as required and become familiar with those students who may require further immediate attention due to potential reactions to allergens, bee or wasp stings, and pollen.
* Fulfill further duties as requested by the classroom teacher, Mr. Scott Petronech, or Mr. Sweet.

**Transportation Note:**

The coaches that transport students and teachers to Fort Steele can usually not accommodate parent volunteers. It is therefore necessary for one or two parents to drive their own vehicles and take one or two other parents with them. Connect will reimburse fuel expenses, upon submission of receipts, for the designated parents driving vehicles going to Ft. Steele. Once the volunteers for each trip have been identified, we rely on the parents to make arrangements accordingly.

**Snack Suggestions**

Students have usually been asked to bring a dozen cookies along to camp, to provide a mix of treats for snacks and dessert. Over time, the mix of cookies has slowly changed from almost always homemade to almost never homemade. At the same time, there’s been an increase in the general level of awareness around healthy eating. There’s also been an increase in the number of students with severe allergies and food intolerances.

If you are interested in some ‘new’ recipes, please contact the school. We would be happy to share a list of snack ingredients that parents have sent us over the years.

TO HELP ENSURE THE SAFETY OF OUR STUDENTS WITH ALLERGIES, PLEASE INCLUDE AN INGREDIENT LIST WITH YOUR HOMEMADE GOODIES

Helping your child make homemade cookies, mini muffins, snack loaf is a great way to spend time together and build some kitchen skills.

If you don’t have time to do some pre-camp baking, here are some suggestions for snacks from the grocery store:

Dried fruit (prunes, figs, raisins, Craisins, 100% fruit bars)

Nut-free granola bars

Unsweetened fruit purée cups (such as applesauce)

Fruit cups (such as peaches or mandarin oranges) packed in fruit juice or water

 \*\*  Please DO NOT SEND juice boxes, candy, chocolate bars or chips  \*\*

(Insert Informed consent here)

**Health Information Form**

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

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

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

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

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

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 \_\_\_\_\_

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

Does your child require an Epi-pen? Yes\_\_\_\_\_\_\_ No\_\_\_\_\_\_\_

**If your child has a severe allergy and/or requires assistance with administering medication, please complete an “Authorization to Administer Medication and Release of Liability” form (available in the school office).**

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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Will you permit teachers to administer light remedies such as Tylenol, Advil, Benadryl or Pepto Bismol?

Yes \_\_\_\_\_ No \_\_\_\_\_

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

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

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|  |
| --- |
| This information is collected under the authority of Alberta’s *Freedom of Information and Protection of Privacy Act* (FOIP) and the *School Act*. The information will be used to respond to the identified medical or physical needs of the student named above. It will be treated in accordance with the privacy protection provisions of the FOIP Act. If you have any questions about the collection and/or its intended use, please contact the school FOIP Coordinator, phone (403) 282-2890, 5915 Lewis Drive SW, Calgary, AB T3E 5Z4. |