

INTERNATIONAL COMMUNITY SCHOOL: CAMP CISPUS

MIDDLE SCHOOL OVERNIGHT CAMP 2018

Where: The Cispus Learning Center
2142 Cispus Rd, Randle, WA 98377
(360) 497-7131

Who: Grades 6-8, + Junior and Senior Counselors/Planners

When: **September 5-7, 2018**

Cost: **\$125** –Includes housing, transportation, meals

- Make check's payable to ICS ASB. 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
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Transportation: Charter buses to Camp Cispus from ICS and back.

Accommodations: Students will be housed in cabins (with windows)

- Includes heat, windows, bunk beds, mattresses, showers, toilets, sinks, water, & electricity. Each cabin will have a parent/guardian chaperone on site all night.

Depart: Students arrive to ICS Sept. 5th, 7:00am-7:15am, Buses load at 7:30am.

- Late students will not attend or must have alternative transportation.

Itinerary: **Return: Depart Sept. 7th from Cispus @ 12:00pm, arrive ICS @ 3:00pm**
Parents will be called by their student approximately one 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/guardian patience and responsiveness is requested.

There is NO CELL SERVICE anywhere at Camp Cispus

Phones:

- There are two pay phones on campus with intermittent service, but parents/guardians & 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 @ kelcumplings@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.

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- It is critically important that Campers bring appropriate clothes, shoes and gear for an *overnight camping experience* in an *outdoor environment* with *unpredictable weather*. Outdoor activities will be conducted, RAIN OR SHINE.
 - Long pants or jeans, shirts, shorts, sweatshirt, jacket, hats
 - Clothing:*
 - Two or more pairs of shoes and socks (one pair may get wet)
 - *At least one must have closed toes for Field Games*
 - Water-repellant jacket, gloves, hat
 - Sleepwear
 - Camp Gear:*
 - Sleeping bag (*or bed linens & blankets*), pillow
 - Water bottle
 - Toiletries (*shampoo, conditioner, deodorant, etc.*) & Towel
 - Sunscreen, Insect Repellent
 - Flashlight (*w/ fresh batteries*)
 - Optional:*
 - Camera
 - Personal music player, charger
 - Book(s) to read during down time (*not text books*)
 - Running gear (*shoes, clothing*)
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Parent/Guardian Meeting: A 6th-8th grade Parent/Guardian Meeting will be held August 29, 2018 at 6:00pm in the ICS lyceum. A full description of camp will be given and all questions will be answered. Attendance is strongly recommended for anyone whose student has not attended camp before.

Medical Emergencies: The parent/guardian chaperone group will include a physician's assistant, and emergency hospital services are available in Randle. However, in the event of an emergency medical issue, parents/guardians 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 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. They are also required to follow our school dress code policies. In the event a student misbehaves or otherwise violates District Policy, parents/guardians may be required to drive to Camp Cispus at personal expense to collect their student.



ICS Camper Info Form

Student Name _____

Grade Level _____

T-Shirt Size: *All students will get an awesome camp t-shirt!* Please indicate your student's size.

T-Shirt Size	
Adult Small	√
Adult Medium	
Adult Large	
Adult X-Large	

Camp Choice Night

This year, middle school students will get to participate in activities during our new event Choice Night! Students will choose their **top five (1-2-3-4-5)** activities they are interested in and rank them in order from **1-5** below. Students are not guaranteed their choices, but we do try our best to place them in preferred activities. **DO NOT** mark all boxes, please only mark your top three choices.

<input type="checkbox"/> Most Best Contest	<input type="checkbox"/> Yoga	<input type="checkbox"/> A Quest through the Forest (Nature Walk)
<input type="checkbox"/> Tower Building	<input type="checkbox"/> Get to Know ICS	<input type="checkbox"/> Games
<input type="checkbox"/> Bard Sing-Along	<input type="checkbox"/> Medieval Banners	<input type="checkbox"/> This is Me - Build Your Own Puzzle

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

Parents/Guardians: 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.

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Parent Signature

Date



I hereby give my permission for _____
(name of student)
who attends International Community School
(school)
to participate in a field trip to Camp Cispus - Middle School Camp
(destination)
on Sept. 5-7, 2018 for the purpose of ICS Learning Activities
(date)

Transportation for this activity will be provided by:

- 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