



“Girls in the Wood `11” Camp Elmwood

Parent/Student Information Package
Grade 6 – 11

What is Camp Elmwood?

Elmwood Middle and Senior School students and faculty will travel to Camp Kandalore, located in the Haliburton Highlands near Minden, Ontario for a three-day retreat in September. This group outing will enhance the already-strong sense of community at Elmwood, further develop leadership and mentoring skills and help integrate new students into the school.

Highlights include include swimming, canoeing, kayaking, rock climbing, low ropes, archery, learning a new skill like knitting, photography or line dancing, taking part in the House competition and preparing for the campfire performances.

Grade 12 students will act as counselors for the time at camp. They will have ample opportunity to further develop their creativity, teamwork and problem-solving skills. All of the girls will have many chances to find ways to work together, be it with their Student Leadership Groups (SLGs), amongst their classmates, or with other members of their Houses.

New friendships will be formed, exciting challenges met, and memories made. Camp Elmwood awaits!

Important Dates

Wednesday, September 7, 2011 – all forms due to SLG/HR (no faxed forms permitted). No exceptions.

Tuesday, September 13, 2011 – Grade 12 students depart Elmwood for Kandalore. Students must be at school at 7:30am.

Wednesday, September 14, 2011 – Grades 6-11 depart Elmwood for Camp Kandalore. Students must be at school at 7:30am.

Friday, September 16, 2011 – Grades 6-12 depart Camp Kandalore for Elmwood. Parents arrive for pickup at Elmwood at 4:30pm.

Preparing for Camp

Enclosed are the following forms:

- Overnight Consent Form
- Camper Behaviour Contract
- Cabin Grouping Form

Forms must be returned to SLG/HR on or before Wednesday, September 7, 2011. It is very important that these forms are returned on time. Information needs to be provided to Camp Kandalore in advance for them to prepare for our arrival. Faxed forms will not be permitted; original signatures are required.

Communicating with the group

There is a phone line for parents to contact students in emergency situations only. The emergency phone number is: (705) 489-2419 or the school cell phone number (613) 293-0412.

Students will not be allowed to bring cell phones to camp (please see packing list for items allowed at camp). Please be assured that students may call home at any time, but they must do so with permission and supervision from one of the Elmwood faculty.

Information about your Child

Please use the following forms to provide any information that will allow our staff and faculty to better support your daughter while she is at camp. All parents want to see their child have a positive camp experience. Having prior knowledge about a recent loss or major change in the family makes a tremendous difference in helping us to be sensitive to your child's need for patience, understanding and reassurance. The better we understand your child, the more positive will be the camp experience.

If there is anything we should know about your child, please do not hesitate to include a note with your forms.

Reluctant or First Time Campers

As students prepare themselves for camp, a few may experience a great deal of apprehension. Children's feelings are often complex, and may often represent other uncommunicated problems. Please don't panic if you hear the words, "I don't want to go!" or "I won't go!" With care and a positive exposure to camp, apprehension disappears quickly in most cases. Here are some tips on preparing apprehensive students for camp:

- 1) Talk about homesickness, how it's normal, and ways to cope.
- 2) Put the time they are spending there into perspective (2 nights).
- 3) Ensure that all their questions are answered and that they feel prepared.

Medications at Camp

All medications should be sent in their original containers with their original labels. Please pack all medications in a sealed container with appropriate instructions. Please bring medications to Mrs. Marchand our School Nurse/Counsellor by **Monday**,

September 12. If you have any questions, please contact Mrs. Marchand. Please do not bring any additional medication to camp.

Food Policy

A brown-bag lunch will be required for the bus ride to camp. This is the only food that will be permitted, please do not pack any other food for your time at camp. The reasons for this are listed below.

1. Nutrition – The camp provides nutritional and well-balanced meals. In addition to the desserts following lunch and dinner, campers will enjoy a variety of special snacks after the evening program.
2. Safety – Food in the cabins often leads to unwanted wildlife in or near cabins.
3. Food Allergies – We have a variety of food allergies within our student community. Bringing food from home into cabins is not
5. Water Bottles – Reusable water bottles are allowed, please do not bring bottled water.

Packing List

Please take some time to review this packing list. In order to support a collaborative and team building experience, we remind students not to bring any money, laptops, cell phones, iPods, iPads, or other electronic devices to camp. While we are at camp students should dress for outdoor recreational activities and should bring clothing appropriate for all types of weather. Clothing that can be layered is usually best at this time of year.

Clothing

- Shorts (2)
- Long pants (2)
- T-shirt (3)
- Sweatshirt (2)
- Socks (3)
- Underwear (4)
- Pyjamas (warm) (1)
- Jacket(1)
- Rainwear(1)
- Hat (1)
- Running shoes (1 pair)
- Towels (2)
- Bathing suit (1) (optional)

*Note: Temperatures at camp tend to be lower than in the city, particularly in the evening. Make sure you pack enough warm clothing. Quick dry clothing is encouraged and layering is recommended.

Toiletries

- Washcloth
- Toothbrush and paste

- Soap and Shampoo
- Hand towel

- Deodorant
- Sunscreen

Bedding

- Sleeping Bag
- Pillow and pillow case

Miscellaneous

- Small flashlight
- Insect repellent
- Camp fire instruments, songs and stories

Reminders:

- Please label all items with your name. All items should be packed in a backpack or duffle bag. Bedding can be rolled in a garbage bag and labelled. Please do not have any loose items.
- Items not on this list are not needed nor encouraged because of loss and breakage.
- Checking off each item above as it is packed will ensure that nothing is left behind.
- Shirts which reveal bare midriffs, or have spaghetti straps should not be worn at any time.
- Shorts should not be too short. Walking shorts are fine (mid thigh or lower); but short-shorts are not allowed.
- Bring house colour items for house events.

OVERNIGHT CONSENT FORM GRADES 6-11

**** In the case of shared custody, BOTH parents must sign this permission form ****

Date of Trip: Wed. Sept. 14-Fri. Sept.16

Departure: 7:30 am – Wednesday, September 14, 2011

Return: 4:30 pm – Friday, September 16, 2011

Destination: Camp Kandalore, Minden, Ontario.

By my signature below, I allow Elmwood School to bill my account \$ 250 for the cost of this trip. I understand that Elmwood School will incur fixed costs as a result of this commitment and accordingly there are no refunds in the event that my daughter is unable to participate.

MEDICAL INFORMATION and EMERGENCY CONTACT INFORMATION

Student: _____ Birth Date: _____
Month Day Year

Family Doctor: _____ Phone: _____

Medical Condition(s): _____

Medication(s): _____

Allergies: _____

Dietary requirements (vegetarian, vegan, etc.) _____

Ontario Health Card Number: _____

Emergency Contact: _____ Phone: _____

CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION

By my signature below, I give my daughter of SLG/Homeroom _____ permission to attend Camp Elwood at Camp Kandalore in Minden, Ontario.

I understand that all of Elmwood School's rules and policies (see Handbook) as well as any rules and directives established by those leading the trip remain in full force and effect for the duration of the trip.

By my signature below, I acknowledge and agree that I am solely responsible for any costs arising out of my daughter's breach of any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip and the resultant disciplinary actions, if any, whether occurring prior to or during the trip.

By my signature below, I further acknowledge and agree that in the event that my daughter breaches any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip while on the trip, Elmwood School may in its absolute discretion require that my daughter immediately return home and any expenses related to such a return (including without limitation travel, including travel of an adult to accompany my daughter, and any outstanding trip expenses) will be my sole responsibility.

RELEASE AND INDEMNITY

In consideration of my daughter being permitted to participate in Camp Elmwood ("the trip"), I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, agree as follows:

I acknowledge and accept that participation in the trip may expose my daughter to unspecified risks and hazards, which are inherent in such trips, including without limitation, the method of transportation for the trip, all of which I expressly and voluntarily assume.

Furthermore, I acknowledge and accept that my daughter will not be under the direct supervision and control of Elmwood School staff or other trip volunteers at all times during the trip. As such, I agree that the conduct of our daughter during unsupervised times and any consequences flowing from such conduct is solely the responsibility of my daughter.

By my signature below, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE Elmwood School Inc. and its respective officers, partners, agents, employees, servants, representatives, successors and assigns ("the Releasees") OF AND FROM any and all actions, causes of actions, complaints, demands and claims whatsoever in existence prior to on or after the date hereof whether in law or in equity, in respect of death, injury, loss or damage to my daughter's person or my person or property HOWSOEVER CAUSED, arising or to arise by reason of my daughter's participation in the activities contemplated herein except to the extent that same are directly caused by the gross negligence of Elmwood School Inc. or its respective officers, partners, agents, employees, servants, representatives, successors and assigns. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all the aforesaid from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to my daughter's participation in the activities contemplated herein.

By my signature below, I also agree and undertake not to make any claim or take any proceedings against the Releasees set out above, or any other person or corporation which might claim

contribution or indemnity under the provisions of any statute or otherwise from the Releasees set out above.

EMERGENCY MEDICAL CONSENT

In the event of an emergency, Elmwood School requires parental consent in order to consent to the medical treatment or surgery of the student. Elmwood School will use reasonable efforts to contact the parent(s) prior to consenting to medical treatment for the student and the parent(s) acknowledge and agree that the need for an immediate decision regarding medical treatment for the student may make such contact impossible.

Accordingly, I, by my signature below, hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to act in loco parentis and in that capacity to consent to medical treatment or surgery for the student based on the advice of the attending physician who considers immediate medical treatment or surgery to be a necessity.

In addition, by my signature below, I hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to seek and obtain any and all medical interventions that may be reasonably required to ensure the safety and well being of my daughter while on the trip.

I have read all of the foregoing carefully and by my signature agree to be bound by all aspects of the foregoing.

Parent Name: _____ Date: _____

Parent Signature: _____

Parent Name: _____ Date: _____

Parent Signature: _____

CAMP ELMWOOD BEHAVIOUR CONTRACT

Camper (Student) Name: _____ Grade: _____

Dear Elmwood Parents and Guardians,

While at Camp Elmwood, students shall follow the Elmwood School Code of Conduct. Please find below a more specific list of rules and expectations for our time at camp. It is essential that students understand how their behaviours affect others. We would like parents and guardians to understand these rules and expectations as well so that they can be part of the process. We hope that you will discuss them with your child before they leave for camp. It is our desire and responsibility to create and nurture an environment that promotes healthy and positive relationships between all the members of the Elmwood community. With your involvement, we know that we can be even more effective in creating a positive environment, which includes:

Respect for Others

- Respect and cooperation are important aspects of living and playing with others. I agree to be a positive influence on my classmates.
- Teachers and Grade 12 Elmwood Student Counsellors are our leaders and often they must make decisions that do not always meet with everyone’s approval. However, in order to lead effectively, I will respect them and their decisions. If I do disagree, I know I will be able to find a time and in an appropriate manner, discuss those decisions with them.
- For a cabin group to be successful I know that I must make every attempt to work with others. I will try my best to be social and interactive with kids in my cabin.
- Community living includes caring for one’s space. I will keep my area and myself clean. I will participate in daily clean up of the cabin. I will be responsible for my belongings and clothes at camp.
- Bullying, exclusion, and humiliation are destructive and hurtful behaviours. Communities that eliminate bullying most successfully are those where it is not tolerated by bystanders and those in authority.
- I will get help from my counsellor or teacher if I see or experience any bullying, exclusion, or humiliation at camp.

Respect for Camp and Camp Programs

- Camp is about making friends and meeting new people from my school. I will not bring with me a cell phone, an iPod or other electrical devices. I understand these items will be confiscated if brought on the trip.
- I will respect my surroundings by picking up trash and throwing away my own. I will demonstrate caution around the fire pit. I will respect the camp buildings and equipment.

Respect for Yourself

- If I feel sick I will tell my teacher.
- I will eat properly and drink lots of fluids. I will wash my hands often, especially before meals. I will wear a hat and apply sunscreen as necessary.

The “Non-negotiables”

- I understand that possession, participation in or being in the presence of anyone participating in the use of cigarettes, alcohol or drugs is strictly prohibited.

I have read, discussed and understood the expectations above with my family and will make every effort to enjoy a positive camp experience.

Student Signature

Parent Signature

CABIN GROUPING FORM

We feel that one of the greatest benefits of camping is the development of good social skills. When campers are supported by their parents and Elmwood faculty, camp can offer an opportunity for campers to learn how to be accepted as part of a group. Although we do not encourage grouping requests, we will consider them. Parents should be aware that there are a number of issues that affect our ability to accommodate these requests. It is for these reasons that we ask parents to consider the following carefully before influencing the grouping process:

- Being grouped with friends may sometimes create more anxieties than they alleviate.
- When requesting to be in a cabin with another student, both students must request the other.
- Cabin groups have a maximum size and as a result, we may have to limit the number of requests for any one group.
- When friendships interfere with the success of group relations, we will need to make appropriate changes.
- Of course, if at any time a camper has difficulty adjusting to camp or to the group, we will resolve any issues as quickly and effectively as possible.

We are thankful for the trust you have placed in us to do everything possible to assist your daughter in enjoying her camp experience.

Please write in the space below with whom your daughter would like to be partnered. Cabin groupings will be based by Grade.

Name of Student: _____ Grade: _____

Partner Requested: _____

Student Signature: _____

Parent Signature: _____

**Please return forms to your homeroom/SLG teacher or Ms. Gaebel in the main office by
Wednesday, September 7, 2011.**