



# Blanchet Catholic School

## Sixth Grade Outdoor School

Information Packet  
November 6-9, 2017





# Blanchet Catholic School Outdoor School

## Frequently Asked Questions

### Where and When is Outdoor School this year?

CYO Camp Howard, located in Mt. Hood National Forest. The address is 11010 SE Camp Howard Rd Corbett, OR 97019.

### Monday, November 6, 2017 – Leave for Camp

Our Outdoor School adventure begins at Blanchet Catholic School on Monday morning at 8:15. At that time, students will drop off their gear in the Lee Student Center and complete a supplies check-in. After all the gear is checked in, the group will take part in a prayer service and enjoy a continental breakfast. Parents are invited to attend these activities, which will last from 8:15 - 10:00. After breakfast, the parents will leave so the group can finish up some retreat activities and prepare for departure.

Students will load the bus at the conclusion of the morning group activities. The bus will stop for lunch at Sweet Tomatoes restaurant in Clackamas. There is no cost for lunch. The lunch options will include: pasta, pizza, salad, soup and dessert.

**Student items to bring to school on Monday, November 6:** A supply list is included. Students will move their own bags from the bus to the cabins at Camp Howard, even if they must make several trips to do so. Wheeled bags will NOT work on the paths at Camp Howard. Please pack with this in mind.

### Thursday, November 9, 2017 – Returning From Camp

Students are expected to be back at Blanchet Catholic School from Outdoor School by 3:00 PM.

**How much does it cost?** There is no additional cost for Outdoor School.

**What will the students be doing?** Students will complete curriculum enhancing activities. They will practice orienteering, take staff guided hikes through the forest, and participate in team-building activities. Evening campfires provide time for camp songs and skits, and a retreat helps students ponder their role as one of God's children charged with taking care of God's Creation. On any particular day, the schedule varies, but the following is a sample schedule:

8:00	Breakfast and clean up	12:15	Instructions/Prep	5:00	Cabin Time, Rest/Shower/BOB
8:45	Instructions/Prep	12:30	Break	6:30	Dinner
9:00	Classes or activities	12:45	Classes or Activities	7:15	Evening Activities: choice of activity
10:00	Snack/ Break	3:45	Snack/ Break	8:45	Campfire
11:30	Lunch	4:00	Guest presenter/Movie	10:00	Lights out

**May I visit, call, or text my child while the students are at camp?** Although student cell phones are not permitted, Blanchet staff will have their cell phones. Students will be allowed to contact a parent with a staff phone if it becomes necessary. Parents are asked to contact the school personnel only in cases of an emergency. Part of the experience is to spend time away from day-to-day distractions and bond as a class.

**Will I receive updates while my child is at camp?** Individual updates will not be provided unless there is an emergency or severe illness/injury. However, general updates about the group will be shared with parents electronically through email and posts on the Blanchet Catholic School Facebook and Instagram pages.

**What happens if my child becomes homesick or has extreme anxiety? May he/she call home?** Our staff is trained to be alert and watch for early signs of anxiety and will find a support person for the student. The staff plans a full activity schedule as a way to help prevent homesickness. Students with high anxiety or known to be homesick will be noted and carefully monitored by a specific staff member so the student will have a safety net should issues arise. If a situation arises where a child is struggling with homesickness we will work with them to alleviate their concerns and contact parents if necessary.



## Blanchet Catholic School Outdoor School

**What will the students need to bring?** Blanchet Catholic School has provided a supply list that has been posted online and is also included in this information packet. Please check the supply list very carefully and start collecting these items. Unless an item is listed as “optional” the student needs to bring the item with them to Camp Howard. If you are having a hard time procuring an item, please let Mrs. Armstrong know no later than November 1st.

**What if it rains or snows while they are at camp?** Blanchet Outdoor School is held in November and Camp Howard is about 1000 feet above sea level. The supply list contains items with the assumption that it is likely the students will encounter rain and/or snow, while they are outside for their daily lessons. However, the cabins and eating/gathering areas are heated so night time should be comfortable. Even if your items are “waterproof” please use a waterproofing spray to treat rain gear before Outdoor School. These products can be purchased for a few dollars at Fred Meyers, Target and similar stores.

**Are there heat and lights in the cabins?** Yes, all cabins have electric heaters and lights. There is also a night light in each cabin. However, if you are scared to sleep in a strange place, bring a few glow sticks to keep in your sleeping bag at night.

**How many students and adults per cabin?** Blanchet will have two large cabins - one girls’ cabin and one boys’ cabin. There will be two Blanchet adult chaperones per cabin. Each individual has their own bunk bed.

**Who are the counselors and what is their role?** In addition to Blanchet and Valley Catholic staff members, several Valley Catholic High School students will be acting as camp counselors. The high school students will help with activities such as the science rotations, skit preparation, and cabin activities.

**Can students take showers?** Students may choose to shower during the afternoon activity/rest time as well as in special cases per staff discretion. However, students will not be required to shower and may, in fact, go the entire four days without one unless a health concern arises (falling into a stagnant pond, for example).

**What are the showers like?** The showers are individual stalls with plastic curtain dividers between each stall. The dressing areas are open, but there is space to get dried and dressed within the stall itself – it will just be a bit wet. Also, the shower room is heated.

**Can I bring a hair dryer?** Electronic devices – such as hair dryers – are not allowed at Outdoor School. For this reason, we strongly suggest students do not wash their hair while at Outdoor School (a side bonus is that critters such as lice do not like dirty hair). If a student must wash it, know that it will be evening and likely cold. Ensure your child brings a hat so that wet heads are not exposed to the night air.

**What if I have food allergies?** *Only students with diagnosed food allergies may pack additional food. This includes snacks, candy, and chewing gum.* Students with food allergies should complete the food allergy section of the Health Form. If the student must pack his/her own special food, including snacks and drinks, it must be checked in like medication and will be stored in the dining hall. Students MAY NOT have extra food in the cabins.

Microwave ovens and a refrigerator are available for students with diagnosed food allergies. For those with non-life threatening allergies, the kitchen staff does its best to accommodate such allergies as Gluten and Dairy free options, as well as offering a vegetarian choice for each meal. However, the kitchen is not set up to be truly allergen free. In addition, we will provide snacks that may contain nuts.

**What if my child is a vegetarian?** Vegetarian options are provided at each meal. Being a vegetarian is not considered an allergy, so your child does not need to list this on the Health Form unless there is an allergy to meat/seafood products.

**What if my child is not feeling well while at Outdoor School?** There is a certified first aid person acting as the Outdoor School medic 24 hours a day. Depending on the situation, the Outdoor School medic will assess a child’s symptoms and make a recommendation for parents to come pick up their child or the medic will treat the child at camp. The first aid station will be



## Blanchet Catholic School Outdoor School

supplied with Advil, Tylenol, Benadryl, antibiotic ointment, anti-itch lotion, cough drops, iodine, etc. However, students will not be issued any of these without specific written permission. Please see the attached *Authorization for Administration of Over-the-Counter Medication* Form if you would like to grant permission for Outdoor School First Aid staff to administer over-the-counter medication to your child, as needed.

**What if I have an embarrassing situation?** Please mention any potential embarrassing situations on the Medical Form so we can preemptively try to minimize any anxiety or issues. We realize certain situations can be embarrassing for your child, such as having a *period, sleepwalking, or bedwetting*. With advance notice, we can help prevent this embarrassment. If there are any concerns that are not listed on the Medical Form, please put your concerns in a sealed note and then follow up with an email to Mrs. Armstrong or Mr. Weber so steps may be put into place to ensure the privacy for your student. Feel free to email or call to discuss these arrangements.

**What if I have more questions?**

Please contact Mrs. Armstrong at [gailarmstrong@blanchetcatholicschool.com](mailto:gailarmstrong@blanchetcatholicschool.com) or Mr. Bob Weber at [bobweber@blanchetcatholicschool.com](mailto:bobweber@blanchetcatholicschool.com) if you have further questions.



# Blanchet Catholic School Outdoor School

## Photos of Camp Howard

Thank you to Valley Catholic High School for the use of several of their photos as well as the information packet template.

### Meal Time

Food served cafeteria style. For some meals, such as build your own nachos, food is also served family style with a serving tray for the table.



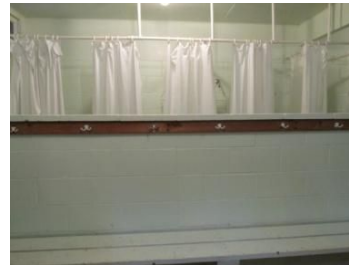
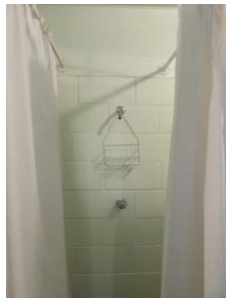
### Chores

Students are responsible for sweeping the dining hall. Students also are responsible for cabin and bathroom cleaning



### Bathroom/ Showers

The bath houses have individual shower stalls and are located in the cabin areas.



### Cabins

The girl and boy cabins are located at different ends of the camp. They are wooden structures with 25 built in bunk beds. There are heaters in each cabin.







# Blanchet Catholic School Outdoor School

## Announcements

There is an outside gathering area near the dining hall, but the dining hall is also used as a gathering space.



## Inside Classes

Depending on the activity, some classwork is completed inside the buildings.



## Outdoor Classes

Other activities use the outdoor facilities for the classes.



## Activity Time

Activity time can range from free time, to outdoor play, to group activities, and time around the campfire.



## It RAINS! Be prepared.

Please be sure to waterproof outdoorwear and shoes!





# Blanchet Catholic School Outdoor School

## Supply List

*All sixth grade students attend Outdoor School as part of the sixth grade curriculum. This is a list of supplies students will need while at Outdoor School. **Everything on this list is essential;** Nothing is optional unless indicated.*

### Required items:

- Sleeping bag and pillow
- 3 pairs of long pants
- 4 shirts, at least one long sleeved
- 2+ sweatshirts/sweaters
- 6 pairs of socks (heavy socks that cover the ankle strongly suggested)
- Waterproof Rain or Snow Boots
- Tennis/athletic shoes (We'll wear these)
- 6+ changes of underwear
- Pajamas (2 sets recommended)
- Toothbrush & paste, comb/brush, soap, deodorant (No cologne, perfume, body spray, hair products, makeup, etc.)
- Long underwear or tights
- 8+ sets of hand warmers
- Wide Brimmed Rain Hat
- Stocking cap/warm hat
- Mittens/gloves
- Reusable water bottle
- Heavy winter jacket (sprayed with rain repellent spray)
- Hand towel / washcloth (2 sets recommended)
- Bath towel
- Flashlight with new batteries
- Plastic trash bag for wet/dirty clothes
- **Rain Gear Treated w/Rain Repellant Spray\***

### Optional items:

- Winter/snow pants for warmth (sprayed with rain repellent spray)
- Stadium blanket/Throw for campfire (Water resistant on one side recommended)
- Facial soap/Acne wash/wipes
- Contact lens solution
- Moisturizer
- Flip flops/slides for showering
- Rubbing alcohol for pierced ears
- Thermacare heat wraps (for additional warmth)
- Hand sanitizer
- Watch
- One small comfort item
- Novel / book (not electronic)
- Lip balm
- Pack of moleskin
- Nail clippers/tweezers
- 3+ pocket sized Kleenex/facial tissues

### You will need to complete a medical form for the following items:

- Insect repellent
- Topical cortisone cream or anti itch cream
- Neosporin, A&D, other topical antiseptic
- Any medication or prescription food/diagnosed food allergies

**\* Raingear must cover you from head to toe!** This means: a hooded rain poncho and rain pants; lightweight, hooded rain jacket and rain pants; or outer, rain-repellent shell of warm, lined jacket (with hood) and rain pants. It is strongly recommended that you spray all outerwear (coats, pants, boots, sling bag) with water repellent spray.

**No extra food (unless prescribed by doctor, food should be checked in with staff), No knives, No electronics, No cell phones.**



# Blanchet Catholic School Outdoor School

## How to Pack Your Bags

Each student is allowed ONLY three bags. Students will move their own bags from the buses to the cabins, even if they must make several trips to do so. Wheeled bags will NOT work on the paths at Camp Howard. Please pack with this in mind. All items are to be delivered to the mid-high commons on Monday, November 6<sup>th</sup>. **CLEARLY LABEL EVERY BAG** and put the bedding in a waterproof sack (like a heavyweight garbage bag).

<b>Bag #1 – Main Bag (Student must be able to carry themselves)</b>	<b>Bag #2 – Bedding (Put in a waterproof bag such as a black garbage bag)</b>	<b>Bag # 3 – Bathroom (Sling bag or small backpack recommended)</b>	<b>To Wear Day of Departure</b>
3 pairs of long pants	Sleeping bag and pillow	No hair products, makeup, etc.	Heavy winter waterproof jacket
3 shirts (long sleeved suggested)	One small comfort item	Toothbrush & paste	Pants (not shorts)
1 or 2 sweatshirts/fleece	2 Bath/beach towels	Comb/brush	Sweatshirt/Fleece
4 pairs of socks (heavy socks that cover the ankle.	<b>Optional:</b>	Soap/Facial soap	Tee shirt (long sleeved recommended)
4 changes of underwear	Small fleece blanket (to use outside at camp fire for additional warmth)	Deodorant	Tennis/athletic shoes
Pajamas/ designated sleep clothing		Flip-flops or slides (for showering)	Socks (heavy socks that cover the ankle)
8+ sets of hand warmers		2 hand towels	
Rain or snow boots (waterproof)		2 washcloth	
Stocking cap/warm hat		Plastic (trash) bag for wet and dirty clothes	
Waterproof hat		Contact lens solution (if needed)	
Mittens/gloves		<b>Optional Items:</b>	
Flashlight with new batteries		Acne wash/wipes	
Full rain gear (pants, coat, hat, shoes)		Hand Lotion / Moisturizer	
Novel /book		Lip balm	
Reusable water bottle		Nail clippers/tweezers	
<b>Optional Items:</b>			
Winter/snow pants			
Thermacare heat wraps (for additional warmth)			





# Blanchet Catholic School Outdoor School

## Code of Conduct

Blanchet Catholic School's Outdoor School is designed to inspire exploration of the natural world, responsible stewardship of our habitat and dedication to community. Blanchet Catholic School handbook will act as the foundation for the code of conduct expected by Blanchet students while at Outdoor School. In addition, the following rules apply while at Outdoor School.

Any participant who violates the code of conduct for Blanchet or the Outdoor School program is subject to discipline, up to and including removal from the program.

**These rules must be followed at all times:**

### General

- Safety first. Unsafe behavior is prohibited. Listen and follow instructions.
- Respect your teachers, chaperones, fellow students, and the Camp Howard staff at all times.
- Keep your hands to yourself. Do not touch or push other students.
- Closed toed shoes must be worn at all times except for shower or other approved times.
- Appropriate clothing must be worn at all times. Staff and chaperones will help direct students in choosing appropriate clothing.
- Use the buddy system at all times. NEVER go to a location or stay at a location by yourself.
- Rude language, profanity, and bad comments are not allowed.
- Outdoor School is a Gossip Free Zone and gossip or mean spirited conversations will not be tolerated.
- Be a team player - get along with your classmates and accept all assigned partners or groups.
- Possession of gum or food in the cabin area is strictly prohibited.

### Outside time

- Stay on trails at all times.
- Unless specifically told to do so by a teacher or chaperone as part of an activity, do not touch leaves or plants, animals (alive or dead) or insects.
- Do not throw anything such as rocks, sticks, pinecones, etc.

### Meal Time

- Meals begin with a prayer. Wait for Mrs. Armstrong or another staff member to lead the group.
- When campers are dismissed to get food, campers must wait their turn.
- Campers should not comment on the camp food in a negative way while in front of the cooks - Do not criticize the food while in the food line or cafeteria area.
- Be grateful when you receive the meal: be polite and say "please" and thank you."
- Chew with your mouth closed, do not talk with food in your mouth, and use a napkin.

### Chores

- Each camper and cabin will be assigned cleaning duties including regular cleaning of the cabins, dining hall, and bathrooms.
- Campers are expected to do a complete and thorough job.
- Campers or cabins that do not complete chores will miss free choice opportunities.



# Blanchet Catholic School Outdoor School

## Showers and Bathroom

- Campers are expected to leave the sink, toilet, and shower stall better than they were prior to use.
- Campers must clean up after themselves. This includes cleaning leftover toothpaste from the sink, wiping down the extra water on a sink once finished, picking up your own strands of hair, etc.
- Hair dryers and other electric items are not allowed and will not be used while at Outdoor School.
- No camper may use the restroom alone. Someone must accompany the camper at all times but an adult may wait outside the restroom building.

## Cabins

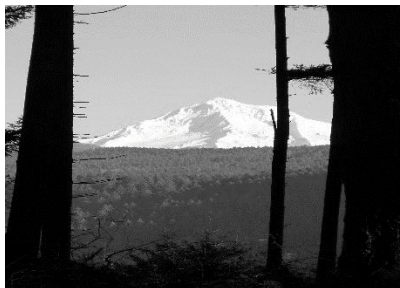
- Cabins are shared space. All personal items must be kept and stored on the camper's bunk and assigned area.
- Boots are to be left outside on the tarp so as to limit the mud in the cabin area.
- Cabins are to be swept at least once daily.
- Campers may not use the electrical plugs in the cabin without specific permission from the staff. (Electronics are not allowed so there should be no reason to need a plug.)

## Activity/Class Time

- Work hard to improve your knowledge.
- Campers must be on time for all activities.
- Listen, ask questions, and watch others to see how you can improve your knowledge.
- Campers must come prepared with the appropriate supplies.
- Campers need to give their attention to the leader.
- Campers must complete all assigned work when it is assigned (activities build on each other)
- Take turns with all the different jobs during the science rotations and group leadership time.

## More Serious Offenses

- The possession of alcohol, tobacco, and illegal substances at any time will result in immediate expulsion from the program.
- No weapons, knives, or sharp objects of any kind are permitted, including pocket knives. This also includes dangerous or unauthorized materials as determined by staff.
- Bullying or taking unfair advantage of any participant, staff member or volunteer will be subject to discipline, up to and including removal from the program.





## Blanchet Catholic School Outdoor School

# Permission Slip, Code of Conduct, Waiver of Liability and Indemnity Agreement *(Complete & Return)*

Student Name (Print): \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

My student, as listed above, will attend Blanchet Catholic School's Outdoor School at Camp Howard in Corbett, OR on November 6, 2017 through November 9, 2017.

I understand that there are elements of risk involved in taking children away from the school building and damages associated with participation in Outdoor School including lost or damage of personal property and bodily injury. The liability insurance carried by Blanchet Catholic School is intended to protect against negligence\*.

**Medical:** With respect to the powers vested in me regarding care, custody or property of that person, I hereby delegate to Blanchet Catholic School staff members or another official school representative the right to obtain emergency medical care. Further, I will solely be responsible for the payment of those services.

I, the undersigned, hereby certify that I am a parent or legal guardian of the student whose name appears on the top of this form. **I also acknowledge that I was informed of the details of this field trip and have read all the documents provided regarding Blanchet Catholic School's Outdoor School program, including the Information Packet, Code of Conduct, Authorization to Give Medication, OTC Medication, and Health Forms.**

Type or print the name of parent/guardian\*\*: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

I have also read and understand the Blanchet Catholic School's Outdoor School Information Packet, the Code of Conduct, and materials provided in class prior and will hereby abide by the rules as set forth by the staff at Outdoor School.

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

**Any participant who violates the code of conduct for Blanchet or the Outdoor School program is subject to discipline, up to and including removal from the program. Parent or guardians maybe asked to drive to the Camp Howard and get you immediately if you do not follow the rules.**

\*Please Note: Oregon Court decisions have not held schools liable for accidental injury when they are engaged in performance of an educational function.

\*\*ORS 109.056 allows a parent or guardian to delegate, for a period not exceeding 6 months, any powers of the parent or guardian regarding care, custody or property of a minor child or ward, except the power to consent to the marriage or adoption of a minor ward. This length of time may be extended to a period not exceeding 12 months if the delegation of power is made to a school administrator. Such a delegation may consist of a period not exceeding the term of active duty service plus 30 days when the parent or guardian is a member of the organized militia of the State of Oregon or any other reserve component of the United State Armed Forces who is required to enter and serve in the active military service of the United States under a call or order by the President of the United States. In this case, if the minor child is living with the child's other parent, the delegation must be made to the parent with whom the child is living unless the court finds that such a delegation would not be in the child's best interests. If the delegation is to be effective for a single date only, insert that date in both spaces provided.

**Please complete and return to Blanchet Catholic School.**



# Blanchet Catholic School Outdoor School

## Authorization to Give Medication at Outdoor School

(Use for Students if Applicable)

Student Name (Print) : \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

I authorize Blanchet Catholic School employees to assist my child in taking medication at Outdoor School. I understand that:

- This parent/guardian-signed form constitutes Blanchet Catholic School's required written permission for the administration of **all medications, prescription or non-prescription.**
- Medications must be in the original labeled container (pharmacists are usually happy to provide two labeled bottles for this purpose). **Medications sent in unlabeled containers will not be administered.**
- All medications will be kept with Blanchet Catholic School employee. Students may not keep medication (prescription or nonprescription) in their personal belongings.
- Unless it's an emergency situation, or my child has written permission on file to self-medicate (e.g. the use of an inhaler), **all medications will be administered only in the presence of a Blanchet school staff member.**
- If my child refuses to take the medication, the Blanchet staff member will not force him/her to do so.

NAME OF MEDICATION: \_\_\_\_\_

TYPE OF MEDICATION (please circle): Non-Prescription Prescription IF PRESCRIPTION, Rx #: \_\_\_\_\_

If this is an inhalant, do you give permission for your child to carry the inhaler on their person and to self-administer when necessary (please circle)? Yes No

DOSAGE \_\_\_\_\_ BY (please circle): Mouth Ear Eye Nose Skin Inhalation

TIME(S) TO BE GIVEN \_\_\_\_\_ DURATION: Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

REASON FOR MEDICATION: \_\_\_\_\_

POSSIBLE SIDE EFFECTS, IF ANY: \_\_\_\_\_

PHYSICIAN'S NAME (please print): \_\_\_\_\_ PHYSICIAN'S NUMBER: \_\_\_\_\_

I hereby release, discharge and further agree to indemnify, hold harmless, or reimburse Blanchet Catholic School and their directors, officers, employees, agents and volunteers from any and all claims, actions, suits, losses, costs, expenses and liability in case of accident or any other mishap in administering such medication or because of side effects, illness or any other injury which might occur to my child through administering such medication.

Parent's/Legal Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

*This authorization applies only to the medication listed above and only for this school year. This also authorizes the exchange of information, if necessary, between appropriate school personnel and/or my child's licensed health care provider.*

**Medicines with the medication permission/instruction forms must be turned in to the office November 1, 2017.**

Prescription and over-the-counter items must be in original containers, clearly marked with:

- Child's name
- Name of drug
- Dosage/frequency/times
- Teachers will not administer medications that are not in original containers or not accompanied by permission/instruction forms. Medications must be ready to dispense i.e. half-tablet doses pre-cut, dosage spoons to accompany liquids, etc.
- *Children may not keep their medications in their overnight bags or backpacks.* This is for the protection of other students as well as your child.

Please complete and return to Blanchet if applicable.



## Blanchet Catholic School Outdoor School

### Authorization to Give Over-the-Counter Supplies

*(Complete & return)*

For the relief of minor health problems that might temporarily affect your child's comfort while at Outdoor School, the first aid staff maintains a small supply of common over-the-counter medications at the site. Your personal physician does not need to sign for the medications listed below. **Do not send these medications with your student.** If needed, our stock supply will be used. The Student Medical Form is checked for allergies before any medication is given.

**If you want your child to receive over-the-counter medication, if needed, and at the discretion of the Outdoor School first aid staff, YOU MUST SIGN BELOW.** *(We do not stock chewable or liquid pain relievers.)*

Medications available for the Outdoor School First Aid staff to use for your child are (Check all that apply):

- |  |  |
|--|--|
| <input type="checkbox"/> Lotion/cream for chapped skin (Eucerin)   | <input type="checkbox"/> Tums , antacids                                     |
| <input type="checkbox"/> Soap for poison oak/ivy (Tecnu)   | <input type="checkbox"/> Non-aspirin pain/fever relievers (Tylenol or Advil) |
| <input type="checkbox"/> Cream for itching/Insect bites (Hydrocortisone, Benadryl, Calamine or Caladryl lotion, After Bite, Ammonia) | <input type="checkbox"/> Antihistamines (Benadryl, Chlor-Trimeton)           |
| <input type="checkbox"/> For burns/sunburn (Aloe Vera gel, Second Skin Burn Gel)   | <input type="checkbox"/> Throat lozenges (Cepacol)                           |
| <input type="checkbox"/> Vaseline  | <input type="checkbox"/> Cough syrup (Robitussin-DM)                         |
| <input type="checkbox"/> Antibiotic Cream/Ointment   | <input type="checkbox"/> Cough drops   |
| <input type="checkbox"/> Sunscreen   | <input type="checkbox"/> Iodine wash   |
| <input type="checkbox"/> Insect repellant  | <input type="checkbox"/> Alcohol Wipes                                       |

**NOTE:** Brand names have been listed but their generic equivalent or the same medication of a different brand may be substituted.

**Student Name (Print) :** \_\_\_\_\_ **Birth Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

I authorize the Outdoor School First Aid Staff to administer over-the-counter medication (limited to those on list), as needed, to my child while at Outdoor School.

Parent /Guardian Signature\*: \_\_\_\_\_ Date \_\_\_\_\_

**\*A parent's signature must be included if your child needs any of the above medications while at Outdoor School.**

**Please complete and return to Blanchet.**





# Blanchet Catholic School Outdoor School

## Health Form – Food Allergies

(Complete & return)

***If your child does not have a food allergy/severe food allergy please indicate NO ALLERGY and return the form signed and dated.***

To ensure the safety of your student while at Outdoor School, please complete the following Food Allergy/Severe Food Allergy Information.

“Severe food allergy” means a dangerous or life-threatening reaction of the human body to a food-borne allergen introduced by inhalation, ingestion, or skin contact that requires immediate medical attention.

Please list any food to which your student is diagnosed as allergic or severely allergic, as well as the nature of your child’s allergic reaction to the food.

Student Name (Print) : \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_ My student does not have any allergies. OR

\_\_\_\_ My student has an allergy to (Check all that apply):

\_\_\_\_ Peanut

\_\_\_\_ Egg

\_\_\_\_ Gluten

\_\_\_\_ Tree Nut

\_\_\_\_ Dairy/Milk

\_\_\_\_ Other (please list)

Therefore (Check one):

\_\_\_\_ If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten. **I have supplied an epi-pen to the school and completed the Authorization to Give Medication Form.**

\_\_\_\_ If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted. **I have supplied an epi-pen to the school and completed the Authorization to give medication form.**

\_\_\_\_ Other: Please explain in detail:

**Who diagnosed the allergy? PHYSICIAN’S NAME** (please print): \_\_\_\_\_

**Parent’s/Legal Guardian’s Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Please complete and return to Blanchet.**



## Blanchet Catholic School Outdoor School

### Outdoor School Checklist

**The following forms are due by November 1, 2017.**

**Required for all students - these forms are required to be returned to Blanchet:**

- Sixth Grade Outdoor School Release, Code of Conduct, Waiver of Liability and Indemnity Agreement
- Authorization to give Over-the-Counter Supplies
- Health Form – Food Allergies

**Required for those who will be taking prescription medication while at Outdoor School:**

- Authorization to Give Medication at Outdoor School (**if applicable**)
- **Prescription Medication** - (If needed – Meds not at school for a normal school day)

**Student items to bring to school on Monday, November 6, 2017.**

All items are to be delivered to the **Lee Student Center** between 7:50 and 8:20 AM. Camp Howard's elevation is 1000 feet so it is possible we could have a light dusting of snow. Warm clothing and raingear is essential. Students are allowed to bring **ONLY THREE BAGS**. Please plan accordingly. All items must be labeled with student's name. All items must be labeled with student's name – including shoes and the outside of the bags. The students will need to bring their bags from the bus to the cabins. Students will move their own bags, even if they must make several trips to do so. Bags with wheels will **NOT** work at Camp Howard.

**Bring These Items to the mid-high commons Monday morning:**

- ✓ Bag # 1 – Bedding (in a bag labeled with student's name – a garbage bag works well)
- ✓ Bag # 2 – Clothing and Personal Items (bag labeled with student's name)
- ✓ Bag # 3 – Sling bag with toiletries (again, bag labeled with student's name)
- ✓ Prescription Medication or prescription food for those with diagnosed food allergies

**Wear to school on Monday:** Dress in layers: long pants (no shorts), athletic shoes, warm socks, **heavy winter jacket**.