



## **MPCS HIGH SCHOOL RETREAT INFORMATION**

**September 2-5, 2025 (seniors)**  
**September 3-5, 2025 (grades 9-11)**

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### **RULES:**

Students are expected to abide by all rules and guidelines. Any serious violations could result in his/her leaving the retreat.

- Students are allowed to bring cell phones, but their use will be limited. Cell phones will be left in the cabins from breakfast until students return to get ready for dinner. All students may have their phone the rest of the day but are not permitted to use them during dinner or worship. No cell phone calls should be placed after midnight. If you need to reach your student during the day when cell phones are in the cabins, please contact one of the following:
  - Jason Beard - (404) 234-2992
  - Ashley Cochran - (404) 345-2768
  - Nikki Hamilton - (404) 384-4032
- Tobacco of any kind, vape pens, Juuls, alcoholic beverages, non-prescription drugs, or any other substances are not permitted.
- Medicine: Students using prescription drugs are to notify the high school office before the retreat. No prescription drugs are to be given or used by any student other than the student for which it is intended, and all RX should be dispensed by the staff nurse. Students may not carry ANY medication themselves other than inhalers, EpiPens, and insulin. See the Medications/Allergies page for more information.
- No weapons or toy-like weapons, fireworks or fire lighting products, any prank materials, skateboards, or skates, should be brought to the retreat without the permission of the administration. Unauthorized items will be secured, and disciplinary action taken by the administration.
- No students are allowed out of their rooms after the designated time. Male students are not allowed in female students' rooms and vice versa at any time.
- Vandalism and/or damage of property or facility will not be tolerated. If students damage property, they will be expected to pay the expenses to repair the damages and will receive any appropriate disciplinary action taken by the administration.
- Students may not drive to the retreat or ride in cars while attending the retreat.
- All medical emergencies must be reported immediately to the nearest available adult staff member.
- PRANKS: NO pranks will be permitted.

### **TRANSPORTATION:**

**All students must ride on the bus to the retreat.**

SENIORS report to campus and load buses at 12:30 p.m. on Tuesday, September 2. They will depart at 1:00 p.m.

Grades 9-11 students will arrive on campus and report DIRECTLY to their assigned Bus at 8:30 a.m. and the bus will leave the MPCS parking lot approximately 9:00 a.m. on Wednesday, September 3 and all return to the school at approximately 11:30am. on Friday, September 5. Parents should arrange transportation for their children at this time. High school classes will resume on Monday, September 8 at 7:50 a.m. with students reporting to their B1 class.

### **Woodlands Information:**

1242 Old Blue Creek Rd., Cleveland GA 30528

Phone Number: 706.865.0853. MPCS High School Office: 770.874.6561

### **PARENTS:**

*Please arrange for your child to be picked up at the school by 11:30 am. on Friday, September 5 at the HS Circle. All students will be required to leave the campus upon their return from Woodlands unless they have a MPCS athletic/performing arts practice that afternoon.*

**RETREAT MORNING:**

Seniors should arrive Tuesday by 12:30pm and report directly to buses for attendance and loading. Wednesday, 9-11 students should arrive at school NO LATER than 8:30am and will report directly to their assigned buses for attendance. Bus assignments will be given and posted the week before retreat. Students may wear appropriate dress-down clothes to school on Wednesday.

**RETREAT DRESS CODE GUIDELINES:**

Modesty is the rule. Students may wear casual attire at the retreat, but anyone dressed inappropriately will be asked to change immediately and their full cooperation is expected. Dress modestly and comfortably!

**Bottoms**

- No soffe, cheerleading, or super short shorts (sliders, spanx, bike shorts, less than 4 inch inseam, etc.) permitted.
- Basketball-style or athletic shorts are permitted.
- All other shorts must be of appropriate length, as stated in the school handbook.
- Females can wear athletic/running shorts during recreational times only and they should be appropriately fitted and sized. Female student's shirts should not be longer than their shorts.
- Leggings or yoga pants may be worn ONLY if shorts are worn over the top of the leggings or a long shirt is worn that covers the buttocks.
- No pajamas (tops or bottoms) are permitted to be worn to any event or activity. This includes breakfast.
- No ripped, torn, or distressed jeans.

**Shirts**

- T-shirts with appropriate advertising/promotion only.
- No spaghetti straps for female students; minimum of one inch straps.
- Males must wear t-shirts or tank tops at all times, unless in the water. Sleeveless t-shirts are allowed if the front and back are completely covered.
- No homemade "muscle" shirts for male students.
- No crop-tops for male or female students at any time.

**Shoes**

- Tennis shoes are recommended. Shoes of some sort must be worn at all times except when playing beach volleyball.

**Evening Worship Services**

- Male students should wear jeans, khakis pants, or dressy shorts and a polo or collared shirt to worship services. No athletic shorts, joggers, or sweatpants for worship time.
- Female students should wear jeans, pants, jumpsuit (pants only), dresses or skirt (appropriate in length)- think classy, church appropriate attire. NO crop-tops! Short skirts are not appropriate.
  - Straps must be at least one-inch
  - No plunging necklines, open backs, or cutouts
  - Skirts and dresses must be approaching the knee

**Outerwear**

- Pack a light jacket or hoodie; the nights and mornings may be cool.

**Swimwear**

- Males are required to wear swim trunks - no speedos.
- Females are required to wear one-piece swim suit without a t-shirt as long as the following requirements are met:
  - No cut outs
  - No plunging necklines or extreme plunging in the back
  - Abdomen and bottom must be fully covered
- If at any point a student's bathing suit is deemed inappropriate by any faculty member, the student will be asked to put a tshirt on.
- When students are not in the lake, shorts and tshirt must be put on over bathing suit.

## GENERAL CONDUCT EXPECTATIONS FOR RETREAT

### Student Conduct Expectations on the Bus

- You must ride the bus that you have been assigned. You will find your bus assignment on the wall on Tuesday morning.
- Students will honor God and with all of their actions, words, and attitudes while at retreat including traveling to and from Woodlands.
- Please do not eat or drink anything while on the bus.
- Respect each other's space and property at all times.
- Do not stand or walk around the bus. Remain in your seat at all times.
- Upon arriving, please check to make sure you retrieve all your items from the bus.

### Student Conduct Expectations at Woodlands

- *Honor God, Love Others, and Walk in Truth* with all of your actions, words and attitude.
- Please leave your cabin as clean as you found it. When departing, you must follow the guidelines for cleaning up your room and your room must be inspected by a designated staff member before you may leave.
- Please clean up your mess at mealtimes and around the campgrounds. Do your part to maintain the beauty of the campus!
- Do not leave the retreat for any reason at any time.
- Stay with your group during group activities and always *remain in supervised areas*. DO NOT walk from one part of the camp to another by yourself. YOU MUST BE in a group at all times.
- Remember that boys may not visit girls' cabins and girls may not visit boys' cabins. Also, do not enter another group's cabin without the permission of a staff member.
- Do not leave your assigned cabin/room after the designated curfew time.
- Please observe all "Lights Out" times. There are to be no other activities once lights are out and everyone is in their room.
- Please show respect and appreciation for the camp facilities and all Woodlands personnel.

### Remember...

*Please adhere to all behavior guidelines as stated in the Mount Paran Christian School Handbook. Failure to meet these guidelines or the guidelines established at the retreat may result in disciplinary action.*

## RETREAT HEALTH/ MEDICATIONS/ FOOD ALLERGIES

### Magnus Health

MPCS now utilizes the Magnus Health portal for ALL student health and medical information. All health information **must** be completed/updated each year for students to attend retreat. Students who do not have this information completed will not be able to attend retreat. The Magnus Health portal and can be found by logging into FACTS>Student>Medical>Magnus Health.

### Over-the-Counter Medication:

During the trip, students will have access to the same routine Over the Counter medicines that you have previously approved available to them. As a reminder, these include Tylenol, Motrin/Advil, Claritin, Tums, Sudafed, cough drops, Benadryl, and first aid creams. These medicines will be administered by a staff member as needed. You will need to confirm that you have updated all your students' records in the Magnus Health portal prior to the trip. You can access Magnus Health through FACTS>Student>Medical>Magnus Health.

### Additional Over the Counter or Prescription Medication:

If your child needs to have prescription medication (such as ADD meds/Inhaler/Epi Pen/Insulin) or additional over the counter medication while on the trip, you must take the following steps:

- Complete the Prescription medication authorization form. This form is located on the Magnus Health portal and can be found by logging into FACTS>Student>Medical>Magnus Health.
- Each medication must be in the original prescription bottle, blister pack, or original container. Place the medication in a gallon Ziploc clearly labeled with your student's name.

**These medicines will be securely transported and administered by a staff member as needed throughout the trip. All health information is kept confidential.**

**PLEASE NOTE:**

- Loose pills in Ziploc bags, envelopes, or unlabeled containers will not be accepted or administered.
- Medications sent without a signed permission form will not be administered.
- *Students may not carry ANY medications themselves other than inhalers, EpiPens, and insulin.*

**Emergency Medications**

Students requiring inhalers, EpiPens, or insulin may self-carry them on the retreat. Please make sure that your child remembers to pack them, that they are properly labeled, and that he/she will be responsible for them throughout the trip. If you prefer that a staff member carry these medications, please follow the stated instructions above.

**Food Allergies**

Woodlands Camp is a nut-free facility. Gluten-free options will be available at each meal based on allergy information submitted. Allergy information must be updated in the Magnus Health portal and can be found by logging into FACTS>Student>Medical>Magnus Health. Allergy information will ONLY be taken from this location.

**This is for allergies or medical conditions ONLY, not for food preferences.**

Students needing to bring their own food due to medical conditions will be able to do so. A staff member will work with them on the storage and distribution of food for special circumstances.

*Please bring all medicines and forms together in a labeled Ziploc bag on the morning of the trip departure. The nurse will be waiting to receive these medicines from you in the High School front office.*

Thank you in advance for following these procedures and helping us ensure the safety of all students. If you have any questions or concerns about medicines, please call or e-mail the school nurse. We pray for a safe and healthy retreat!

MPCS Nurses

[nurse@mtparanschool.com](mailto:nurse@mtparanschool.com)

770-578-0182 x3500

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## MPCS HIGH SCHOOL RETREAT 2025

### ***Don't forget to pack the following:***

Bible	Toiletries	Medications if applicable
Towels	Outerwear	Money for snacks
Swimwear	Sunscreen	Bug Spray
Clothes for daytime	Twin bed linens or sleeping bag	Refillable water bottle
Appropriate worship time attire	Pillow	

- 9-11 students must turn in any new prescriptions/medicines they may be taking during the retreat into NURSES. Seniors should turn their medicines in to Mrs. Schwann Tuesday, prior to departing for Woodlands.
- 9-11 Students will NOT report to class on the Wednesday of retreat. Those students are to report directly to their assigned bus where attendance will be taken. They will load their luggage upon arrival.
- All students are to ride the bus they are assigned. Bus assignments will be posted on the wall in the hallway leading to the high school parking lot.
- If any student needs any medical attention while on the retreat, they should contact the nearest supervising staff member or the doctor/nurse on duty during the retreat.
- Please arrange to be picked up at the school at 11:30am. on Friday. Buses will return to the HS for all students, and parents should pick up their children at the HS circle ONLY. Students driving themselves home will walk to the parking lot where their vehicle is located.
- Classes will resume Monday morning, September 8 at 7:50 a.m. with students reporting to their B-1 block.