

**Permission to Participate in Waskowitz Outdoor Education Center Trips and Activities**

It is not necessary for your child to have a physical examination before attending Waskowitz, however, you should be sure that your child is in good health. If there is any question regarding your child's physical condition, please consult your family physician to alleviate any concerns you might have. If an emergency should arise, you will be notified immediately using the information you provide below.

School Student Attends: \_\_\_\_\_ Teacher: \_\_\_\_\_

Student Name: \_\_\_\_\_ Boy: \_\_\_\_\_ Girl: \_\_\_\_\_ Birth date: \_\_\_\_\_ Month/Day/Year

Address: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Medical Insurance Provider: \_\_\_\_\_ Include Group or Identification Number

Name of person who provides this coverage: \_\_\_\_\_ Parent/Guardian/Other

Is there any medication your child will be taking while at Waskowitz? ☐ Yes ☐ No

**If yes, you must complete and sign the Highline Medication Authorization Form that includes obtaining orders and signature by your licensed healthcare provider. If this is not complete, the medication cannot be given to your child at Waskowitz. This applies to both prescription and over-the-counter medications.**

**Health information and/or concerns:**

Check all that apply: ☐ sleepwalking ☐ bedwetting ☐ other (please describe)

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**Diet information and/or food concerns:**

Check all that apply: ☐ vegetarian ☐ food allergies (please describe) ☐ other (please describe)

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Your child's picture may be used for Waskowitz Outdoor Education Center promotional material. I hereby give my permission for use of my child's name and photo to be used in connect with a Waskowitz publication.

☐ (Check box only if you do **NOT** want your child's picture used in any promotional material)

I hereby give my consent for my child to participate in the Outdoor Education Center program(s) while at Waskowitz. I also agree to the terms and conditions as stated above and explained in the Behavior Expectations and Medication and Treatment Information attached to this form.

In the event of injury or serious illness, I authorize qualified emergency medical professionals to examine and administer emergency care to the above named child. I understand every effort will be made to contact me to explain the nature of the problem prior to any treatment beyond immediate first aid.

In the event it becomes necessary for the school district staff who are in charge to obtain emergency care for my child, neither the staff nor the school district assumes financial liability for expenses incurred because of the accident, injury, illness, or unforeseen circumstances.

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

## Medication and Treatment Parent Information

If your child will be taking any medication during their visit to Waskowitz Outdoor Education Center, please follow these instructions:

1. All medications MUST BE MEDICALLY NECESSARY TO BE GIVEN AT WASKOWITZ. The following are examples of medications that are not necessary to have at Waskowitz, unless special circumstances exist: vitamins, herbal supplements, essential oils, cough drops and acne skin preparations.
2. All medications will **ONLY** be given at the following times: 8:00 a.m., 12:00 p.m. (noon), 4:00 p.m., 8:00 p.m. (bedtime), or As Needed/PRN.
3. A completed Medication Authorization Form, completed by a health care provider, is required for prescription, over-the-counter medications and treatments. This form can be found in your Waskowitz Outdoor Education Center packet, online or from your School Nurse.
4. All Medication Authorization forms, medications, and treatment orders that your child will need while at Waskowitz **must be at the school office at least 10 days prior** to when your child is scheduled to attend Waskowitz.
  - a. This allows time for the school nurse to review the orders and medication, instruct teachers about giving medications and correct any problems with the medication orders.
  - b. The only medications that will be accepted on the day your child leaves for Waskowitz will be medications that were prescribed during the past weekend. These medications and their authorization forms must be at the school office by 8:30am on the day your child leaves for Waskowitz.
5. All Medications taken to Waskowitz must be in the original container and be clearly labeled.
  - a. Prescription medications must have a current prescription label that matches the provided Medical Authorization Form.
  - b. Over-the-counter medications must be in the original, sealed container with your child's name on it. The nurse will create a label that matches the provided Medication Authorization Form.

Please call your child's school office and ask to speak with the School Nurse if you have any questions or concerns.

The Highline **Medication Authorization Form** can be found on our website:

<https://www.highlineschools.org/departments/health-services/health-concerns>

## **Waskowitz High School Leader Code of Conduct**

Contingent upon parent or guardian and school permission, you will be volunteering as a leader in the Outdoor Education program at Waskowitz Outdoor School. You will be expected to abide by this High School Leader Code of Conduct at all times while at Waskowitz.

### **Highline School District Student Rights and Responsibilities:**

Leaders agree to abide by, and encourage attending students to abide by, the rights and responsibilities of Highline School District. These rights and responsibilities include, but are not limited to:

- Our Highline Promise is that every student is known by name, strength and need, and graduates prepared for the future they choose.
- Students have the right to an orderly and safe learning environment, courtesy and respectful treatment, a quality education with clear, challenging learning goals, positive behavior reinforcement and appropriate correction when conduct does not meet expectations.
- Students have the responsibility to model positive behavior and be active leaders of school culture, treat teachers, administrators, staff, other students, themselves, and property with respect, and take responsibility for their learning and behavior and hold themselves to high standards of achievement and conduct.

### **Leadership Expectations:**

1. Set a positive example for 5<sup>th</sup> grade students and other High School Leaders.
2. Supervise students in cabins, trails, dining hall, and evening activities.
3. Open, honest, and timely communication with teachers and staff.
4. Advocate for oneself and ask for help when needed. Communicate with your counselor, attendance specialist and administrator before and after attending.
5. Lead songs, skits, cabin activities and trail games.
6. Physical ability to be on-trail all day for at least three days.
7. Help serve lunches on trail.
8. Participate in leader meetings by being present, listening, engaging in activities, and offering feedback.
9. Build leadership skills through various experiences and strengthen them over time.
10. Build a deeper connection and relationship with nature and the outdoors.

### **Behavior Expectations:**

1. **Dress:** Clothing should follow HSD policy and situationally appropriate. Please refer to HSD dress code for further information. Clothing should be appropriate for the weather and trail conditions while outside.
2. **Language:** Speak respectfully to students, leaders, teachers, and staff at all times. Threats, yelling, intimidation tactics, swearing, profane language, and innuendos are prohibited.
3. **Relationships with 5<sup>th</sup> graders:** High School Leaders should utilize the buddy system to avoid being alone with a student. Leaders must limit physical contact to school appropriate consensual actions such as high fives or fist bumps while interacting with students. Keep your conversations positive!
4. **Communication with attending students:** Topics of conversation with 5th grade students should be age appropriate and related to Outdoor School. You may not share your phone number, address, email address, or social media information with 5<sup>th</sup> grade students. You may not post photos of any students on social media.

5. **Relationships with other high school leaders:** Topics of conversation with other high school leaders should be leadership and student-centered, and related to Outdoor School. Flirting or public displays of affection/touching will not be tolerated. You may share contact information with each other at the end of the week.
6. **Relationships with teachers and staff:** Topics of conversation should be leadership and student-centered, and related to Outdoor School. You may seek their guidance, support, and advice to advocate for yourself and students. This is a professional, mentoring relationship that is in place to support your success.
7. **Participation:** Participate in all aspects of the program as outlined in the Leadership Expectations above. Sitting out, standing apart from or leaving the group, or gathering to talk with other leaders while students are working are not appropriate. You will be with students, teachers or staff at all times.
8. **Be prepared:** Please follow the packing list that is sent out with all Waskowitz program invitations. If you have difficulty bringing any items on the list, reach out to Waskowitz staff. Waskowitz has an extra supply of many items at our site.
9. **Prohibited Items:** Firearms, weapons, tobacco, vapes, drugs, alcohol, food/snacks, candy, gum and electronics of any kind are NOT to be brought to Waskowitz. Bringing and utilizing these items during your week may result in immediate removal from the program. Food is especially problematic as it attracts pests to the cabins.
10. **Technology:** Your cell phone will be collected on the first day and returned on the last day. If you require access to a phone at any time, you may use phones at Waskowitz. Use of a personal device for special circumstances may be permitted.. Please leave all other technology at home (headphones, smartwatches, etc.).

**Requirements of Service:** You are required to meet all the expectations outlined above. By doing so, you will have the opportunity to earn community service hours or a one-time 0.5 elective credit for full attendance of an OutdoorSchool Program. You will have daily check-ins with staff to ensure you are meeting expectations and receiving the support necessary to be successful.

**I understand that it is my responsibility to adhere to all of the above expectations as a High School Leader at Waskowitz Outdoor Education Center.**

**I understand that failure to do so may result in the following actions: being sent home early, not receiving community service hours and/or credit, and/or possible disciplinary action at my high school. Further actions may be taken as necessary.**

Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

# WASKOWITZ OUTDOOR SCHOOL

## Packing List

This list will help you remember what to take to Waskowitz Outdoor School. Used clothing and things you have around the house will work well, and hopefully you won't need to buy anything. Use this list when you pack at home, and check off these articles when you are leaving the Outdoor School. Pack all items in a suitcase, knapsack, or duffel bag. Roll your bedding into a blanket roll and tie all luggage and gear securely.

### **LABEL ALL YOUR BELONGINGS WITH YOUR NAME AND SCHOOL**

#### NECESSARY ITEMS

- ☐ **Positive attitude**
- ☐ **Desire to make new friends**
- ☐ **Willingness to try new things (folk dancing, singing, hiking, etc.)**
- ☐ Bedding (at least 3 blankets or a sleeping bag and pillow)
- ☐ Pajamas
- ☐ Pants or jeans (at least 2 pair). Jeans or pants are required for hiking.
- ☐ Underclothing, socks (enough for 1 week) Extra socks so if get wet have enough to change into
- ☐ Bath towel and washcloth
- ☐ Soap and Shampoo, deodorant
- ☐ Toothbrush and toothpaste
- ☐ Comb and/or hairbrush
- ☐ Shoes **2 pairs** (1 pair for everyday wear & 1 pair of sturdy shoes to wear when hiking)
- ☐ Gloves or mittens, warm hat (as needed, depending on the time of year)
- ☐ **Raincoat or poncho**
- ☐ Heavy jacket (with hood if available)
- ☐ **Personal water bottle** (for use on hikes)
- ☐ Book to read
- ☐ Plastic Bags to put wet/ dirty clothes in. 1 - for dirty shoes
- ☐ Ziplock bags - 1- for clean masks, 1 - for dirty masks, 1 for toothbrush, soap, shampoo

#### Other useful but NOT necessary items

- ☐ **Day pack (small backpack) for use on hikes**
- ☐ Inexpensive camera – please put name on camera
- ☐ Laundry bag

#### Things NOT to be brought to Waskowitz

- ☐ **Items not allowed at school** (electronic games, iPods, recorders), knives or weapons of any kind including look-a-likes, candy, snacks, gum, food, money
- ☐ Hair dryers, curling irons, straighteners
- ☐ No Cell Phones, Smart Watches (i.e. iWatch), expensive watches, cameras, jewelry
- ☐ No perfume or scented lotions, gels, etc. These items cause an allergic reaction with some students.

#### **Taking Luggage to Waskowitz**

If your child rides a bus to their school, please be advised that the normal **daily buses do not have the capacity to carry your child's luggage and sleeping bag.** Parents are urged to transport their child to school the day they leave for Waskowitz and pick them up on their return. At some schools, parents have organized carpools for these days.

*Please pack all belongings in a backpack or small suitcase.* Pack as if you have a carry-on bag for an airplane. **Please put your child's first and last name on their luggage, sleeping bag, backpack, water bottle and jacket.** Contact your child's school if you have any questions.





## LTW SCHEDULE - Fall 2024

### Saturday, September 28th

Time	Activity
8:00 AM	Arrive at PSSC & Check In ( <b>18010 8th Ave S, SeaTac, WA 98148</b> )  <i>Students from Snoqualmie Valley, Cle Elum, or another nearby area and those arriving with a staff member/teacher may come directly to Waskowitz (45505 SE 150th St, North Bend, WA 98045) at 9:00 am.</i>
8:30 AM	Bus departs from PSSC.
9:20 AM	Bus arrives at Waskowitz
9:25-10:00 AM	Orientation in the Barn
10:00-10:15 AM	Mingle, Mingle, Mingle Icebreaker Game
10:15-11:45 AM	Cabin Time - Assignments, Move In & First Cabin Meeting
11:45 AM-12:00 PM	Break/Bathrooms in Cabin
12:00-1:00 PM	Lunch in the Dining Hall
1:00-1:15 PM	Transition back to Cabins - Bathrooms and find out Rotation Groups
1:15-2:00 PM	Rotation 1: Ages & Stages, Environmental Education (EE) activities, Leader Code of Conduct
2:00-2:05 PM	Transition Time
2:05-2:50 PM	Rotation 2: Ages & Stages, EE activities, Leader Code of Conduct
2:50-2:55 PM	Transition Time
3:00-3:45 PM	Rotation 3: Ages & Stages, EE activities, Leader Code of Conduct (Snack)
3:45-4:00 PM	Transition back to Cabins
4:00-5:00 PM	Cabin Time - Learn Quick, Silly Games
5:00-6:00 PM	Dinner in the Dining Hall
6:00-6:30 PM	Cabin Time - Skits & Songs

6:30-7:00 PM	Dancing in the Barn
7:00-7:15 PM	Snack
7:15-8:00 PM	Skits & Songs in the Barn
8:00-9:00 PM	Campfire at 30 Acres Shelter
9:00-9:30 PM	Cabin Time - Touchstone Ceremony, Bedtime Routine & Reflection Time
<b>Sunday, September 29th</b>	
7:00-8:00 AM	Pack up, Clean up, Take luggage to Shelters
8:00-9:00 AM	Breakfast in the Dining Hall
9:00-9:15 AM	Prep for Hike - Use bathroom, fill water bottle
9:15AM-12:15 PM	Hike and Lunch out on the Trails
12:15-12:30 PM	Complete Leader Self Reflections
12:30-1:00 PM	Optimistic Closure in the Barn
1:00 PM	Depart Waskowitz.
1:50 PM	Bus arrives at PSSC