

Westminster Woods

7th Grade Outdoor Education Trip
2/11/19-2/15/19

Why do we offer this trip?

- For the love of nature and Science
 - connection to the natural world
- Gaining personal strength (self-confidence)
 - pushing themselves physically (ex. ropes course)
 - make new connections/ friends
 - team building as a class (community)
- Making new friends
 - opening our minds and hearts to learn about and include others into our lives



Areas of Study:

- Redwood Forest Ecology
- Stream & Watershed Ecology
- Marine Science & Tidepooling
- Conservation & Restoration Ecology
- Challenge Course & Teambuilding



Sample Day

7:00am Rise and Shine!

8-9:30am Dining Hall Prep and Breakfast

9:30am - 4pm Morning programming may include Tidepooling/Marine Ecology at the beach or Redwood Ecology along our forested hiking trails. Lunch in the dining hall or a trail lunch provided by our kitchen. Afternoon program time might be spent learning about Stream Ecology and Salmon Restoration along Dutch Bill Creek, or engaged in Team Building/Character Development activities on our Challenge Course.

4-5pm Recreation Time -- students can enjoy time on our giant cargo net, awesome playground, playing Ga-Ga Ball, or swimming in our heated pool.

5-6:30pm Dining Hall prep and Dinner

6:30-7:30pm Teacher Time/Chaperone Free Time

7:30-9pm Evening Programming options include a Campfire Program along with other schools, a Night Ecology hike, or Watershed Ecology program in which students learn how to make a difference in their home watershed.

9pm Prep for Bed

9:30pm Lights Out!



Registration for the trip

What's in the packet?

- SCSD Field Trip form & WW form, seems similar, please fill out both
- Payment Information
- Behavior Contract
- Medical forms
- Packing List (please keep)

Packet goes home 01/11/19 in English class and return to English class by 01/18/19

Please note important deadlines and return as soon as possible! Extra Credit for packet, payment not required!

Leaving and Returning to TL

- Monday, Feb. 11 arrive at TL to check in by 7:45 a.m. near Room 19
- Friday, Feb. 15 busses arrive around 3:30 p.m. Check email updates about arrival at TL
- Arrival time is very flexible due to traffic, please keep this in mind when making travel plans for the following vacation week.
- If you need to pick up your child early from Westminster Woods, email Jill Nida.

Sick before camp

- Please do not send your child to camp sick or if they are sick the weekend before (fever or vomiting).
- Email Jill Nida and student can join later if parent can drive them to camp.
- New medications, bring the morning of our trip in a baggie labeled with your child's name and we will have additional copies of the medication form ready for you to fill out.

A week away from home

- Kids can become distressed emotionally
- Kids have gotten sick on the trip
- Injuries do sometimes occur

Your support is required:

- If we call you, we need you to come and pick up your child
- **NOTE: Watch for a call with a 707 area code**
- You need to be available all week, just in case your child needs to come home (don't go out of town)

A week away from home (continued)

Student behavior

- Sometimes a student will struggle with new responsibilities and expectations
 - New found freedom
 - Change of environment

Your support is required:

- Review and sign the behavior contract
- We may call you and ask you to have a conversation with your child to help them get back on track.

Student behavior (continued)

Sometimes students show us behaviors at school that if they occur at “the Woods” can create more serious issues. We will meet with those students as needed in advance of the trip.

Your support is required:

- If we call you, we may need you to come pick up your your child. Again area code of the phone we use is 707*

Bring & Don't bring

Please review the packing list!

- Weather will be cold and students spend the whole day outside in a redwood forest. Pack long pants even if your child never wears pants.
- Warm clothes (layers), sleeping items, and water bottle are key!
- Proper footwear and extra socks!
- Please support us, make sure your child **DOES NOT** bring their cell phone, gaming devices, or any additional food, candy, mints, or gum!

FAQs

- Communication with student while at WW - send a letter (see WW website for address) or email Jill Nida if you want to check in. Students can call home if they needed.
- Serious emergency at home while your child is away - email with specific directions will come out shortly before the trip
- Cabins have 6-9 students with a high school cabin leader
- Food and dietary restrictions - email jnida@scsdk8.org
- We are the only school at Westminster Woods
- Up for the challenge? Please let us know if you are interested in being a cabin leader.

For students not attending:

We are offering Day Adventure trips for students aren't attending Westminster Woods. These field trips will be during the school day and offer similar connecting to nature and making new friends opportunities.

Thank you for coming!

Questions?

<http://www.westminsterwoods.org/environmental-education/>

Or email questions to:

jnida@scsdk8.org