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|  | Week Without Walls Permission FormCAMP WAHANOWINGrades 7, 8, 9, 10 | September 10 – 13, 2019 |

Dear Parents/Guardians:

This exciting trip at Camp Wahanowin, near Orillia, Ontario, will give students an opportunity to learn curriculum content, and get to know their peers and teachers in a fun and informal setting. Students will participate in a range of waterfront and land activities, such as canoeing, mountain biking, high ropes, arts & crafts, archery and trapeze! Students will stay in cabins with electricity and heat. The camp will provide all meals, and accommodate common dietary requests.

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| Activity: | *Week Without Walls outdoor education sleepover at CAMP WAHANOWIN* |
| Date & Time: | ***Tuesday, Sept 10, 9:00 am to Friday, Sept 13th, 2:30 pm EARLY DISMISSAL, all students from Grades 7-10 will be dismissed when the bus returns to Linden.*** |
| Place: | *Camp Wahanowin, 6726 Rama Rd, Longford Mills, ON* |
| Supervised by: | *7-8 Linden teachers (Contact staff are: Deidre,* *deidre@lindenschool.ca* *and Ellen, ellen@lindenschool.ca)* |
| Transportation: | *Students will meet at Linden at 8:30am, and we will take coach buses to Camp* |
| Cost: | We are pleased to tell you that with your new activity fee, you have already covered the cost ($405) of the camp. |
| Food: | *All meals will be provided. Students are encouraged to bring a snack for the Tuesday morning bus ride.* ***No outside food is permitted once at camp (snacks, etc.).*** |
| What to bring: | *See attached camp packing list* |

**Please sign and return this form, and the attached Student Health Form, and give to Deidre, by Friday, September 6, 2019.**

A condition for participation in a trip sponsored by The Linden School is that the student agrees to act as a responsible representative of the school at all times. Students are expected to work and behave cooperatively. Remember that part of the school’s mission is to create an environment where young women can voice their opinions appropriately, and without feeling threatened. It is essential that you cooperate and listen to each other. **By signing below, you agree to the following:**

* I have read the expectations for students for participation in field trips.
* In the spirit of The Linden School mission, I agree to work cooperatively during the field trip.

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| **Student Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_I give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*print student name*) permission to participate in the Camp Wahanowin Week Without Walls trip.**Parent/Guardian Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_ | Signature of Principal |

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|  | Linden Camp WahanowinStudent Health Form  |

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**Please return to Deidre, by Friday, September 6, 2019.***During your child’s visit, it is important that we have the following information available.*

*To avoid misplacing your child’s health card, please do not send it up to camp.*

Student’s Name: Grade: Date of Birth:

Parent/Guardian 1 Name: Parent/Guardian 2 Name:

Home Address:

Home Phone #: Cell #:

Parent/Guardian 1 Work #: Parent/Guardian 2 Work #:

**Ontario Health Card Number (very important!):**

**DIETARY NEEDS**

If your child has any specific dietary needs please indicate them here (i.e. vegan, gluten-free, vegetarian):

**ALLERGIES**

If your child has any *life threatening allergies* or *food allergies*, please email Deidre:*deidre@lindenschool.ca*

Please indicate () any allergies your child has.

Penicillin \_\_\_\_\_ Bee Stings \_\_\_\_\_ Nuts \_\_\_\_\_ Animals \_\_\_\_\_ Ragweed \_\_\_\_\_ Dust \_\_\_\_\_

Additional Allergies:

Please indicate any medical conditions or illnesses:

**MEDICATIONS**
What medications (if any) will be sent up to camp with your child?

Please note that asthma puffers and epinephrine pens should *always* be on your child’s person! We recommend they wear a hip sack to hold their meds – it’s great for carrying sunscreen and a small water bottle too!Camp should not be used as an opportunity to remove or change the daily dosage of medication. If your child takes daily medications at home and/or school, they must continue to do so at camp. Prescription medications must be sent to camp in their original packaging with the prescribing doctor’s name and dosage clearly shown.

**\*\*\*Please circle if the camper is a: NON-SWIMMER or WEAK SWIMMER or COMPETENT SWIMMER**

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

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|  | Linden Camp WahanowinSafety Measures |

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| **Activity** | **Safety Measures** |
| * bus safety
 | * there will be ample teacher supervision on board the bus.
* there will be Linden staff certified in first aid and CPR
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| * cabin safety
 | * camp staff patrol during the night
* Grade 10 student counsellors in each cabin (except the Grade 9’s)
* faculty members available and on call at all times
 |
| * waterfront: canoeing, kayaking
 | * waterfront staff have waterfront safety and first aid training
* waterfront staff have outdoor education training
* all participants must wear PFDs in canoes and kayaks
* If you are a non-swimmer you will not participate in the waterfront activities
 |
| * dietary (food allergies)
 | * camp is nut-free
* students cannot bring outside food into camp
* camp will accommodate dietary needs that are indicated on the form
 |
| * camp activities: archery, team ropes, low ropes, mountain biking, trapeze, hiking, campfire cooking, team ropes, co-op games, initiative tasks, zip-line, bungee, wilderness survival, climbing wall
 | * all camp staff have emergency first aid training and there will always be additional Linden teachers supervising all activities
* trapeze, bungee, climbing wall & team ropes staff have certification; participants are required to wear helmets, shoes and harnesses
* archery: safety zones are maintained, and participants are instructed in safe archery practise; participants are constantly supervised
* mountain biking: helmets are mandatory, students accompanied by camp staff and Linden staff
* outdoor cooking: appropriate safety equipment is accessible in this supervised activity
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Other safety measures include ample Linden staff to supervise students. We have a 1:9 Linden faculty to student ratio on this trip. There is a First Aid facility on site at Camp Wahanowin in case of emergencies. In the event that a student needs to be taken to the hospital, a teacher will accompany them and the school will contact the family.The girls will be active for most of the day and will not have access to cell phones or a landline. In case of an emergency, please contact the school, and we will get in touch with your daughter. In case of an emergency on site or during transportation, a teacher will contact the school, and the school will contact families involved.

**Additional Information**

This is an excellent program to introduce students to a variety of outdoor activities where they will get the opportunity to live and learn together. Staying with some (or all) of their classmates, students will be sleeping in cabins with heat and electricity and have access to showers, toilets and vanities. Camp Wahanowin is committed to providing a safe, enjoyable and exciting experience for all campers in their care. The opportunity to gain new skills through activity involvement as well as life lessons from community living and staff guidance is a fundamental aspect of their philosophy. They strive to meet each camper's individual needs and provide an atmosphere whereby they can flourish.



**Signature of Principal**

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|  | Camp WahanowinSeptember 10-13, 2019  |

***Itinerary (activities are subject to change based on group sizes & weather conditions)***

**TUESDAY, Day 1**

**11:00 – 12:50p.m.**Arrive at camp, staff help unload, camp tour & orientation

**1:00 p.m.** Lunch

**2:25 – 3:25 p.m. Activities –** 1 Low ropes, 2 Campfire cooking, 3 Mountain biking, 4 Archery

**3:35 –4:35 p.m. Activities –** 1 Co-op games, 2 Team ropes, 3 Campfire cooking, 4 Low ropes

**4:45 – 5:45 p.m.** Unpack bags/Free time

**6:10 p.m.** Dinner

**7:00- 7:45 p.m.** Free time

**7:45 – 9:00** Evening Program

**9:00 p.m.** Return to cabin andlights out at 9:30pm

**WEDNESDAY, Day 2**

**8:30 a.m.** Breakfast

**9:30 a.m.–10:30 a.m. Activities -** 1 Archery, 2 Low ropes, 3 Bungee, 4 Wilderness survival

**10:40 – 11:40 a.m Activities -** 1 Kayak, 2 Bungee 3 Low ropes 4 Team ropes

**11:50 -12:50 p.m.** Open Recreation (a choice of the many programmed activities & some new ones)

**1:00 p.m.** Lunch

**2:25 – 3:25 p.m. Activities –** 1M Biking, 2 Archery, 3 Nature hike, 4 Bungee

**3:35 –4:35 p.m. Activites –** 1 Campfire cooking, 2 Canoe, 3 Kayak, 4 Co-op games

**4:45 – 5:45 p.m.** Open Recreation (a choice of the many programmed activities & some new ones)

**6:10 p.m.** Dinner

**7:00 -7:45p.m**. Free time

**7:45-9:00p.m**. Evening Program

**9:00p.m**. Return to cabin and lights out at 9:30pm

**THURSDAY, Day 3**

**8:30 a.m.** Breakfast

**9:30 a.m.–10:30 a.m. Activities -** 1 Nature hike, 2 Trapeze, 3 Wilderness survival, 4 Canoe

**10:40 – 11:40 a.m Activities –** 1 Bungee, 2 Wilderness survival, 3 Canoe, 4, Nature hike

**11:50 -12:50 p.m.** Open Recreation (a choice of the many programmed activities & some new ones)

**1:00 p.m.** Lunch

**2:25 – 3:25 p.m. Activities –** 1 Wilderness survival, 2 Co-op games, 3 Archery, 4 Trapeze

**3:35 –4:35 p.m. Activities –** 1 Trapeze, 2 M biking, 3 Team ropes, 4 Kayak

**4:45 – 5:45 p.m.** Open Recreation (a choice of the many programmed activities & some new ones)

**6:10 p.m.** Dinner

**7:00 -7:45p.m**. Free time

**7:45-9:00p.m**. Evening Program

**9:00p.m**. Return to cabin and lights out at 9:30pm

**FRIDAY, Day 4**

**8:30 a.m.** Breakfast

**9:30 –10:30 a.m. Activities –** 1 Canoe, 2 Kayak, 3 Co-op games, 4 Campfire cooking

**10:30 – 11:30 a.m. Activities –** 1 Team ropes, 2 Nature hike, 3 Trapeze, 4 M biking

**11:30 a.m.** Group Photo and Lunch at the flagpole

**12:00 p.m**. Depart camp

**2:15 p.m**. – Return to Linden – early dismissal, parent pick up or students may leave on their own

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|  | Linden Camp Wahanowin4-Day WWW TripPacking List |

**\*\*\*Pack a snack and water bottle for the bus ride there.**

* Sleeping bag and pillow
* Flashlight/headlamp
* Toothbrush, toothpaste, comb/brush, soap, shampoo, etc…
* Any medication and other toiletries(tampons/pads) you may need
* 1 Towel -lightweight
* Bug repellent
* Sun screen
* 1 rain jacket & 1 rain pants
* 4pants – track pants, old jeans, or lightweight wind pant
* 4t-shirts
* 4long sleeve t-shirt
* 2 fleece jacket or warm sweater/hoodie
* 1 down vest (if you own one)
* 4 socks
* 1 pyjamas
* Underwear
* Sun hat & toque
* Sturdy shoes – not sandals/flip flops
* 1 old pair of running shoes that can get muddy/wet
* 1 water bottle
* a book, cards etc.
* Empty plastic bag for dirty laundry
* Notebook/journal and pen

Optional: Camera

**Un-Packing list:**

There is an opportunity to engage in off-the-grid living while at Camp Wahanowin.

For that reason, we ask you to not pack the following:

* Cell phone
* Personal electronics such as iPods, laptops, etc.

*If you choose to bring the above items, please note that The Linden School is not responsible for the loss or theft of any valuables or personal items. Furthermore, there will be some activities where we ask you not to bring them.*