The West Tisbury School
6th Grade Trip to Alton Jones /URI

June 2019

Dear Parents and Guardians of Up-Island Sixth-Grade Students,

Our 6th graders go to Alton Jones Environmental Education Center right after school starts! This is basically school in an outdoor hands-on setting with group-building activities. Here are the key points and due dates, which will be on my page on the website.

Students will check in with teachers at 6:30 am, Tues., September 24 at the V.H. ferry terminal. We return on Friday, Sept. 27, to Oak Bluffs at 3:15 pm. Plan to collect your child at 3:15 p.m. or let me know about any special arrangements.

This experience is usually one of the highlights of the upper level years, although some students are initially anxious about being away for 3 nights. Even if your child is hesitant right now about attending, please send in the paperwork anyway and let me know about your concerns.

In classes, we’ll look at photos, review schedules, activities, packing, and general plans to deal with physical or emotional concerns. I’ll put a display near the lobby with pictures of past sessions, and I’ll be available to answer questions. In September, I will show slides of the center to the students and answer questions. You will be welcome to attend if you are interested.

Please send a breakfast “lunch” or snack for the ferry, instead of money. Leave money, gum, candy, flashlights, and valuables at home. Knives are never permitted on buses, at camp, or at school. This is also a camping experience, so leave all electronic devices and games at home. Neither AJ nor the teachers can assume responsibility for them. Please, no phones or iPods!

Students must be able to carry all of their luggage! Please use the packing list. If you need to borrow a duffle bag or suitcase, let me know. Trash bags do not survive the trip and those big hockey bags are too big for the cabins. Students will also learn all of this in class.

The dreaded paperwork! We need all forms ASAP, at latest by Friday, Sept. 6:
1) return the Health Form - completed and signed
2) return the Waiver/Permission - complete and signed
3) return the Behavior Agreement - signed by you and your child

Keep all of the other sheets at home for future reference.
The dreaded $: a final check or one check for $307.00 is due by Friday, **September 6th**.

**** All checks MUST be made out to UIRSD ****

Please contact me ASAP for confidential financial assistance or a different payment plan. No student will miss the experience for lack of funds. ---->

Kristine, our school nurse, and the AJ nurse both need time to review the health forms, so here is an extra large “Thank you!” for early and prompt responses!

If it is absolutely necessary that any children not attend for any reason, please let me know ASAP.

Please call me with any questions or concerns. We’re looking forward to a great trip!

Sincerely,
Zoe Turcotte,
508-696-7738 ext. 118
zturcotte@mvyps.org
West Tisbury School Information and Permission Form

My child has permission to register for the West Tisbury School Sixth-Grade trip for 4 days / 3 nights at the W. Alton Jones Campus of the University of Rhode Island’s Environmental Education Program. The dates are September 24th to September 27th.

The cost of $307.00 covers all portions of the trip, including food, lodging, transportation, and insurance. *I will contact Zoe or the school counselor as soon as possible if confidential financial assistance is necessary.*

If medical care is necessary, we give permission for the W. Alton Jones Campus nurse to notify parents/guardians and use her or his best judgment in obtaining the best available care for minor injuries/illnesses. In the case of any major accident or illness, the parents/guardians will be notified and the child will be transported to a local hospital.

The school will provide bus transportation to and from the W. Alton Jones Campus. School faculty members will chaperone the trip and sleep in the same cabins as the students.

We agree that the school department has observed all reasonable precautions in providing for the care and protection of our child and absolve the West Tisbury School from liability for any accident or illness, which might be incurred for the duration of this program.

__________________________________________________________________________

Child’s name (Please print first and last names)

__________________________________________________________________________

Parent or Guardian name (Please print first and last names)

__________________________________________________________________________

Parent or Guardian signature

__________________________________________________________________________

Date

I will send/deliver this form to the West Tisbury School ASAP and by September 6th. I will send/deliver a check made out to UIRSD (Up-island Regional School District) for:

___ $307.00 on or before September 6

OR

___ $100.00 by July 30, $100.00 by Aug. 20, and $107.00 by Sept. 6

OR

___ Other arrangement: ____________________________
Checklist - Packing List for the 6th grade Alton Jones Outdoor Education Trip

If any items listed here are not available, please make an appropriate substitution. DO NOT buy new clothing or equipment for the trip. Students will spend most of the daytime hours outside in all types of weather. Our best advice is to bring old, comfortable clothing. It can be very warm, or cool, or wet.

CLOTHING:

- daily change of light-colored shirts, mix of long & short-sleeved to layer
- 3/4 pairs of underwear & light-colored socks (pack extra socks & warm socks)
- light fleece or sweater or sweatshirt
- sleepwear
- daily change of long pants (jeans or cotton pants, light-colored suggested)
- 1 rain jacket or poncho
- hat with visor for day, knit cap for evening activities
- sturdy walking shoes and/or sneakers (closed, sturdy shoes are required outside of the cabin)
- waterproof footwear, only if you have it
- gloves or mittens for evening activities if you get cold easily
- flip-flops or shower sandals for the shower (not for outside) optional

PERSONAL ITEMS:

- Sleeping bag or sheets and blanket, and pillow/pillowcase
- toothbrush, toothpaste, and unbreakable cup
- Soap in a soapbox or baggie, a bath towel, and a washcloth
- Shampoo, and comb or hairbrush
- sunscreen / lip balm (if you use deodorant, bring stick or roll-on only, no spray)
- a container or plastic bag (zip-lock work great) for toilet articles
- plastic trash bag for dirty laundry (to pack back in the suitcase/duffel bag)
- favorite book, journal, word puzzles, UNO, or deck of cards for quiet time
- water bottle - Very Important!

OPTIONAL ITEMS:

- daypack - very helpful to carry your sweatshirt, water bottle, rain jacket
- waistpack or daypack (required for those who must carry inhalers or epi-pens)
- insect repellant (stick/lotion/wipes ONLY - NO SPRAY)
- camera, bandana, compass
- stuffed animal or familiar bedtime article
- stamped envelopes or postcards addressed to parents or family

LEAVE AT HOME: money, gum, candy, food, phones, iPods, aerosol cans, makeup, perfume, sandals, skirts, dress clothes, knives, flashlights, electronics, hairdryers/curling irons, & any valuable possessions! This is a camping experience!

IMPORTANT TIPS:
1. Mark ALL of your belongings with your name (even cameras, pillows, & hairbrushes)
2. Luggage must be limited to one piece (plus sleeping bag) that you can carry by yourself - Trash bags tend not to make it - even for sleeping bags!
3. Compression bags are best for sleeping bags – relatives or friends may have one.
4. Tell Zoe if you need to borrow luggage, a waistpack, etc.
Dear Parents,

The field teachers and staff at URI's W. Alton Jones Campus are looking forward to involving your child in an unforgettable outdoor adventure in learning.

I would like to help you understand this special event by answering some commonly asked questions. Please take a moment to read this letter, go over the packing list and complete the Student Health History form.

**What is the W. Alton Jones Campus?** URI's unique 2,300-acre wilderness area is devoted to environmental education, conservation and research. Over 40,000 acres of state parks and forests surround the Campus, making this one of the largest preserved regions in southern New England. It is home to a great diversity of mammals, birds, wildflowers and trees and serves as an outdoor school for more than 10,000 students each year.

**What are the program goals?** Our program is designed to increase students' appreciation, understanding and concern for the environment and each other. We do this through an active, hands-on, learning-by-doing process.

**What are the accommodations like?** Our kitchen is staffed with professional University of Rhode Island cooks who serve family-style meals. Our knotty pine dining lodge with fieldstone fireplaces and six meeting rooms provides a rustic, comfortable learning environment. Six winterized cabins are heated and have showers and lavatory facilities. Each cabin has bunks for sixteen to twenty students plus two to four adult chaperones.

**Who Conducts the Program?** The Environmental Education Center's own field teachers conduct the program. Our teaching staff includes college graduates, certified teachers and undergraduate interns.

**What if medical help is needed?** The Center has a nurse on-site part time and on-call 24 hours each day. Kent County Hospital in Warwick and Hasbro Children's Hospital in Providence serve the Center. All of our field teachers are trained in CPR and First Aid.

Thank you for giving your child this educational opportunity.

Sincerely,

John Jacques
Environmental Education Center
UNIVERSITY OF RHODE ISLAND W. ALTON JONES CAMPUS

STUDENT HEALTH HISTORY FORM

Dates at
School Name_________________________________________ Alton Jones_________________________________________

Return this form to school by ________________ (at least 3 weeks before Alton Jones Visit).

If your child is attending an overnight program (2-5 days) at the W. Alton Jones Campus, please complete both pages of this form. If your child requires special treatments, injections, is immune compromised, has mobility limitations (e.g. cast, crutches or wheelchair), no spleen, food allergies, dietary restrictions or other special issues, contact Alton Jones at least two weeks before the program: Medical: 401-874-8148; Dietary: email altonjones@uri.edu. Some issues will require a doctor’s note.

Student’s Name_________________________________________

Age_____ Weight_____

Address________________________________________________ Boy Girl

________________________________________________________ Birth

Date__________________

Parent/Guardian

1________________________________________________________ email _______________________________

Telephone
home:(____)________________ work:(____)________________ cell:(____)__________________________

Parent/Guardian

2________________________________________________________ email _______________________________

Telephone
home:(____)________________ work:(____)________________ cell:(____)__________________________

Name of another person to be contacted in case of emergency if you cannot be reached: __________________________ Relation to student: __________________________ Telephone
home:(____)________________ work:(____)________________ cell:(____)__________________________

Parent/Guardian’s Health Insurance
Company________________________________________________________
Policy Number________________________________________________________

NOTES TO PARENTS:
1. URI provides insurance for up to $10,000.00 per injury. Parent/guardian is responsible for additional costs.
2. If your child has had or has been exposed to a contagious disease or gets a serious cut, bruise, sprain, break, other injury or skin rash during the two weeks prior to coming to Alton Jones, please contact our nurse by phone. 3. All medications will be kept locked in the nurse's office except Inhalers and Epi-pens/Benadryl which must be carried by participants at all times. (Please pack a day pack for carrying emergency medicines).
4. All medications must be in original container and properly labeled, correlated with written instructions and placed in a ziploc bag.
5. Prescription Medication: If your child is bringing medication prescribed by a physician, the medication must be in the original container with the doctor's orders on the container. Medications will be dispensed as specified on the container unless a physician's note is attached indicating a change in dosage. The medication will be dispensed under the supervision of an R.N. or other authorized staff member.
7. If it is OK for staff to administer Tylenol, Benadryl, or ibuprofen if needed, please initial here:__________
   If your child is bringing prescription medication including epi-pen please complete the following: Medication | Dosage/Time | Reason

(Continue To 2nd Page)

**MEDICAL BACKGROUND**

If YES is checked, give approximate dates, method of treatment and or restrictions. If your child is under the care of a Social Worker, Psychologist, Behavioral Therapist etc., please fill in specific information concerning your child's needs.

- Bleeding Disorders
- Epilepsy
- Diabetes
- Asthma
- Allergy Injections
- Sleep Walking
- Fainting
- Kidney Trouble
- Heart Trouble
- Bed Wetting
- Compromised Immune System
- Spleen Removed
- Emotional or Behavioral Issues
- Learning Disability
- Requires an Aide at School
- Traveled out of U.S. in last 3 mo.
- Other

Does your child have any allergic or other reactions to: (Please note reaction)

Yes No _____________________________________________ Yes No

_____________________________ Yes No
Will bring Nebulizer? Yes No Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Stings: Type Nuts

Raw Eggs

Eggs in All Forms

Yes No Yes No Yes No Yes No Yes No Yes No Yes No

Carries Benadryl? Yes No Carries Benadryl? Yes No Carries Benadryl? Yes No Carries Benadryl? Yes No Carries Benadryl? Yes No Carries Epi-Pen?

Carries Epi-Pen? Yes No Carries Epi-Pen? Yes No Carries Epi-Pen? Yes No Carries Epi-Pen? Yes No

Yes No

Milk Protein

Celiac Disease

Gluten Intolerant

Lactose Intolerant

Other Allergies/Dietary Restriction? Yes No

Self Regulates? Yes Self Regulates? Yes

No No

Vegetarian?

Is child under special treatment?

Any restrictions at school?

Has child had a tetanus booster?

Are immunizations up-to-date?

Bringing over the counter meds? Yes

Yes No

Yes No

A doctor's note is required. Yes No

Date:

No If Yes, please complete the following:

| Dosage | Reason || || || ||
Please note that photographs and other recordings may be made of program participants by the University of Rhode Island for its records or for public relations purposes and that attendance constitutes consent to any such recordings. For marketing purposes, contact information provided may be used for Alton Jones brochure mailings and camp/program notifications.

I grant permission for the student named on this form to participate in all planned activities and programs. I understand that participation in these activities can expose my child to dangers both from known risks and from unanticipated risks. I give permission to have my child treated by the W. Alton Jones Campus nurse, authorized staff or a physician in case of severe illness or emergency in which I cannot be reached. I understand that health information provided on this form will be shared with those who will be directly caring for my child. In the event of severe misconduct, if an illness or injury should arise in which a doctor's diagnosis is required, or if it is not appropriate for my child to remain on site, I authorize the campus management to dismiss my child early, in which case I will assume responsibility for arranging transportation. I authorize those listed on this form to sign out my child upon presentation of a photo driver's license for identification. I hereby assume responsibility for all medical expenses for my child not covered by the University of Rhode Island accident insurance policy.

________________________  Parent/Guardian Signature Date

5/14/17
UNIVERSITY OF RHODE ISLAND W. ALTON JONES CAMPUS ENVIRONMENTAL EDUCATION CENTER

BEHAVIOR AGREEMENT

Student's
Name_________________________________ School_________________________ Date________

At Alton Jones, we strive to create a caring and supportive community. We want all students to feel safe, welcomed and accepted. Following and abiding by the rules and guidelines ensures a memorable experience. Students are expected to respect themselves, others and the environment. Inappropriate behavior negatively affects everyone.

In addition to Alton Jones rules, all school rules continue to apply. Since the Alton Jones experience passes so quickly we try to deal with behavior issues before they snowball. We have developed a clear four-strike system of consequences for inappropriate behavior. It is used when a child has gone beyond acceptable limits.

1. Strike One: Student gets a warning.
2. Strike Two: Student sits out of a session and has a disciplinary meeting with the Alton Jones Coordinator or schoolteacher.
3. Strike Three: The Coordinator or teacher calls home to communicate the child’s behavior. The parent speaks with the child.
4. Strike Four: The parent must pick up the child.

The severity of the offense may demand a second, third, or fourth strike remedy. This progressive discipline system, combined with positive reinforcement, is designed to put behavior decisions in the student’s hands. It is meant to give a student plenty of chances to change. The goal is to change negative behavior in order to prevent a child from being sent home.

I know that how I act affects the experience of people around me. I have read and understand this behavior agreement. I know that proper behavior is expected of me and that if I act badly, I could be sent home. I pledge that I will follow the rules and treat others with respect.

__________________________  __________________________
Student Signature Date

I have read and understand the behavior agreement as outlined. I understand that proper behavior is expected and that inappropriate behavior could potentially lead to my child being sent home and that no refund will be given. I understand that in addition to not following rules, a child may be sent home if they are acting or talking about acting in a way that is physically or emotionally unsafe to themselves or others. I have discussed this behavior agreement with my child and have impressed upon him/her the importance of following the rules and behaving appropriately.

__________________________  __________________________
Parent/Guardian Signature Date
TICKS AND YOUR CHILD

Blacklegged ticks, also known as deer ticks (*Ixodes scapularis*), which can carry Lyme Disease as well as the less common Human Granulocytotropic Anaplasmosis (HGA) and Babesiosis, are prevalent in Rhode Island. Disease carrying ticks have been found in 43 states and are common in many parts of the Northeast. Caution is appropriate for anyone spending time in the outdoors. Here are answers to some commonly asked questions about ticks.

**What is the likelihood of my child getting a tick-borne disease at Alton Jones?** Spending time outside in natural areas increases the possibility of getting a tick-borne disease. We work diligently to minimize risks and provide maximum protection for each child. We feel it is important to keep parents informed so that if a child displays symptoms, a prompt diagnosis can be made and proper treatment can be given.

**What measures are taken to prevent tick bites?** At W. Alton Jones we take a proactive approach. We teach children to be aware of ticks and methods of tick-bite prevention. We talk to them about ticks at their first orientation meeting. We teach them how to check themselves for ticks and frequently remind them to do so. We work to keep our trails trimmed and we make every effort to avoid high-tick areas.

**What if a tick bites my child?** In the event that an embedded tick is found on a child, a trained staff member will promptly remove the tick. It is possible for an infected tick to be embedded for up to 48 hours before transmitting a disease. Prompt tick removal will reduce the likelihood of disease transmission. We call parents of any child who is bitten by a tick so that they can monitor the child for symptoms once they are home.

**What are the symptoms of tick-borne diseases?** We encourage all parents and children to become familiar with the symptoms since a tick bite can go undetected. If any symptoms occur, contact your doctor and tell them that your child may have been exposed to ticks. Many symptoms are flu-like while tick-borne diseases are most likely to occur outside of the normal flu season.

**Lyme Disease:** Early symptoms generally appear within a week and include an expanding (often but not always bulls-eye shaped) skin rash that can be, but is not always, near the bite site. The rash occurs in 60% to 80% of all cases, appears 3 days to 1 month after the bite, and confirms a diagnosis of Lyme Disease. Also watch for chills, fever, headache, stiff neck, fatigue, swollen lymph nodes, dizziness and aching joints and muscles. Another possible symptom is swelling and pain in the joints, especially the knees. These symptoms may not seem serious enough to warrant initial concern. Lyme Disease is the most common tick-borne disease and is treatable with antibiotics.

**Human Granulocytotropic Anaplasmosis (HGA):** Symptoms include fever, headache, malaise, chills, sweating, muscle aches, nausea and vomiting. Symptoms may be severe and it is sometimes initially misdiagnosed as meningitis. This disease is rare but has been increasing in recent years. It is treatable with tetracycline derivative drugs (used with caution since some drugs will permanently stain children’s teeth).

**Babesiosis:** Symptoms are generally mild or go unnoticed and may require no treatment but can be severe in rare cases. Symptoms occur within 1 to 4 weeks and
include a gradual onset of malaise, loss of appetite, and fatigue followed within a week or so by fever, drenching sweats, shaking chills, nausea, vomiting, headache, muscle pain, weakness, and depression. This disease is rare particularly in children, however people with impaired immune systems or those who have had their spleen removed are at risk of severe and possibly fatal reactions.

**What can parents do to help prevent tick bites?** Insect repellents can be sprayed on clothing or skin to help prevent tick bites. Be sure that the label says it is affective against ticks and that it contains 30% or less of the chemical DEET since that is the maximum recommended concentration. Permethrin is highly effective against ticks but can only be applied to clothing (see: www.insectshield.com). Light colored clothing helps in locating ticks. Keeping ticks off children and removing them before they bite or transmit a disease are the keys to prevention.

Assist us in tick bite prevention by helping your son or daughter thoroughly check themselves for ticks as soon as they return home. Remove any embedded ticks with tweezers. Launder dirty clothing promptly and dry at high temperatures.

Know and watch for symptoms of tick-borne diseases.

Call 401-874-8141 if you have questions or if your child contracts a tick-borne disease and you believe it was from attending a program at Alton Jones (we try to keep track of cases). We welcome your comments.