

Wednesday, December 6, 2017

Dear Families,

Our trip to YMCA Wanakita is fast approaching. We have approximately 80 students participating in the trip and 9 adults.

TRIP DATE Tuesday, February 6 to Friday, February 10, 2018 inclusive.

DEPARTURE

Tuesday, February 6, 2018 at 8:00 a.m. Please be at Power Glen School no later than 7:30 to board the bus. Please be on time as any delay will put us behind schedule. Each student is allowed only one suitcase/ dufflebag and one bag which will contain the bedroll. He/she may also bring a small carry-on backpack on the bus. Please keep in mind your child will be carrying all gear by him/herself to the cabin which is quite a distance. Skates, if you elect to bring them to camp, must be in the luggage under the bus with a helmet.

RETURN

Friday, February 10, 2018 at approximately 6:00 p.m.

ACCOMMODATIONS

Students will be staying in cabins that include 5 bunk beds, two sinks, a shower and a toilet. Students are grouped by same grade and gender.

TELEPHONE NUMBER

Please use this number 1-800-387-5081 ext. 2236 to call your son/daughter ONLY IN CASE OF EMERGENCY.

TRANSPORTATION

We will be travelling to camp in 2 highway coach buses. We will have an adult driving so we have a vehicle in case of emergency.

When travelling, the bus will need to remain clean at all times. All wrappers and containers must be put in the garbage on the bus. Garbage is not to be put under the seats. No GUM is permitted.

Seats, once chosen, will remain the same for the entire bus ride. There is to be no moving about the bus when the bus is in motion for safety reasons as well as adhering to the bus company regulations.

In case of motion sickness, please let the teachers know that you are not feeling well, and proper steps will be taken.

SUPERVISION

The students will be supervised by 9 adults (maybe 10). We are still finalizing the adults who are accompanying the students. The confirmed adults at this time are: Mrs. Keeping, Ms Whittal, Mr. Pisek, Mrs. Robinson, Mr. Wright, and Mrs. Ramunno.

MEDICATION

To prevent any misuse or loss of medication, it must be labeled with the student's name. Any medication instructions must be included on the form entitled "Medical Authorization Release Form" previously filled out and returned. Students who are prone to headaches or travel sickness must provide their own medication. Medication needs to be in original packaging/prescription bottles, labelled and given to Mrs. Keeping the morning of the trip before departure. Gravol, for those prone to travel sickness, is best given by parents the morning of the trip. One Gravol will need to be given to Mrs. Keeping for the return trip.

MEALS

All meals are included. Each student is asked to bring a bag lunch and drink for lunch on the way up to camp. Lunch should be provided in disposable containers so they can be thrown out in the garbage located on the bus. Students need to eat breakfast before arriving at school.

Students will be given a "setting" duty and will be required to set the table for our school 15 minutes prior to each meal. Students are asked to use normal speaking voices and their best manners at all meals. Students are expected to be considerate to all those sitting at their table.

NO SNACKS are to be brought to camp. Three meals are provided daily and a bedtime snack each night.

MONEY

It is optional to bring money up to camp (a maximum of \$20) to purchase tuck shop memorabilia on the last day and/or to purchase a snack at the rest stops while traveling to and from YMCA Wanakita.

CLOTHING

Students are required to maintain the same dress code as they would at Power Glen School. Please reference the clothing packing list for suggestions and requirements for outdoor winter adventure.

Please dress for warmth and consider that some items may become wet from snow. Please see "Suggested Clothing and Equipment List for Winter Programs" in this package for more information.

IN THE CABIN

Students' possessions are their own responsibility. Cabins will need to remain tidy. Students will not be permitted to visit between cabins. The time for "lights out", may vary depending on the time the evening activity is completed. Evening entertainment such as games, cards and books are encouraged.

Students will be asked to behave responsibly at ALL TIMES. Any damage caused by the students will be billed to the families of the students who were involved. This will also result in a phone call home for students to be picked up by their parents.

Cabin supervisors will be on duty each night.



GROUP: Power Glen School		GRADE: 7 and 8		DATE: Tuesday Feb 6 th – Friday Feb 9 th , 2018	
CONTACT: Rosemary Findlay/ Brad Digweed		SITE: West			
	DAY 1 Tues	DAY 2 Wed	DAY 3 Thurs	DAY 4 Fri	
M O R N I N G	80 Approximately Participants (gr. 7/ gr. 8) male/female adults – 9 (maybe 10) Leaving St. Catherine's 8:00 Eating on the way up- Bagged Lunch 12:30 Arrive, Tour, Settle into cabins, Community Greeting, Large Group Game Cabins:	8:00 Setters 8:15 Breakfast (TOTD) 9:15 Rotation # 3 10:45 Rotation # 4 12:15 Setters 12:30 Lunch Sign Up Night Ski or Snowshoe	8:00 Setters 8:15 Breakfast (TOTD) 9:15 Rotation # 6 10:45 Rotation # 7 12:15 Setters 12:30 Lunch	Pack Up, Clean Up, Move bags to LH 8:00 Setters 8:15 Breakfast (TOTD) 9:30 Rotation # 10 11:00 Trip Debrief & Tuck Shop Open 11:45 Setters 12:00 Lunch	
	A F T E R N O O N	1:30 Rotation # 1 3:00 Rotation # 2 4:00 Choice Period: Skating/hockey Crafts <i>* Prep for Dinner – Shoes & Winter Gear for evening</i> 5:15 Setters 5:30 Dinner	1:30 The Game of Survival 2:45 Rotation # 5 4:15 Choice Period: Skating/hockey Crafts, Indoor Games 5:15 Setters 5:30 Dinner	1:30 Rotation # 8 2:45 Rotation # 9 4:15 Choice Period: Skating/hockey Crafts, Ski Trek 5:15 Setters 5:30 Dinner	1:00 Departure Trip Focus: Teambuilding Trust Wanakita Staff: 6
E V E N I N G	6:30 Action Auction 7:30 Campfire & Snack @ AC 8:30 Snack @ Core	7:00 Night Ski or Snowshoe across the lake to campfire 8:30 Snack @ Core	6:30 Groups 1 & 2 Broomball/Gaga ball Groups 3-5 Night Watchers 7:30 Rotate 8:30 Snack @ Core	Food Waste Skits Cosmic Zoom Environmental Index Mystery Passenger Hunt Environmental Jeopardy Where Food Comes From	
N O T E S	Rotations 1 - 5: 1) Ski 1 2) Ski 2 3) Winter Ecology 4) Snowshoeing 5) Tobogganing	Rotations 6- 10: 1) Initiatives/Games 2) Low Ropes 3) Iron Chef 4) Orienteering 5) Broomball/Snow Art	• Orienteering -Teach about compasses and give the option for Discovery/Time Challenge NO HIGH ROPES NO LAKE PROGRAMS		

Departure Review of School Code of Conduct and Responsibilities

This is a school excursion and the School Code of Conduct and rules as outlined and explained to the students, will apply at all times during the trip. Rules and regulations are made for the safety and well-being of the students and to maintain, organization as well as, a pleasant environment for the students on the trip. It is important that students understand these rules and are willing to abide by them.

The following is expected:

- Be respectful of self, others (including supervisors) and property.
- Use common sense and responsible behaviour, "Do the right thing".
- No one is allowed to leave the camp without permission.
- No visitation between boys' and girls' cabins.
- Lights out as directed by staff.
- Please dress appropriately for the school trip.
- Travel in groups, never alone.
- All scheduled activities are mandatory. If a traveller is sick or has a physical ailment that might prevent them from participating in an activity, they must tell their teacher
- Students must be punctual for all scheduled meeting times.
- The very nature of travel means that things will be different where you are going compared to what they are at home. All students should be respectful of different cultures and customs and be open-minded to the differences. Be courteous to those who you travel with and the new people you meet on your travels.
- Payment for damage done to cabin or motor coach is the student's family responsibility. If you notice any damage upon boarding your coach or upon arrival at a cabin, please notify a chaperone immediately.
- No tobacco, alcohol, drugs or shoplifting.

Failure to abide by these rules could result in loss of activities/privileges or any suspendable behaviour may result in parents being called to pick up the student. No money will be refunded.



**YMCA of
Hamilton/Burlington/Brantford**

YMCA Wanakita
1883 Koshlong Lake Road
Haliburton, Ontario K0M 1S0
p. 705-457-2132
f. 705-457-1597
www.ymcahbb.ca

January 29th, 2015

To Whom it May Concern:

Our guests' health and safety is the number one concern at YMCA Wanakita. In an effort to keep you well informed and continue to foster good communication between us and our participants and their families, we are writing in response to the increasing presence of bed bugs in communities around North America.

Bed bugs are nuisances and are generally off-putting to people, but are not known to pose any major health risks. As with mosquitoes, people can be allergic to their bites, which can cause swelling, itchy welts and in some cases infections. However, they are not known to carry any blood-borne diseases. Bed bugs are mainly active at night. As they typically feed when people are asleep, their bites may not be detected immediately.

In order to help prevent incidents involving bed bugs the following protocols are in place:

- 1) Prior to each season, before participants arrive, we contract the services of GreenLeaf Pest Control Canine Services (Toronto). The canines are NESDCA (National Entomology Scent Detection Agency) certified. Research shows that this is one of the most accurate forms of detection of bed bugs and viable eggs. GreenLeaf and their partner company, the Bed Bug Tracker, are the only companies in Ontario with NESDCA certified canines.
- 2) During regular cleaning rotations, our Staff members are trained to be observant and aware of bed bug detection and follow up with protocol when indications of potential bed bug presence are observed.
- 3) Immediately following detection of bed bugs or viable eggs by canine services or staff inspection, a cabin will immediately be quarantined and Miller Pest Control Services conducts a site visit for thorough inspection with their trained staff.
- 4) If detection is positive, Miller Pest Control institutes a high heat treatment to the entire cabin and applies a preventative residual treatment to the entire building affected. Any participants who may have been affected would be notified immediately.
- 5) Miller Pest Control specifies a post-treatment vacancy time for the cabins and after follow up, the cabin is then re-opened for use.

*Building healthy
communities*



Charitable Registration # 10808 3825 RR0001

As our guest you can help further prevent the spread of this nuisance by taking the following steps :

- 1) If there is any possibility that an individual visiting Wanakita may have come in contact with bed bugs, we request that prior to the visit all personal belongings are washed with hot water and dried at the "High" dryer setting for a minimum of 30 minutes. In the case of delicate items that cannot be laundered, steam cleaning or placing the items loosely into a tightly sealed bag and into a freezer (-15 °C) for a minimum of 4 days is recommended.
- 2) Immediately upon return home, we recommend that all personal belongings are washed with hot water and dried at the "High" dryer setting for a minimum of 30 minutes and placed directly into the washing machine from the bags in which the belongings were contained. In the case of delicate items that cannot be laundered, steam cleaning or placing the items loosely into a tightly sealed bag and into a freezer (-15 °C) for a minimum of 4 days is recommended.

The source of bed bugs often cannot be determined, as bed bugs may be found in many places including hotels, hospitals, planes, and movie theaters. Unfortunately this has become a prominent issue in our communities and we are taking every precaution to prevent incidents. For further information on bed bugs please visit www.bedbugsinfo.ca.

Should you have any questions regarding your stay at YMCA Wanakita or the protocols in place, please do not hesitate to contact me at 1.800.387.5081 ext. 237 or cam_green@ymca.ca.

Regards,



Cam Green
Program Manager



Suggested Clothing & Equipment List for Winter Programs

CLOTHING

2	Pairs of Heavy Socks Per Day	1	Pair of Indoor Shoes / Slippers
1	T-shirt Per Day	2	Pairs of Pants (preferably not jeans)
2	Pairs of Long Underwear	2	Sweaters or Fleece Jacket
1 - 2	Pair(s) of Water Resistant Snow Pants	2	Pairs of Winter Gloves/Mitts (waterproof if possible)
2	Winter Hats	1	Water bottle
1	Pair of Winter Boots	1	Day Pack – For Personal Items
1-2	Winter Coat/Parka or Water Resistant/Proof Jacket with Layers Underneath		

BEDDING

1	Warm Sleeping Bag/Blankets & Single Fitted Sheet	If Participating in Quinzhee Sleep Out:	
1	Pair of Warm Pyjamas	1	Foam Sleeping Pad & Extra Sleeping Bag/Blanket
1	Pillow	1	Extra Set of Warm Pyjamas

EXTRAS

PLEASE DO NOT BRING

1	Flashlight /Headlamp	Junk Food, Pop, Candy or Gum
1	Camera	iPod, Nintendo DS, Laptop, etc.
1	Towel and Shower Gear	Cell Phone
	Sunglasses	
	Tissues	
	Skates & Helmet (Lake Skating Rink)	

REMEMBER:

- Plan for clothing that keeps you warm and dry. **NO COTTON:** Once cotton get's wet it stays wet, wool is a great alternative. Please try to ensure your base layer (*layer closest to your skin*) is made of synthetic fibers (*polyester, rayon, nylon, polypro*) or something that "WICKS AWAY" sweat
- No need to go out and buy the "proper gear": look in your closet first and read the labels on the clothing. Thrift /second hand stores are great places to purchase clothing if necessary
- It is advisable to wear several layers of light clothing rather than one or two heavy articles
- Try to bring boots that are flat and soft-soled for snowshoeing (*ex - Sorel's, Merrell's, Bogs, etc.*)
- Pack all personal items into one pack or suitcase and one bedroll since you will have to carry your gear from the bus to your cabin

YMCA Wanakita is a peanut & nut free facility, please do not bring products containing peanuts and/or nuts.



POWER GLEN PUBLIC SCHOOL

34 Westland Street, St. Catharines, ON L2S 4C1
T: 905.684.7429 E: POG@dsgn.org W: http://powerglen.dsgn.org

Informed consent form for YMCA Wanakita
Tuesday February 6 to Friday February 10, 2018

Please sign and return to homeroom teacher.

Power Glen School is arranging for a camping trip for students in Grades 7 and 8 to YMCA Wanakita in Haliburton, Ontario.

This form must be read and signed by every parent who wishes for their child to participate in these activities.

Elements of Risk:

Educational activity programs, such as ice skating, low ropes, tobogganing, cross country skiing, snowshoeing, broomball involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injury which may result from participating in ice skating, low ropes, tobogganing, cross country skiing, snowshoeing, broomball:

1. Falls
2. Collisions
3. Cold temperatures

The risk of sustaining these types of injuries result from the nature of the activities and can occur without any fault of either the students, or the school board, its' employees or the school where the activity is taking place. By choosing to take part in these activities, you are accepting the risk that your child may be injured.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

If you choose to participate in the YMCA Wanakita Program on Tuesday February 6 to Friday February 10, 2018, you must understand that you bear the responsibility for any injury that might occur.

All participants MUST wear an appropriate CSA approved skating helmet for school excursions. The District School Board of Niagara adopts a mandatory skating helmet policy regardless of ice skating facility locations. Students MUST bring their own skates and skating helmet.

YMCA Wanakita provides helmets for tobogganing and for broomball.

ACKNOWLEDGEMENT

We have read the section on Elements of Risk. We understand that participating in the activity described above, we are assuming the risks associated with doing so.

WE HAVE READ AND UNDERSTAND THESE WARNINGS AND HAVE IDENTIFIED MY CHILD'S ICE SKATING CLASSIFICATION AS:

(Choose/circle one only - Beginner - Intermediate - Advanced)

WE HAVE READ AND UNDERSTAND THESE WARNINGS AND HAVE IDENTIFIED MY CHILD'S CROSS COUNTRY SKIING CLASSIFICATION AS:

(Choose/circle one only - Beginner - Intermediate - Advanced)



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T: 905.684.7429 E: POG@dsbn.org W: <http://powerglen.dsb.org>

Student Signature _____ Date _____

Parent Signature _____ Date _____

PERMISSION

I give _____ in Grade _____ permission to participate in YMCA
Wanakita Program during the week of Tuesday, February 6 to Friday, February 10, 2018.

Parent Signature _____ Date _____

Student Agreement Form

Student Name _____

Grade and Class _____

I have carefully read all the rules, regulations and requirements. I understand them and I am willing to abide by them. I understand and fully accept the consequences of failing to abide by them.

Date	Student signature
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Date	Parent signature
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Home Phone Number _____

Parent(s) Cell Number (s) _____

Failure to abide by these rules could result in loss of activities/privileges or any suspendable behaviour may result in parents being called to pick up the student. No money will be refunded.

Medical Release Authorization
to Consent to Treatment of a Child Health/ Emergency Information Form

I,

Parent:

Hereby authorize
Power Glen School representatives, as agents
for my son or daughter,

Student's Full Name:

and consent to any and all necessary immediate emergency medical or surgical treatment deemed advisable by any physician or surgeon licensed under the provisions of the Medical Practice Act.

This authorization shall remain effective **Tuesday, February 6 to Friday, February 10, 2018**
while my son or daughter is attending the **YMCA Wankita Trip.**

Date :	Signature of Parent / Guardian:
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Student Address:

Contact Information:

Name:

#1

Relationship:

#2

#3

Home:

Business:

Cell:

Home:

Business:

Cell:

Home:

Business:

Cell:

Medical Insurance? No Yes Business Company:

Insurance Company:	Policy # :
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HEALTH CARD NUMBER:
(optional to provide)

Food Restrictions:

Date of last Tetanus/ Toxoid Inoculation:

Name of Family Physician:	Phone #:
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Administrating Health Support Services to Students

Any dispensing of any oral/topical medication (prescription or NON-prescription) shall be in writing and be accompanied by a physician’s legible authorization to provide such service. The authorization shall specify the name of the medication, the dosage, the frequency, the storage requirements, the method of administration, the date for which the authorization applies and possible side effects.

Please use the form called “Authorization of Administration of Oral/Topical Medication” for any prescription or NON-prescription medications (even for Advil, Gravol...etc.).

A separate Authorization Form **MUST be used for EACH drug.**

Please note:

If your son/daughter has a medical diagnosis (e.g., epilepsy, diabetes, etc.) an “Emergency Action Plan for Students with Medical Needs” form **must** be completed.

If your son/daughter has asthma a “Student Asthma Management Plan” form **must** be completed.

If your child has anaphylaxis, the form, “Emergency Action Plan for Students with Anaphylaxis” **must** be completed.

These forms do not need to be completed if there is one on file at the school year for the 2017-2018.

These forms are all found on the school website under forms.

My child’s doctor has filled out the Authorization form. **Parent Signature** _____

***If medication information changes by the time of the trip, the forms must be updated.**

Any known Allergies? () **Yes** () **No**

Student’s Allergy List:

Conditions like, allergies, chronic conditions or special circumstances (e.g., Religious convictions or legal arrangements) will affect my son’s/daughter’s program participation. If there are conditions that should be known prior to emergency treatment, please share them below.

Does your son or daughter have any health conditions?

() My son/ daughter does not have any health or other concerns.
Parent Signature: _____

() Yes, these are the concerns I have about my son/daughter.



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Dear Grade 7 and 8 Parent/Guardian,

Wednesday, December 6, 2017

On Tuesday, February 6 to Friday, February 10, our Grade 7 and 8 classes will be taking their trip to YMCA Wanakita. As the old saying goes, "getting there is half the fun." The bus ride to YMCA Wanakita is in excess of 4 1/2 hours long, and this year we have the option of adding some entertainment to the drive by using the onboard screens to show movies.

We have asked our staff to put together a family-friendly list of movies, which could be shown on the bus. We think they have done an excellent job picking a number of classic titles that students would enjoy. The list of possible films are listed on the back side of this note.

Some of these titles have a PG 13 rating, meaning that parental guidance is recommended. Given the rating, we would like to ask your permission to screen these movies during the ride to camp, and back to St. Catharines.

Please fill out the form below and return it to the school. Thank you for your consideration. We are looking forward to a great trip!

Movie List

Spider Man Collection	Karate Kid Collection	Ocean's 12
Catch Me If You Can	Hook	Avatar
Edward Scissor Hands	Back to the Future	The Sandlot
The Hunger Games	The Blind Side	Flubber
Pirates of the Caribbean	Sherlock Holmes	La La Land
Monsters Inc.	Big Hero 6	Apollo 13
Hidden Figures	Who Framed Roger Rabbit	

Sincerely,

Rosemary Findlay, Principal
Brad Digweed, Vice Principal

YMCA Wanakita 2018 – Tuesday, February 6 to Friday, February 10, 2018

I give my son/daughter permission to watch the films identified in the list.

I do not give my son/daughter permission to watch the films identified.

Student Name: _____ Grade: _____

Signed: _____ Parent/Guardian Date: _____

AUTHORIZATION OF ADMINISTRATION OF ORAL/TOPICAL MEDICATION

TO BE COMPLETED BY PARENT/GUARDIAN

Name of Student			
Birthdate		Grade	
Address			
Postal Code		Telephone	
Parent's/Guardian's Name			
Business Address			
Postal Code		Telephone	
PARENT/GUARDIAN APPROVAL			
<p>I hereby request and give permission to {Name of School} _____ to administer Oral/topical medication to my child according to School Board procedures and the instructions of the Physician. I also affirm that the medication provided is the medication stated on the container provided to the school.</p>			
Signature of Parent/Guardian: _____		Date: _____	

TO BE COMPLETED BY PHYSICIAN

Condition of Patient for which Oral/Topical Medication is Necessary	
Name of Medication	
Dosage or Amount to be Given Each Time	· As Indicated on Prescription Label
What Time(s) Dosage to be Given	· As Indicated on Prescription Label
Method of Administration (with Food?)	
Possible Side Effects	
Storage and Safekeeping Requirements for Medication	
Prescribing Physician's Name (Please Print)	
Office Address and Telephone Number	
Signature of Physician: _____ Date: _____	