

ICS CAMP

Field Trip – Camp Cispus

Grades 6-8 & Counselors/Planners – Fall 2017

CAMP CISPUS

What:	<ul style="list-style-type: none">• 3-DAY OVERNIGHT CAMP: September 6-8, 2017 The Cispus Learning Center, 2142 Cispus Rd, Randle, WA 98377 (360) 497-7131
Who:	Grades 6-8, plus Counselors/Planners
When:	September 6-8, 2017 @ Camp Cispus
Cost:	\$155 per student –Includes housing, transportation, meals <ul style="list-style-type: none">• Make check's payable to <u>ICS ASB</u>. Includes Student's name in the "Memo" line (lower left).• Students should bring a snack & water for the bus ride• Lunch and all other meals will be provided upon arrival at Camp
Transportation:	Students will ride charter buses to Camp Cispus from ICS, and back.
Accommodations:	Students will be housed in cabins (with windows) <ul style="list-style-type: none">• Includes heat, windows, bunk beds, mattresses, showers, toilets, sinks, water, & electricity. Each Cabin will have a Parent Chaperone on site all night.
Itinerary:	Departure: Buses leave ICS promptly at 7:45am, Sept 6, 2017 <ul style="list-style-type: none">• <u>Students to arrive at school at 6:45 am with camping gear (see below)</u>• Late students will not attend or must have alternative transportation Return: Depart Cispus 12:00pm, arrive ICS @ 3:30pm, Sept 8, 2017 <ul style="list-style-type: none">• Parents will be called by their student approximately one-half hour before arrival, and are expected to be waiting and ready to pick up students at ICS• Every year, one or more buses arrive later than the others, so parent patience and responsiveness is requested
Phones:	There is NO CELL SERVICE anywhere at Camp Cispus <ul style="list-style-type: none">• There are two pay phones on campus with intermittent service, but Parents & Campers are encouraged not to plan to communicate for the duration of the camp• The Camp Faculty Supervisor will have a satellite phone for emergency calls only
Questions:	Contact Ms. Kelsey Cummings @ kelcummings@lwsd.org or 425-936-2385
Camping Gear:	Be Prepared! Camper Safety is of paramount concern to ICS and that starts with Campers coming prepared. <ul style="list-style-type: none">• It is critically important that Campers bring appropriate clothes, shoes and gear for an <u>overnight camping experience</u> in an <u>outdoor environment</u> with <u>unpredictable weather</u>.• Outdoor activities will be conducted, RAIN OR SHINE.<ul style="list-style-type: none">Clothing:<ul style="list-style-type: none">• Long pants or jeans, change of shirt• Two or more pairs of shoes and socks (one pair may get wet)<ul style="list-style-type: none">◦ <i>At least one must have closed toes for Field Games</i>• Water-repellant jacket, gloves, hat• SleepwearCamp Gear:<ul style="list-style-type: none">• Sleeping bag (<i>or bed linens & blankets</i>), pillow• Water bottle• Toiletries (<i>shampoo, conditioner, deodorant, etc.</i>) & Towel• Sunscreen, insect Repellent• Flashlight (<i>w/ fresh batteries</i>)Optional:<ul style="list-style-type: none">• Camera• Personal music player, charger• Book(s) to read during down time (<i>not text books</i>)• Running gear (<i>shoes, clothing</i>)
Parent Meeting:	There will be a Parent Meeting August 30, 2017 at 6:00pm at ICS for all parents of 6-8 th grade students. A full description of the Camp will be given and all questions will be answered. Attendance is strongly recommended for anyone whose student has not attended a previous Camp.
Medical Emergencies:	The Parent Chaperone group will include a physicians assistant, and emergency hospital services are available in Randle. However, in the event of an emergency medical issue, Parents might be required or requested to drive to Randle or Camp Cispus at personal expense to attend to their student. Be sure all medical information and contact information on the form on the reverse is current and accurate.
Student Conduct:	Camp Cispus is an official School Field Trip. Therefore, students are expected to abide by the Conduct Rules established by the School District and as outlined in the Student Handbook. In the event a student misbehaves or otherwise violates District Policy, Parents may be required to drive to Camp Cispus at personal expense to collect their student.

Camp Itinerary

Students will arrive at Cispus Wednesday, September 6, 2017 at approximately 11:30 AM. During the next three days they will participate in classes on such subjects as Building ICS Community, Health and Nutrition, Stress, etc. They will also participate in team-building activities, a challenge course, a Drug & Alcohol Awareness night (7-8th grade students only), and various group-oriented games. The classes are developed and taught by the juniors and seniors under the supervision of ICS Certificated Teachers and a district-approved psychologist.

- The sixth, seventh, and eighth graders take classes such as relationships, learning differences, and ICS crash courses on the social and academic aspects of school.
- There will be debrief and discussion time to conclude each day's learning.

The students return to ICS at approximately 3:30 pm on Friday, September 8th. Students will phone parents approximately 30-minutes prior to arrival and **parents must be on site promptly to pick up their student**. Every year, one or more buses arrive later than the others, so parent patience and responsiveness is requested.

Bring:

- Clothing for three days
 - *Note: Appropriate clothes and shoes for an outdoor environment and unpredictable weather. Some activities are outdoors—**rain or shine**.*
 - Long pants or jeans
 - Two or more pairs of shoes (**at least one with closed toes**) (*one pair may get wet*)
 - **Warm, water-repellant jacket (this is important for rain or shine activities)**
 - T-shirt, shorts, sweaters
 - Sleepwear
- Sleeping bag or bed linens/pillow
- Towels & Toiletries
 - Toothbrush and toothpaste
 - Shampoo
 - Comb or brush
 - Soap
 - Deodorant
- Water bottle labeled with student name
- Insect repellent
- Sunscreen
- Watch

Optional:

- Camera
- Flashlight (*with spare batteries*)
- Music player
- Books (*for down time*)
- Blankets

Phones: There are two pay phones on campus; there is **no cell phone** service. However, if you wish to bring a phone as an alarm clock or camera, you may.



International Community School Camp 2017

CAMPER INFO FORM

Get ready for Camp Cispus 2017! The curriculum has been designed for ICS, and will build upon the experiences of last year. The experience is customized for 6th-8th graders, and it includes school community education and classes on teenage issues taught with the help of a district approved psychologist.

Location	Cispus Learning Center 2142 Cispus Road. Randle, WA 98377 Phone: (360) 497-7131
Leaving	7:30 AM Wednesday, September 6, 2017
Returning	3:30 PM Friday, September 8, 2017
Cost	\$155 per camper
Parent Information Night	Please join us on Wednesday, August 30 th , at 6:00pm in the Lyceum for an overview of the camp experience and to meet the counselors.

THE FOLLOWING MUST BE IN TO ICS BY AUGUST 30, 2017

1. Camper Info Form, completed and signed by parent/guardian
2. Field Trip Consent Form, completed and signed by parent/guardian, and
3. \$155 check, made payable to *ICS ASB*. Please add your students name in the "Memo" line (bottom left of check)

Do Not Mail or bring in checks or payment until late August

Mail to: ICS Camp Information,

11133 N.E. 65th Street, Kirkland, WA 98033

Or drop in the box in the office

For further information, contact Kelsey Cummings at kelcummins@lwsd.org

For information regarding scholarships, please contact Margaret Kinney, Principal.



6th—8th Grade ICS Camp Cispus Information

<i>Student Name</i>	
<i>Grade Level during Cispus:</i>	

SUBMIT CAMP FORMS TO ICS BY AUGUST 30, 2017

4. This Camper Info Form, completed and signed by parent/guardian
5. Field Trip Consent Form, completed and signed by parent/guardian

T-Shirt Size: All students will get an awesome Camp T-Shirt! Please indicate a size:

T-Shirt Size	<input checked="" type="checkbox"/>
Adult Small	<input type="checkbox"/>
Adult Medium	<input type="checkbox"/>
Adult Large	<input type="checkbox"/>
Adult X-Large	<input type="checkbox"/>

Food Allergies/Restrictions: Please list food allergies or dietary restrictions.

Parents: For life-threatening concerns we can put you in touch with the kitchen staff at Camp Cispus to discuss the menu. Please note that Cispus is not able to accommodate a vegan diet. If your student is vegan, please plan on sending supplementary snacks with him/her. Vegetarian options will be available at every meal.

Other information: List any concerns (i.e. first time away, sleep disorder, etc.) about attending camp that we should know.

<i>Parent Signature</i>	<i>Date</i>



I hereby give my permission for _____ who attends _____ International Community School _____ to participate in a field trip to _____ Camp Cispus, 2142 Cispus Rd. Randle, WA _____ on 9/6-9/8, 2017 for the purpose of _____ Middle School Camp _____

Transportation for this activity will be provided by:
[X] District bus/vehicle
[] Other _____

As parent, or legal guardian, I authorize a qualified physician to examine the above-named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist, including a surgeon, as deemed necessary to insure proper care of any injury. I understand that every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

In the event it becomes necessary for Lake Washington School district staff-in-charge to obtain emergency care for your student, neither the staff-in-charge nor Lake Washington School District assumes financial liability for expenses incurred because of accident, injury, illness, and/or unforeseen circumstances.

Student address: _____

Student home phone: _____ Date of birth: _____

Describe any medical condition, including allergies that could impact the student's field trip experience:
[] None [] See below

On the line below, please print parent/guardian name, and home, work and/or cellular phone number:

In the event of an emergency (injury, illness and unforeseen incident), the following person must be notified in case the parent/guardian cannot be contacted:

Name: _____ Phone: _____

I have read the attached itinerary and understand that the school district will make every reasonable effort to provide a safe environment during the field trip. As the parent/guardian of the above named student I understand that there are inherent risks associated with participation in these activities including physical injury, and/or other consequences. I acknowledge that school rules apply on all field trips.

- I received a detailed itinerary [] yes [] no
I received a list of things to bring (if any) [] yes [] no

Signature of parent or guardian _____ Date _____