

***Please return the last two pages of this packet to the Parent Information meeting on 9/17 or earlier to the Chippewa back office.**



Chippewa Middle School

Parent Information Packet

October 7-9, 2019 - Boy's Trip

October 9-11, 2019 - Girl's Trip

Parent Information Meeting 5:45 p.m. Sept. 17

Chippewa auditorium BEFORE PIN night

Laurentian Environmental Center

8950 Peppard Rd

Britt, MN 55710

Toll Free Number 1-888-749-1288

Phone-long distance 1-218-749-1288

FAX 1-218-749-2750

Laurentian Environmental Center (LEC)

The Laurentian Environmental Center (LEC) is a public residential facility that combines environmental education, leadership training, and outdoor recreation programs. LEC is owned and operated by the Mounds View School District. Since opening its doors in 1978, LEC has served thousands of students from around the state of Minnesota.

The facility is located approximately 200 miles north of the Twin Cities, in Britt MN, on the shores of Arrowhead Lake. The city of Virginia is 15 miles away.

Educational Purpose

This program focuses on skill development in leadership, team-building, interpersonal skills and problem-solving, using nature as the context for learning. Students acquire skills that focus on process and learn successful outcomes are products of applied process skills. It's good to have an end to journey toward, but it's the journey that matters in the end.

The Laurentian experience is an intensive and engaging outdoor experience designed to challenge each participant to recognize individual abilities, to appreciate his/her importance in team activities, learn more about nature around them, and to learn decision-making processes.

Participants in this program become responsible for learning. They accept and meet challenges, and grow from new experiences. They become responsible for their own behavior, well-being, and at times, support.

General Trip Information

When: **Boy's Trip** - October 7-9 **Girl's Trip** - October 9-11

- Students should **arrive promptly at 6:45 am**. Buses will leave Chippewa at 7:30 am.
- We should arrive home with students around 4:30 pm. Students will need to be picked up by a parent at 4:30 pm at Chippewa.

Cost: The total cost of the trip is **\$75.00**

This total includes the following items:

- LEC (lodging, meals, equipment, program support) & Activity expenses

Health Forms: Any changes need to be noted. This includes, but is not limited to, insurance, medical conditions, and medications. This must be done before a student will be allowed to board a bus – **no exceptions!**

Medication: For each prescription or over-the-counter medication (this includes the dispensing of Tylenol) that is to accompany a student, a parent must supply both of the following:

1. A written permission form signed by the parent, giving a trained professional permission to administer medications to the student.
2. Specific and clear directions on administration of the medication. **All medications must be in original containers and placed in a clear Ziplock bag with name of the student written in permanent, indelible ink on the outside of bag and turned into the school office prior to Wednesday, September 25.**

Student Behavior: The chaperones attending this year's LEC trip hope it will be a memorable learning experience for all students. In order for this to happen, it will require a high degree of cooperation and responsibility on the part of all students. Any student who endangers another student, or seriously infringes on the rights of another student, will be asked to return home. ***Parents will be called to provide transportation home from Laurentian.***

Dietary Issues: Special dietary requests cannot be guaranteed during the LEC trip, but every reasonable effort will be made to accommodate the particular dietary needs of students, if sufficient notice is given by a parent.

Health and Safety: In case of an emergency, the naturalists at the camp have first-aid training. There is a hospital located in Virginia, MN and ambulance service is provided directly to the camp.

Please Write!!

Write a letter to your child. Mail call is always fun at LEC and letters are delivered at mealtime. **Mail your letter the Friday BEFORE we leave in order to be sure it will arrive while we are at camp. You can also drop it off at the parent information night as well!** Due to limited phone lines, students will only be allowed to call home in emergency situations. Students are asked not to bring cell phones.

Laurentian Environmental Center
8950 Peppard Rd.
Britt, MN 55710

2019 LEC Schedule for Chippewa Boys

	Monday, October 7	Tuesday, October 8	Wednesday, October 9
	Students at CH- 6:45 Depart from CH - 7:30	KP 7:45 Breakfast - 8:00	KP 7:45 Breakfast - 8:00
Morning Activity 9:00-11:30	<ul style="list-style-type: none"> 10:00 arrive Duluth Lift bridge, Canal Park 	<i>Classroom: Teamwork talk</i> <ul style="list-style-type: none"> navigation skills/tools staying together consensus models team work 10:30 - Create meal & depart 11:00 -ropes/ challenge course	<i>Classroom: Teamwork debrief</i> 10:00- Recreation time 11:00- Lodge- cabin cleaning instructions 11:30- Pack & clean cabins
Lunch	Lunch in Canal Park	Lunch in woods tinfoil meal & bannock	KP- 12:00 Lunch- 12:15
Afternoon Activity 1:00-5:00	12:30 explore Gooseberry Falls 1:30- continue bus ride to LEC 3:30- arrive, unpack, rec. time	1:00- ropes/ challenge course Team building	Students depart LEC - 1:00 Arrive at CH - 4:00 - 4:30
Dinner	KP - 5:15 (adults) Dinner - 5:30	KP - 5:15 Dinner - 5:30	
Evening Activity 7:00-9:30	7:00- Lodge <ul style="list-style-type: none"> STEAM Team building Movie & Snack 	7:00 - Lodge <ul style="list-style-type: none"> Activity & Snack 	
Night	Lights out @ 10:00	Lights out @ 10:00	

2019 LEC Schedule for Chippewa Girls

	Wednesday, October 9	Thursday, October 10	Friday, October 11
Breakfast	Students at CH- 6:45 Depart from CH - 7:30	Breakfast - 8:00 KP 7:45	Breakfast - 8:00 KP 7:45
Morning Activity 9:00-11:30	Arrive LEC @ 11:00 Settle into cabins until 11:45 Chaperone meeting @ 11:30 <ul style="list-style-type: none"> Objectives Duties/responsibilities 	<i>Classroom: Trek talk</i> <ul style="list-style-type: none"> navigation skills/tools staying together consensus models team work Create meal & depart 10:45	<ul style="list-style-type: none"> Girls depart LEC - 8:30 Gooseberry Falls 10:30-12:00
Lunch	Lunch @ 12:00 Adults do KP	Lunch during trek tinfoil meal & bannock	<ul style="list-style-type: none"> Lunch @ Gooseberry
Afternoon Activity 1:00-5:00	12:30 Orientation by LEC staff 1:30 Classroom <ul style="list-style-type: none"> 12 Habits of Mind Get to know you activities Survival triangle 	1:00 - Trek continued	<ul style="list-style-type: none"> Canal Park 12:30-2:00
Dinner	Dinner under the stars	Dinner - 5:30 KP - 5:15	
Evening Activity 7:00-9:30	Return by 8:00 Lodge games until 9:30 Snack	<ul style="list-style-type: none"> 6:30 cabin cleaning instructions 6:45 pack & clean cabins 7:45 movie/snack 	<ul style="list-style-type: none"> Arrive at CH - 4:30
Night	Lights out @ 10:00	Lights out @ 10:00	

LEC Packing List

<ul style="list-style-type: none">● 6 pairs of socks● Underwear for 4 days● 3 pair of jeans/pants● Shirts for 4 days● Pajamas● Winter Jacket● Winter Hat/Gloves● Jacket/Sweater/Vest or combination● Rain gear/poncho● Hat/Baseball cap	<ul style="list-style-type: none">● Sleeping Bag & Pillow (in waterproof bag or garbage bag, clearly labeled)● Toothbrush & Toothpaste● Towel & Toiletries● Small day backpack● Flashlight● Water Bottle● Watch● Reading material● 2-3 pairs of shoes
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Tips!

- Pack personal gear in a durable suitcase or duffel bag.
- TAG YOUR BAG... INSIDE & OUT... with student name!
- Your suitcase & bag will not be accessible during the bus ride.
- Bring a small backpack with reading material, travel games, a sweatshirt or jacket, etc. for the bus trip.
- Do not bring any snacks. Snacks are provided before bedtime and water is available throughout the day.
- Snacks (gum, pop, etc.) are not allowed in the cabins.
- All electronics including: iPods, headsets, gaming devices, and cell phones are discouraged. We cannot guarantee security and the reception up there is very poor.
- Hair dryers and curling/straightening irons are not allowed.
- Shower facilities are in each cabin. Students must bring toiletry items and towels, etc.
- Laurentian gear is available in the LEC store. Items can be viewed on the LEC website. Through the website you can pre-order items and pay with a card or send a check payable to Laurentian with your student.

Student Guidelines

All students are asked to keep *Safety* in mind while at LEC.

SAFETY

LEC is located in a wilderness setting. Keeping the word safety in mind with everything you do, will ensure that you have an enjoyable experience. Areas of special concern for safety include: waterfront, the woods surrounding the facility, and the rocky trails. Enjoy your time at LEC, but do so safely. Personal safety includes dressing appropriately for the weather, so as to maintain warmth and comfort.

All participants are asked to adhere to the following:

- Students are asked to refrain from chewing gum or eating candy while at LEC.
- This is a time to experience life without modern conveniences such as electronic devices.

Please leave them at home.

- Have an open mind and try new things and be challenged to reach new heights.
- Free time is limited to that which is allowable in the schedule.
- Dress for the weather. All activities have an outdoor component regardless of the weather.

Check the Packing List!!!

Cabin Buddy Request

You may indicate up to two individuals you would like to be in your cabin. This DOES NOT guarantee that they will be in your cabin but all requests will be taken into consideration!

Buddy ONE: _____ Buddy TWO: _____

Dietary Requests (optional)

Please fill out the following document **ONLY** if your child has a **dietary restriction**. Special dietary requests cannot be guaranteed during the LEC trip, but every reasonable effort will be made to accommodate particular dietary needs of students if sufficient notice is given by a parent/guardian.

****You may have already done this on a Google Form then there is NO need to submit an additional copy!!!****

(Check all that apply.)

Vegan

Gluten-free

Vegetarian

Egg

Lactose

Tree nuts

Peanuts

Shellfish

Other → Please describe here _____



**HEALTH AND MEDICAL RELEASE FORM
LAURENTIAN AND OTHER EXTENDED DAY/OVERNIGHT FIELD TRIPS**

Student Name _____ Birth Date _____
Home Address _____
Parent/Guardian _____
Home Phone _____ Business Phone _____ Cell _____
Parent/Guardian _____
Home Phone _____ Business Phone _____ Cell _____

If unable to contact parent in an emergency, contact:

Name _____ Phone _____
Name _____ Phone _____

STUDENT HEALTH INFORMATION

Health Care Provider _____ Phone _____
Health Insurance Carrier _____ Policy No. _____
Does your child have allergic reactions to plants, insects, food, medication? No _____ Yes _____
Describe: _____
Does your child have an Epi-pen to treat a severe allergic reaction? No _____ Yes _____

Are there any health problems that make it inadvisable for your child to participate in physical activities while on the extended day/overnight activity? No _____ Yes _____

Describe: _____

Date of most recent Diphtheria/Tetanus (Pertussis) immunization: _____

MEDICATION

Is the student taking medication at present? No _____ Yes _____

Prescription medication/s:

The Medication Authorization Form (on reverse side) must be completed and signed by a licensed health care provider for any prescription medication administered. Medication authorizations already on file may need to be amended to cover times of administration outside the normal school day.

Non-prescription (over-the-counter) medication:

I give my permission for my child to receive the following over-the-counter medication(s). I will send medication in its original container labeled with my child's name. **No medication will be administered to a student unless it has been provided by the parent.**

Medication Name _____ Reason _____
How much _____ When _____

Medication Name _____ Reason _____
How much _____ When _____

EMERGENCY CARE

If a serious emergency occurs, it might be necessary for a physician to attend to your child before the staff can get in touch with you. This care can be provided only if you sign the authorization below. Either the authorization or a signed statement listing the reasons for not allowing it should accompany this health form.

I hereby authorize the official representative of my child's school, or the person in charge at the extended day facility, to provide medical or surgical care for _____ while he/she is in attendance at the extended day activity.

Signed _____ Date _____

Authorization for Administration of Medication at School



Name of Student: _____ Birthdate: ____/____/____

School: _____ School Year: _____ Grade: _____

Medical Condition	Medication	Strength	Dose	Time	Route	Possible Side Effects
1						
2						
3						
4						

Other Considerations/Directions: _____

Start Date: _____ Stop Date: _____

(All authorizations expire at the end of the school year.)

- Student is knowledgeable about the medication and how to administer it.
- Student may carry and self-administer the medication. **(Not applicable for controlled substances.)**

Print or Type Name of Physician/Licensed Prescriber

Physician's/Licensed Prescriber's Signature

Clinic Address

() _____
Phone Number Date

() _____
Fax Number

Parent/Guardian Authorization

1. I request that the above medication(s) be given during school hours as ordered by this student's physician/licensed prescriber. I also request the medication(s) be given on field trips, as prescribed.
 2. I release school personnel from liability in the event adverse reactions result from taking the medication(s).
 3. I will notify the school of any change in the medication(s), (ex: dosage change, medication is discontinued, etc.)
 4. I give permission for the school nurse to communicate with the student's teachers about the action and side effects of this medication(s).
 5. I give permission for the school nurse to consult with the above named student's physician/licensed prescriber regarding any questions that arise with regard to the listed medication(s) or medical condition(s) being treated by the medication(s).
 6. I give permission for the medication(s) to be given by designated personnel as delegated by the school nurse.
- My son/daughter may carry and self-administer his/her medication. **(Not applicable for controlled substances.)**

Date

Parent/Guardian Signature

Relationship to Student

NOTE: Medication is to be supplied in the original/prescription bottle/container.

Behavior Contract

Students are asked to keep two key words in mind at LEC:

RESPECT

The facility - With over 7,000 visitors each year, LEC asks everyone to take care of the facility (cabins, equipment, etc.) so it can be used by others throughout the year. Any damage to the property will be charged to the individual responsible.

People - Everyone participating in an LEC program deserves respect. This includes teachers, naturalists, adult chaperones and fellow students. Keep this in mind and you are certain to have a wonderful time.

The environment - Most of your time at LEC is spent outdoors learning and having fun. Demonstrating respect for the environment includes: not littering, staying on the trails, conserving energy and resources, giving animals space, and much more that will be learned during your visit.

SAFETY

LEC is located in a wilderness setting. Dress appropriately to maintain warmth, dryness, comfort and safety. Keeping the word safety in mind with everything you do will make sure that you have an enjoyable experience. Areas of special concern for safety are: the waterfront, the woods surrounding the facilities, and rocky trails. Enjoy your time at LEC, but do so safely.

THREE STRIKES AND YOU ARE OUT!

If you fail to follow the above guidelines regarding respect and safety the following plan is immediately enforced by LEC and your school/organization staff.

First Offense - you will be warned that your behavior is unacceptable and must change.

Second Offense - will result in a phone call home to explain to your parents that you have been warned and this is your second offense.

Third Offense - your parents will have to come to LEC to pick you up and take you home. I understand the above contract and agree to abide to the guidelines and the "three strikes and you are out!" consequences.

Student signature: _____

Parent or Guardian signature: _____

Date: _____

INFORMED CONSENT

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_____ has my consent to participate in a residential environmental learning experience to the the Laurentian Environmental Center (LEC) located in Britt, MN – 15 miles north of Virginia, Minnesota. I understand the arrangements and believe that the necessary precautions and plans for the care and supervision of the students during the trip will be taken. Beyond this, I will not hold the school or those supervising the trip responsible. I give the personnel at the Laurentian Environmental Center and/or the group leaders permission to transport my child for education or emergency purposes. I also give permission for any photographs/video taken during the trip to be used for promoting or advertising LEC programs.

I am aware that during this program or trip to Laurentian Environmental Center certain risks are inherent. I am also aware that particular outdoor education programs for which my child might be registered may be conducted in difficult to reach areas of the LEC site.

In consideration of the above conditions, I assume these risks and release LEC, Independent School District 621, and the staff from demands.

Signature:

Parent or guardian if under age 18

Signature:

Student/Participant

Date:_____