

(Teachers, staple this sheet of reminders onto the front of the Student & Parent Handbook!)

*****Important Reminders*****

1. **Each student needs a sack lunch and drink on the first Monday of camp.** Everything must be disposable or be able to be recycled. Other than this sack lunch, there is not to be any other food, candy, gum, soft drink etc. brought in or mailed in to camp.
2. Every student needs a name tag to be worn around the neck. (The size should be approximately 2 in. x 4 in. Student's first name & initial of last name should be in large letters, & the name of the child's school in small letters.)
3. Prior to camp each student needs to take a pre-addressed stamped envelope to school. The teacher will take these to camp so the student can use the envelope to send mail from camp.
4. No student will be allowed to have others autograph clothing without a signed permission note from a parent/guardian that the teacher takes to camp for the Friday autograph time. Also, those having a signed note need to bring a marking pen to camp. None will be provided at camp for signing clothing (It doesn't do the pen any good!)
5. After mailing the Novelties/Entertainment Book/Volunteer form and sending the Permission/Health form to school, keep the rest of this handbook for future reference.
6. Copies of this handbook are also available for printing online on the TCODS web site <www.outdoorschool.org>.
7. Also log on to the TCODS web site before camp to view photos of last year's Outdoor School, read "So, You're Coming to Camp!," read about the history of ODS in Tillamook County, read other information about Outdoor School etc.

TCODS - Tillamook County Outdoor School

P.O. Box 4
Cloverdale, OR 97112
503-392-3059
FAX 503-392-6104
Moses@oregoncoast.com
www.outdoorschool.org

A NON-PROFIT TAX-EXEMPT ORGANIZATION
(State ID # 0403408-4 Federal ID # 93-0982110)

Student and Parent Handbook FALL 2009

Student's Name _____

Please read this entire handbook, and return the last page to school by Friday, September 18th at the latest!

Outdoor School, hereafter referred to as ODS, is held at Camp Meriwether, a Boy Scout camp south of Cape Lookout on the Oregon coast. The camp is in a beautiful setting bordering the beach on one side and forest on the other sides, and it has a natural lake on site. It is possible to see deer and other animals in camp as it is a wildlife refuge.

There are two five-day sessions of ODS. Each session will have approximately 135 sixth graders from various schools throughout Tillamook County and possibility involve two classes from outside Tillamook County

TCODS Mission Statement:

We will provide a positive, safe and caring environment in which sixth graders will be challenged to learn important life concepts in relating to and caring for our environment including both nature and people. Students and their teachers will be creatively challenged to pursue more learning opportunities about the needs of our environment and how people can meet those needs in very wise and caring ways.

High school student counselors and staff will also be challenged to grow in relating to others in positive high quality ways and increasing personal self esteem as we provide a unique atmosphere of sincere caring and provide many opportunities to develop great responsibility in demonstrating a positive, safe and caring environment for everyone involved.

In short, everyone learns or is reminded that society needs each of us to learn ways to be a responsible and positive person and that life isn't just about me and my needs.

The objectives are:

1. learning through direct experience some of the general principles & lessons often intended to be taught from textbooks in the classroom,
2. learning to live happily and healthfully out-of-doors,
3. learning by direct experience to understand and appreciate our relationship to our environment and our responsibility of caring for the environment,
4. gaining a curiosity about the world around us and realizing it is fun and interesting to learn about the outdoors,
5. learning worthwhile interests and skills which enrich living,
6. learning to observe many of the basic rules of safety,
7. learning to live democratically with others,
8. learning to understand, accept, and mutually respect the rights of others,
9. learning to assume some of the responsibilities of community living by doing one's share of the work, and
10. experiencing opportunities for the development of desirable personality traits that include initiative, self-reliance, responsibility, creativeness, kindness, respect etc.

CAMP LIVING ORGANIZATION

2

Students are housed in adirondacks (referred to after this as cabins). One high school or college age student counselor will be responsible for three to eight students. The camp is part of about 600+ acres that can be used for study and has recreation areas, a campfire bowl, meeting rooms, stormy day shelters and Discovery Lodge, a dining hall/lodge that includes a health facility.

CAMP WORK EXPERIENCE

Each student is responsible for straightening one's own bunk as well as helping with cabin neatness and cleanliness. In addition, students experience a variety of work duties such as setting and clearing tables, serving food to tables, participating in the raising or lowering of the U.S. flag, minimally cleaning restrooms, and cleaning up various camp sites at the end of the week.

COUNSELORS

The high school and college age counselors are chosen with care. After prospective counselors sign up, high school staff and law enforcement personnel screen out those who:

1. are suspected of being involved in drugs (alcohol included);
2. have a history of resisting authority;
3. have a history of severe absenteeism; and
4. have a reputation of shirking responsibilities.

In addition, it is stressed that profanity and vulgarity will not be tolerated. Rules for counselors are clearly communicated to them, and infractions of certain rules result in the expulsion of the counselor. The counselors receive a short, but very intense training. Their role does **not** include the teaching of the field study lessons in the subject areas. However, they participate with the sixth grade students in most activities leading by example.

The students and counselors develop a healthy bond that will remain for many years to come. Although we encourage after-camp communication between students and counselors, we suggest the following guidelines to counselors, students, and parents (**These guidelines are based on common sense!**):

1. The student should be the one to initiate post-camp contact through a letter or email. Please discourage phone calls to the counselors.
2. Face to face contact should be in a public place preferably in a group setting. The ideal setting would be inviting the counselor to the student's home for dinner with the student's family or going out to a restaurant together as a family.
3. If there is a feeling that something is wrong in the after-camp relationship, and the parent, student, or the counselor is unable to resolve it through normal channels, please contact the student's teacher who will contact the principal and ODS director who will work toward immediate resolution of the problem.

If the student and parent are pleased with the counselor's performance at camp, you are encouraged to write a letter to the counselor's administrator at school, to the counselor's parents, or to the counselor commending the counselor. Counselor addresses will be provided after camp.

DEPARTURE AND ARRIVAL DATES AND TIMES

(Teachers will fill in the blanks.)

In order to arrive at Camp Meriwether by 9:50 AM on Monday, _____
(date)

students should arrive at school at _____ to begin loading luggage on the bus. The bus will depart from
(time)

school at _____. Students will depart from Camp Meriwether on Friday, at 1:30 PM.
(time)

They will arrive back at the school they departed from at approximately _____. Unless your school
(time)

has given you other instructions, students **should be picked up as soon as they arrive back at school**. If someone other than the parent is picking up the student, please provide a note with the necessary information to the student's teacher prior to camp.

The following is a suggested list of items to take with you to ODS. If possible, avoid taking extra things that really aren't needed:

MARK ALL CLOTHING AND EQUIPMENT WITH NAME TAPE OR WATER PROOF INK TO PREVENT LOSS!

BEDDING:

Sleeping bag (or a four-blanket bedroll)

Because the nights can be cold, EVERYONE must bring an extra blanket to put inside of the sleeping bag for warmth.

Pillow

An air mattress or foam pad is optional. (The bunks are simply boards, not mattresses!)

CLOTHING

1 or more pair lightweight shoes such as a pair of tennis shoes.

1 pair of hiking-type shoes if you have them and are used to wearing them.

A warm coat is a must.

A raincoat if you have one. (We do lessons outside even in the rain unless it is pouring!)

Waterproof head covering.

Several warm sweaters or sweatshirts.

1 or more warm shirts.

3 or more lightweight shirts or blouses.

At least 3 pair of jeans or similar-type pants.

Daily changes of socks + several extra pair.

Daily changes of underwear + several extra pair.

A stocking hat. (**Most heat loss takes place through the head so you need this to keep you warm at nights! If you don't want to wear it other times, don't! But bring one to wear at night!**)

Several washcloths.

Several bath towels.

OPTIONAL:

A pair of **flannel pajamas**.

Shorts may be worn if they are within 4 inches of the kneecap or below the tip of your fingers when your arms are extended down your legs. Spandex can be worn only with something over it. (Bring long pants as well as you will be in the forest in brush at times.)

On Thursday evening we will have a "Formal Dinner". Each person needs to bring a clothing item of a formal nature such as any type of tie, vest, a fancy handkerchief to place in a shirt pocket, a fancy bow for the hair etc. Each person needs only one item. **Be imaginative!!!**

PERSONAL CARE ITEMS

Toothbrush and toothpaste.

Comb or hairbrush

Soap (in a container!)

Feminine hygiene items

OPTIONAL:

Facial tissue.

Lotion and cream for chapped lips.

Do NOT bring electric hair dryers or curling irons. There is NO electricity in the cabins and not enough time in the shower areas.

GENERAL EQUIPMENT

Flashlight. This is a must! Bring several extra batteries also.

Name tag with first name, last name or initial, and name of school.

A GOOD MOOD THAT WILL LAST AT LEAST 5 DAYS!

OPTIONAL:

Camera and film.

Absolutely do NOT bring FOOD, GUM, TAPE PLAYERS, WALKMANS, MP3 PLAYERS, RADIOS, KNIVES, ELECTRONIC GAMES, WALKIE TALKIES, CELL PHONES or things of that nature!

Don't even think about bringing flip flops to wear in camp! Bring closed toed shoes!

SAMPLE SCHEDULE

4

The actual camp schedule may vary slightly.

TUESDAY, WEDNESDAY, THURSDAY SCHEDULE

6:15 AM	Rise and Shine/Cabin cleanup	2:30-3:30	Recreation
6:55	Work Duties	3:30	Snacks, Cabin time, Showers
7:15	Morning Flag Ceremony	5:45	Supper
7:25	Breakfast	7:00	Evening Flag Ceremony
8:15-9:45	Field Study #1	7:30	Campfire Program
9:50-11:20	Field Study #2	8:45	To Cabins
11:30	Lunch	9:20	ZZZZZZZZZZZZ
12:15 PM	Afternoon Large Group Assembly		
1:15	Homeroom (Students meet with their own teacher.)		

FIELD STUDIES (AREAS OF INSTRUCTION)

Students will participate for one and one-half hours in each of six field study areas with classmates from their own school under the direction of a resource instructor and their classroom teacher as well as 6 - 8 high school student counselors.

Field studies vary from year to year due to availability of resource instructors as well as requests from teachers. Field studies currently planned for this year will include the following:

1. Think About the Water! - Resource instructors from agencies including various Watershed Councils and Tillamook Estuaries Partnership will teach students about the importance of riparian areas as they relate to human and animal needs for clean water and how to do water testing.
2. Forest Communities - Students are taught by personnel from the BLM, State Forestry, and the Forest Service about the forest as a community that depends on each of its parts. Tree and plant identification is included.
3. Survival - Students participate in lessons teaching basic common sense survival techniques.
4. Welcome to My World - This is an excellent group of simulations on disabilities. It is designed to further students' knowledge, understanding, and empathy of disabilities and of people who have disabilities.
5. Animals is a field study that focuses on local wildlife including the smallest local mammals to the the county's growing herds of elk and our relationships with these animals.
6. Learn About the Beach! (Teachers will choose either #6 or #7 for their classes.) - This field study involves the students hiking on a portion of the beach bordering camp. Students will gain important knowledge about beach and ocean safety. Students will also take part in an ongoing study of litter on the beach that will continue with possible lessons in the classroom.
7. Need a Friend - Students have initiatives, group problems, to solve as a group. This involves learning to work together as a team and is a great activity to do at the start of the school year.
8. Other - Teachers may also choose to have the students participate in a knot tying field study or of developing a field study of their own to replace any of the above field studies.

In addition to the field study areas, students also participate in presentations with people such as Brad Crume, a wonderfully motivating speaker who lives life to the fullest in spite of living with paralysis of most of his body and with other presenters.

RECREATION, held on MONDAY - THURSDAY AFTERNOONS

ARCHERY	Students receive instruction on how to shoot and how to abide by the safety rules and commands. Each student shoots arrows under the supervision of two adults as well as high school students.
BOATING	Students row rowboats around the lake. Every rowboat has a high school student or adult in it with the sixth graders. Every person wears a life jacket. At least two adults and many high school students monitor this activity.
GAMES	Students participate in fun, active, and cooperative games.

TCODS - Tillamook County Outdoor School

OLYMPICS Students participate as teams in various "Olympic" activities. Included is the four way tug-of-war and the famous barrel fill. Part of each team of students race from the lake to a barrel dumping in water. The remainder of each team tries to plug the many holes in the barrel so that the water will stay in. The team with the first full barrel wins.

On the permission form, parents may opt to have their child not participate in any one or more of the activities.

HEALTH AND SAFETY

A registered nurse will be in camp at all times. In case of an emergency, your child will have medical and hospital services in a short period of time. **If such an emergency should arise, ODS staff will make every attempt to notify you immediately by telephone.** All medications are kept by the nurse who administers them at the proper times. If you do not have medical insurance, please check with your school to see if they are providing accident insurance for your child while s/he is at camp.

Students, staff, and visitors are **NEVER ALLOWED** to wade in the ocean. Students, staff, and visitors are **NEVER ALLOWED** to swim in Lake Chamberlain. Other than a short walk to the nearest restroom facilities, students are **NEVER** out of the presence of high school student counselors, ODS staff, or teachers. Every person wears a life jacket while boating, and a high school counselor or other adult rides in each rowboat during boating.

Bed wetting is dealt with in strict confidence. Every year we have a number of campers who wet their sleeping bags. We consider it no big deal in the sense that we are prepared to deal with it in a very non-embarrassing way. Campers are encouraged to tell an adult or high school student counselor they trust that their sleeping bag "needs taken care of." Then while all campers are completely away from the cabins from 7:15 AM - 3:30 PM, the bag is removed, dried, and placed back in the cabin. Because cabins are three-sided with lots of fresh air, there is no odor. Everything is taken care of by a few staff people before campers return to the cabin area. You are encouraged to note on the health form if there is a good possibility that a student might wet the bunk. In this way, a staff person will then check the sleeping bag daily while students are out of the area to see if it needs taken care of.

Camp Meriwether is two miles off of the highway. The housing areas of camp are behind locked gates far away from the main road into camp. Staff members patrol the camp at night to make sure that everyone is safe. Even though the beach to the west of camp is a semi public beach, we rarely have any other people use the beach because the nearest access is quite a distance away. Cars are not allowed on the beach and are immediately reported to the camp ranger/sheriff's department. In addition, camp staff members and teachers carry radios to communicate with each other and are in contact throughout the day and night. We want all people in camp to know that they are safe! Also, there is NO poison oak or poison ivy in or near camp.

Even though Camp Meriwether borders the beach and ocean, almost all of the camp's activities are done at least about 100 feet above sea level and most of the facilities including the cabins the students live in are also about 100 feet above sea level. If there would be a tsunami alert, camp would be notified immediately by law enforcement personnel. Even though our activities are mostly high above sea level, we would hike about 2 miles out of camp through forested land to even higher ground completely out of any possible harm's way to ensure that everyone is safe. Local radio stations would be notified so as to announce our safety to reassure the public as would the office of each school having students in camp. Please do not rush to camp to remove your child! We have been through this situation in the past, and not one student was aware that our activity was anything different than done before. There was absolutely no panic, there was great fun in our adventure of walking out of camp, and everyone was very safe!

MAIL

Most students adjust very well to camp, but a letter from Mom and Dad on Wednesday or Thursday gives them the assurance and confidence to enjoy the experience to the fullest. It seems to take several days for letters to reach camp, so send them early. **Don't mail any letters any later than Wednesday.**

Your student will be encouraged to write home and relate experiences at least once during the five day period. Please send a pre-addressed stamped envelope to school with your child before camp so a letter can be sent home or to wherever your child is to write.

When you write to your child, please write your child's name above the address of camp. **In the lower left corner of the envelope, write your child's teacher's name.**

The TCODS phone number in camp is 503-965-6798 (unlisted number). Please limit phone calls to those of a very important nature. If you can simply leave a message instead of asking for a return phone call, it will be much easier on staff and 6th grade teachers who are roaming throughout the very large camp involved in camp activities. **The easiest way to contact Moses and/or a teacher is via email - Moses@oregoncoast.com.**

ODS WISH LIST

Tillamook County Outdoor School (TCODS) is a non-profit, tax-exempt organization existing solely to provide ODS. Occasionally we are asked by people wishing to make donations if we have any specific needs. Our needs range from items found unused around the house to expensive equipment to donations of money. If you, your business, or an organization you belong to would like to make a donation of something found on this ODS Wish List, simply send it to school in care of your child's teacher who will get the materials to us. Or, contact us to make a direct donation. Please include your name, address, and value of the donation. All donations are tax deductible.

Please do NOT feel as though you HAVE to make a donation. That is NOT the purpose of the following list:

- | | |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 1. Gas powered golf carts in good condition especially for our Camp Grandparents | 4. Firewood for campfires & dining hall (Very needed!) |
| 2. Money for the purchase of needed items | 5. Money to pay for high school students food and lodging to serve as counselors. |
| 3. Plastic gallon or 2 gallon buckets with handles for recreation | 6. Working family-channel radios |

ODS NOVELTIES and FUNDRAISERS

ODS tee-shirts, hooded sweatshirts, hats and tote bags are available for purchase. Please look through the mini-catalog on page 8. If you decide to order, please fill out the order form on page 9.

To receive your order with the first delivery, please mail the order form and money to TCODS by the end of the second week of school in September. **Orders will be delivered after camp.** Orders for the second and final delivery need to be mailed by the end of the first week of November. Profits from these sales are used to help meet the expenses of ODS. **Please don't send the orders to your child's school.**

Additional order forms are available from the student's teacher and on the TCODS web site.

ENTERTAINMENT BOOK '10

The Entertainment '10 book is a discount book filled with incredible opportunities for saving money! that offers 50% discounts at hundreds of motels, hotels, movies, concerts, and sports events as well as discounted airfare, auto rentals, and the offer of buy one dinner - get one free at many quality restaurants. The books we are offering are for the Portland area and for the Greater Oregon area which features the Salem/Bend etc. area . Both books also have some offers for the coast and central Oregon. In addition, 50% off motels are listed for use throughout the USA.

Entertainment books can only be sold by nonprofit organizations, and the organizations cannot use paid advertising to sell the books. The prices of the books are set by Entertainment Publications, Inc. **The Portland edition and the Greater Oregon edition each sell for \$20.00** (a price drop from last year! For many years the Portland book sold for \$40.00!). **Each book pays for itself in only a few uses.** Prepaid orders should be sent in by the end of the second week in

October. Books are available immediately and may be used as soon as they are received. See page 9 to order your book, as well as your friends' and relatives' Entertainment books. Profits are very small but still benefit ODS. Log on to our web site, www.outdoorschool.org, and click on "Entertainment Books" to find out how to order books online. Note that books can be purchased for any area of the United States to use on vacations or for gifts for family and friends.

Also, TCOODS has great support among local businesses. **We are NOT offering the Entertainment '10 book as competition for local businesses.** It is good to have, though, for when you are out of this area. Also, there are a few businesses in the county that are in the book.

TCODS STEAK DINNER AND SILENT AUCTION

On November 6, 2009, TCOODS will host its 8th annual steak dinner and silent auction in Wirick Hall of the Tillamook Nazarene Church on east 3rd Street. The dinner will begin at 5:30 PM and ends at 7:45 PM. The oral auction will begin at 7:30 PM. The silent auction will be divided into sections with some sections closing at various times during the dinner and runs from 5 - 7:45. There are usually many, many, many wonderful and valuable items in the auctions. Tickets are \$15.00 per person, \$25.00 per couple & \$7.00 for kids 10 and under. All proceeds benefit TCOODS and help keep the costs down for Outdoor School. Also, there will be a continuously running slide show of this year's camp during the dinner.

VOLUNTEERS

A few volunteers (who have contacted TCOODS **prior to camp**) per meal are welcomed to work in the kitchen helping prepare a meal, dish up food, and clean up in the kitchen after the meal. Volunteers, who may be parents, grandparents, or friends, will work under the direction of the head cook and assistant cooks. Volunteers are encouraged to eat with their children during the meal. (A \$5.00 donation for the meal would be appreciated!) Note that we really do not need to have whole families in the kitchen. We'd prefer an adult or two.

If you are available and would like to volunteer to help, please fill in the necessary information on the Volunteer Form on page 9. **The Form will need to be mailed to TCOODS by Friday of the second week in September** in order for us to have time to contact volunteers and set up dates. Persons volunteering need to report to camp 45 minutes before the meal and be prepared to remain in the kitchen an hour after the meal. There is limited space for volunteers; so we try to evenly spread volunteer help among each of the meals on the five days. **Do NOT come to volunteer without being contacted by camp staff!** We can use only a few people in the kitchen.

Also, if your child is a person who might get homesick if s/he sees you helping at camp, please consider whether or not you should volunteer to work in the kitchen.

There is NO parent night or parent meal in camp! For the safety of the kids, we discourage visitors to camp other than a few school personnel.

TCODS MINI CATALOG

Novelties

(A large design is placed on the upper front of shirts.)



The design includes the words “TCODS - Tillamook County Outdoor School” and “The Moment May be Temporary, but the Memory is Forever.”

HOODED SWEATSHIRTS **\$23.00** each
 (100% cotton. **Sizes run a little small.** All sizes are adult sizes!)

Light gray with black printing

- order # 010 Small
- 011 Medium
- 012 Large
- 013 X Large

Black with white printing

- order # 015 Small
- 016 Medium
- 017 Large
- 018 X Large

TEE-SHIRTS **\$13.00** each
 (100% cotton. **Sizes run a little small.** All sizes are adult sizes!)

Black with white printing

- order # 020 Small
- 021 Medium
- 022 Large
- 023 X Large

TOTE BAG **\$12.00** each

Black with white printing

- order # 030

HATS **\$15.00** each

- order # 040 Blue
- 041 Black

You can order XX large of any shirt for \$1.00 more!

You can order XXX large of any shirt for \$2.00 more!

S = 34 - 36
 M = 38 - 40
 L = 42 - 44
 XL = 46 - 48
 XXL = 50 - 52
 XXXL = 54 - 56

TCODS NOVELTIES
HATS, HOODED SWEATSHIRTS, TEE-SHIRTS, TOTE BAGS, ENTERTAINMENT '10
ORDER FORM

Student's Name _____ Parent's Name _____

Mailing Address _____ City _____ Zip _____

Home Phone - - Work Phone - - Cell Phone - -

Email Address: _____

Teacher's Name _____ School's Name _____

NOVELTIES

ORDER #: _____ HOW MANY?: _____ AMOUNT: _____

**PLEASE MAKE
OUT CHECKS OR
MONEY ORDERS
TO: TCODS**

To receive your novelties order with the first delivery, mail this order form and money to TCODS by the end of the second week of school in September.

Orders for the second delivery need to be placed no later than the end of the second week in November.

ENTERTAINMENT '10 BOOKS

ORDER #:		HOW MANY?	PRICE:	AMOUNT:
050	Portland edition	_____	\$20.00 each	_____
051	Greater OR edition	_____	\$20.00 each	_____

VOLUNTEER FORM to help in the kitchen

Name(s) of person(s) volunteering _____

Student's name _____ School _____

Phone #s _____ Teacher _____

Check any that apply:

I **CAN** work on Monday____, Tuesday____, Wednesday____, Thursday____, Friday____.

I **CAN** work breakfast____, lunch____, supper____.

MAIL This form to: TCODS, PO BOX 4, CLOVERDALE, OR, 97112

Do NOT give this form to your child's teacher! Please mail it and any money to TCODS!

Additional forms are available from your child's teacher.

A CHECKLIST FOR THE STUDENT GOING TO CAMP

(PARENTS, KEEP THIS LIST POSTED SOMEWHERE AT HOME IN ORDER TO CHECK AND MAKE SURE THAT EVERYTHING THAT WENT TO CAMP COMES HOME!)

- A pre-addressed stamped envelope taken to school
- A name tag made
- Permission/Health Form taken to school
- Novelties/Entertainment Book/Volunteer Form mailed

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ___ Sleeping bag or a four-blanket bedroll ___ Extra blanket ___ 1 or more pair lightweight shoes ___ Warm coat ___ Waterproof head covering ___ 1 or more warm shirts ___ 3 or more pair of jeans or other pants ___ 6 or more pair of underwear ___ Several washcloths ___ Formal-type piece of clothing ___ Toothbrush and toothpaste ___ Comb and/or hairbrush ___ Soap in a container ___ Extra batteries | <ul style="list-style-type: none"> ___ Pillow ___ Air mattress or foam pad ___ 1 pair hiking-type shoes (don't buy new ones just for camp!) ___ Raincoat ___ Several warm sweaters or sweatshirts ___ 3 or more lightweight shirts or blouses ___ 6 or more pair of socks ___ A stocking hat ___ Several bath towels ___ OPTIONAL: flannel pajamas ___ OPTIONAL: Facial tissue, lotion, chapped lip salve, feminine hygiene items, camera & film, clock |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Clothing and equipment is marked with student's name & school

- ___ Lunch is prepared for Monday
 - ___ Wonderful mood is planned for the week
- ABSOLUTELY DO NOT BRING EXTRA FOOD, GUM, TAPE PLAYERS, MP3 PLAYERS, WALKMANS, RADIOS, KNIVES, CELL PHONES, WALKIE TALKIES, ELECTRONIC GAMES or things of this nature!

If you don't have some of the above needed items, simply tell the child's teacher. Materials will be found in order to enable your child to attend camp!

Information for Parents to Keep Posted While the Student Is at Camp

1. THE STUDENT IS IN CAPABLE AND CARING HANDS AND IS CONSTANTLY SUPERVISED!
2. The camp unlisted phone # is: 503-965-6798.
3. There is NO PARENT NIGHT or meal for parents! Our focus needs to remain on the 6th graders. A rumor to the contrary has persisted for years! For obvious safety reasons adults will absolutely not be allowed to roam camp! Thanks for your understanding!
5. Send a letter to your child by Wednesday.

STUDENT'S NAME		Put your child's teacher's
%Camp Meriwether		name in the lower left corner
17500 Cape Lookout Rd.		of the envelope.
Cloverdale OR 97112		
6. Here's a basic Tuesday - Thursday schedule of what your child is doing:

6:15 AM	Rise and Shine/Cabin cleanup	2:30-3:30	Recreation
6:55	Work Duties	3:30	Snacks, Cabin time, Showers
7:15	Morning Flag Ceremony	5:45	Supper
7:25	Breakfast	6:45	Evening Flag Ceremony
8:15-9:45	Field Study #1	7:00	Large Group Activity
9:50-11:20	Field Study #2	7:30	Campfire Program
11:30	Lunch	8:45	To Adirondacks
12:15 PM	Afternoon Large Group Assembly	9:20	<u>ZZZZZZZZZZ</u>
1:15	Homeroom (Students meet with their own teacher.)		
7. Please be at your child's school to pick him/her up when s/he returns on Friday. Remember, your child will be tired and yet excited to tell you about camp. S/he will be glad to be home and yet sad to leave newly made friends.
8. Encouraging your child to write to his/her counselor and/or other camp friends after camp will help with the feeling of loss of leaving camp.
9. Please fill out the camp evaluation form ASAP that your child will bring home from school the Monday after camp.
10. **Log on to <http://www.outdoorschool.org> for photos and articles about the week at camp.**
11. **Also check the Lost & Found list online <www.outdoorschool.org> after camp!**

TCODS - STUDENT HEALTH & PERMISSION FORM

11

This form and the information on it are kept very confidential. **Please send it to school in a sealed envelope with your child.**

Please complete **all** information in full.

ODS USE ONLY: Counselor's name _____ Cabin name _____

School's Name _____ Teacher's Name _____

Student's Name _____ Birth date ____ / ____ / ____ Age ____ Sex ____

Parent/Guardian _____ Hm phone 503- ____ - ____ Wk phone 503- ____ - ____

Mailing Address _____ City _____ Zip _____ Cell phone 503- ____ - ____

Parent/Guardian home email address _____

Parent/Guardian work email address _____

IN EMERGENCY, IF UNABLE TO NOTIFY PARENTS, CONTACT:

Name _____ Hm phone # 503- ____ - ____ Wk phone # ____ - ____

Name _____ Hm phone # 503- ____ - ____ Wk phone # ____ - ____

Family Doctor _____ Doctor's phone # ____ - ____

Name of Health Insurance Company _____ phone # ____ - ____

Address _____ policy # _____ group # _____

Please X those that apply within the past year: (Date of last tetanus shot _____.)

_____ Allergies (pollen, bees etc.) _____ Allergies (food) _____ Asthma _____ Bedwetting _____ Chicken Pox

_____ Convulsions _____ Diabetes _____ Fainting _____ Heart Problems _____ Kidney Problems _____ Sleep Walking

_____ Stomach Upsets List medications and schedules, necessary details of anything checked above, and any other information or directions that the camp nurse should know below: (All medications are kept with the camp nurse. Also include information about any dietary restrictions, vegetarian eating etc.)

Attach an additional page if necessary.

Please check one of the following: _____ My child may participate in any of the recreation activities.
_____ My child may NOT participate in (fill in the blank with the name of the recreation area you do not want your child to take part in):

In case of surgical emergency, I hereby give permission to the physician selected by the Outdoor School director to hospitalize, secure proper treatment for and to order injection, anesthesia, or surgery for my child, as named above. **PARENTS OR EMERGENCY # WILL BE CONTACTED FIRST WHENEVER POSSIBLE!** (Note that TCOCS has always been able to contact parents or emergency #s in emergencies. Hopefully the above permission will never be needed.) We understand that the cost of medical services will be our responsibility.

PARENT/GUARDIAN SIGNATURE & DATE _____

Any directions to the contrary and any additional directions should be specified on an additional page and SIGNED BY THE PARENT/GUARDIAN!