

Teacher Planning Packet

2016-2017



Residential Programs

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Nauvoo, Alabama 35578

Mission Statement

The Mission of McDowell Environmental Center is to connect people to the environment, teach respect for the Earth and its beings, and to promote a commitment to lifelong learning.

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PRICE LIST

3-day = \$150 per person

12 class hours / 7 meals / 2 snacks / 2 nights lodging / 2 evening programs

5-day = \$300 per person

24 class hours / 13 meals / 4 snacks / 4 nights lodging / 4 evening programs

For every ten students who attend, one adult may come free. Additional adults may attend for **full price**. We can accommodate about 150 students per session. If your group exceeds this, we can divide them into multiple sessions. If you are interested in a 2 or 4 day session, please call.

Welcome to McDowell Environmental Center!

Welcome to the most incredible field trip experience your students will ever have! At McDowell Environmental Center (MEC), our philosophy is to teach students in the great outdoors and give them an experience impossible to have in an indoor classroom. They will learn by seeing nature up close... wading into a stream to catch invertebrates, touching sandstone canyon walls, identifying trees using a dichotomous key... You get the idea!



We offer the best in hands-on environmental science in a 1,140-acre outdoor classroom. We also offer fun, team-building classes that work wonders for the group dynamics of your class and individual challenges that build students' self-confidence. Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing the natural world with students and adults.

Camp McDowell has served as the summer camp and conference center for the Episcopal Diocese of Alabama for over half a century. The McDowell Environmental Center has been in operation for over 22 years and has hosted more than 150,000 participants. We provide a nonsectarian educational program for all students regardless of race, religion, ability or gender.

Once you contact us and confirm your trip with our Program Coordinator, Carrie Evans, she will guide your planning process. **Please read through this packet very thoroughly as the first step in planning your trip.** If you plan to bring multiple grade levels, consult with the coordinator about how to provide different classes for each grade level. Each class variance allows students who are returning to receive new information and experiences.

Materials in this packet may be duplicated to ensure that your students, parents and chaperones are well informed. Chaperones are vital to making this trip go smoothly, so we strongly encourage you to select those individuals carefully. Notice the pages to copy and send home to parents and chaperones (pgs. 24-34).

We look forward to creating a unique learning experience for you and your students. If you are new to our program, please feel free to request an informative presentation for your teachers, parents and/or students.

We can't wait to meet you and your students! This trip will be the most magical and educational trip of their lives!

Jen Kopnicky, Director
jenk@campmcdowell.com
205.387.1806 ext. 109

Carrie Evans, Program Coordinator
pc@campmcdowell.com
205.387.1806 est. 108

PROGRAM DETAILS

Facilities

Our diverse forests, streams, canyons, ponds, waterfalls, meadows, hiking trails, and ropes course serve as our classroom, rain or shine. In case of truly inclement weather, we use indoor teaching areas. Our cabins consist of fourteen dormitory buildings that can accommodate 12-18 people, depending on which cabins we have reserved for each school, and a few buildings with semi-private rooms, given upon request. The cabins are rustic, but heated in winter, and have indoor bathrooms with hot water showers.

Meals

We provide complete food service here. Meals are prepared and served by our talented food service staff and served family style in one of our many dining halls. Special dietary needs can usually be accommodated with advance notice and planning.

Services Provided

Our experienced staff handles the entire program for you. We plan, teach and supply materials for all classes, recreational activities and evening programs. We have a full time RN and EMT that live on site. We provide housekeeping and maintenance of the buildings and grounds. In addition, we are here to help with pre-trip planning and are available to make a presentation for teachers, students, parents or school administration as needed.

The Lead Teacher's Role

Most of the Lead Teacher's responsibilities deal with pre-trip preparations. The enclosed *Contract* (pgs. 7-9) lists your responsibilities and the *Lead Teacher Timeline* (pg. 6) helps you to sequence them. During the program we encourage you to be a participant, learning along with your students.

Making a Reservation

To make a reservation, call or email us (see previous page for contact information). New schools must send a **non-refundable** confirmation fee within 2 weeks of your request to be placed on the calendar. The fee is \$200.00 for reservations of 50 or fewer students, and \$400.00 for reservations of more than 50 students. **The confirmation fee is waived for annually returning schools.** Please note, the Center can house about 150 students plus their chaperones and may book other groups during your stay if space is available. Since most schools return annually to McDowell Environmental Center, we do our best to offer corresponding dates for your trip from year to year unless different dates are requested. We try to honor all date requests, however, this is not guaranteed, because occasionally we must make adjustments.

Cancellation Policy

An accurate count of student participants is due at least 60 days prior to your scheduled trip date in order to be fair to all schools. Once the 60 day deadline has passed, the school is responsible for a minimum payment of 90% of the number of reserved student participants as stated in our Reservation Confirmation.

Health Information

We make every reasonable effort to ensure the health and safety of your students while they are here. Camp McDowell has a full time RN and Wilderness EMT who take great pride in their care of the students. In order for us to meet this goal, it is important that your **Health Forms arrive 14 DAYS PRIOR to your trip**. If your forms do not arrive seven days before your visit, you will be responsible for handling ALL medications on the first day until the RN, EMT, kitchen and education staff can be updated on relevant health concerns. All overnight participants (including chaperones and teachers) must complete and sign our Health Form to attend. Students without a completed & signed Health Form may not come.

Risk Acknowledgement Forms

If you choose Climbing Wall, Trust Swing, Power Pole or Team Challenge classes, you must have Acknowledgement of Risk forms signed by all parents for the students. It is important that your **Risk Forms arrive 14 DAYS PRIOR to your trip**.

Emergency Guidelines

Upon your arrival you will be briefed on emergency procedures by the MEC staff. If advanced medical care is required, the patient can be taken to Walker Baptist Medical Center in Jasper, 15 miles away. **One chaperone or teacher must drive separately so that a vehicle will be at the center in the event that an emergency should occur!**

Students with Special Needs

We can customize our classes to make them fun and accessible for most students. Please discuss any **special needs** with us ahead of time so that we can be prepared to meet them.

Teacher and Chaperone Guidelines

There must be a minimum of 1 adult chaperone for each field group, and a minimum of 1 adult chaperone to supervise each cabin. MEC recommends a 1:10 adult/student ratio including teachers. Chaperones can help make your trip easier, but if not chosen properly, they can make it more difficult. It is worthwhile to take the time to choose your chaperones carefully.

Teacher Credit

The MEC program provides people of all ages the vital tools needed to understand the environment in which they live. Teachers are given a certificate reflecting the time spent in classes and activities at McDowell Environmental Center (MEC) which most school systems accept for professional development credit.

State Standards

Our curriculum is correlated to the Alabama and Mississippi State Standards for Science, Social Studies, Physical Education, and Language Arts. A full listing of the correlations is available on our website.

TYPICAL SCHEDULE

DAY ONE

10:00	Arrive at Camp McDowell- Buses are greeted at the Welcome Center
10:15-12:00	Unload buses, move into cabins & go to the Welcome Meeting
12:00-1:00	Lunch
1:00-4:00	Afternoon Class
4:00-4:30	Canteen & Gift Shop at Rec Hall
4:30-6:00	Recreation time
6:00- 6:45	Supper
7:15- 8:45	Evening Program & Snack

DAY TWO

8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00-4:00	Afternoon Class
4:00-4:30	Canteen & Gift Shop at Rec Hall
4:30-6:00	Recreation time
6:00- 6:45	Supper
7:15- 8:45	Evening Program & Snack

DAY THREE

7:15	Clean and move out of cabins
8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00	Depart

PLEASE NOTE:

Student field groups will rotate through all the class selections chosen by the Lead Teacher. Meal and Rec times vary by season.

Everyone, including adults, will have canteen and will be able to choose a drink and snack. Recreation time is led by MEC staff. However, it is the responsibility of the chaperones to be with the students during canteen *and* recreation times.

LEAD TEACHER TIMELINE

As Soon As Possible

- Email **Reservation Confirmation** (as well as **deposit** for new schools)
- New Schools: Arrange a parent and/or student pre-trip meeting at your school
- Recruit *physically-active* chaperones: at least one for every cabin/field group (see pgs. 30-35)
- Arrange for transportation
- Collect a deposit from students to secure their spot on the trip (suggestion)

3 MONTHS prior

- Email the completed and signed 3-page **Contract** (pgs. 7-9)
- Send out the **Student & Adult Health Forms** (pgs. 25-26, 33), **Parent Letter & Medicine Info Sheet** (pgs. 24 & 28) and **Bring-Along List** (pg. 29)
- Send out the **Student & Adult Risk Forms** (pgs. 27 & 34) (if taking ropes classes)
- Collect second payment from students and chaperones (suggestion)

1 MONTH prior

- Email the **Field Group Lists** and **Cabin Group Lists** (pgs. 10-11)
- Confirm your final numbers of participating students and adults
- Collect all **Student/Adult Health & Risk Forms**
- Collect the remainder of student payment (suggestion)
- Have a meeting with your chaperones to prepare them for the trip expectations (see pgs. 30-35)

2 WEEKS prior

- Mail the original **Student/Adult Health & Risk Forms** to us. Please arrange them alphabetically. Don't forget to make copies for yourself!

1 WEEK prior

- Contact us by email or phone to check for last minute updates and details
- Make enough copies of the Cabin and Field Group Lists for the adults

DAY of the TRIP

- Collect all medicines and be sure they are in original containers (see pg. 28)
- Pack luggage separated by boy's and girl's cabins in cars or buses
- Be sure everyone has bedding, appropriate clothes for weather, and water bottles (see pg. 29)
- Hand out copies of the Cabin and Field Group Lists to the adults
-

ARRIVAL at CAMP:

- Meet the MEC staff greeters at the Welcome Center
- Give any last-minute group changes to the staff greeters
- Turn in all medicines, including inhalers & epi-pens to the Nurse/EMT
- Get settled into your cabins, then join us for the teacher/chaperone meeting
- Relax and have a great time!

McDowell Environmental Center CONTRACT

page 1 of 3

EMAIL to pc@campmcdowell.com

Please email this contract 3 months prior to your visit.

School: _____ Grade(s): _____ Reserved dates: _____

Address: _____ City: _____ State: _____ Zip: _____

Lead Teacher: _____ Email: _____

Cell Phone: (____) _____ School Phone: (____) _____

Other School Contact: _____ Email: _____

Best way to contact (circle one): School Phone/Cell Phone/Email Best Time to Contact: _____

Arrival time: _____ (10:00am recommended) **Departure time:** _____ (*12:45pm recommended)

_____ *Check if you need to leave earlier than 12:45pm and want a sacked lunch to go

STUDENTS: # of boys : _____ # of girls: _____ TOTAL # of STUDENTS: _____

***ADULTS:** # of men: _____ # of women: _____ TOTAL # of ADULTS: _____

Please include all **teachers in the adult count* **TOTAL #:** _____

FIELD GROUPS: _____ # BOYS CABINS: _____ # GIRLS CABINS: _____
(limit to 12 students/group) (12-18 beds/cabin) (12-18 beds/cabin)

Do you need separate lodging for teachers not needed in the cabins? Y/N For how many? _____

RESPONSIBILITIES OF THE CENTER: Assist with pre-trip planning; provide complete educational programming; inform participants of their responsibilities, camp rules and emergency procedures; prepare meals and evening snacks; clean and maintain facilities and grounds; and provide a safe and wholesome atmosphere.

RESPONSIBILITIES OF THE LEAD TEACHER: Make a reservation (new schools- submit deposit) and return contract; arrange transportation; arrange for one physically-able chaperone for each cabin and field group; communicate with students, parents and chaperones about the trip; collect fees & medicines; email field group and cabin lists one month prior to trip; mail health and risk acknowledgement forms at least 2 weeks prior to your trip; participate in the program with chaperones and students; and submit final payment.

DAMAGE: The Center reserves the right to send home any child who becomes ill, destroys property, behaves aggressively or takes any other action detrimental to other students or the program. The school will be responsible for providing transportation in such cases, and for any damage to the facilities and equipment. No refunds will be made under these conditions. The Center cannot be held responsible for loss or damage to property brought to the Center. Please encourage students to leave valuables and large amounts of cash at home.

INVOICE: On your last day at McDowell, we will give you an invoice for the balance of your payment. Payment is due within 30 days after your trip.

I agree to the terms of this contract and agree that my group will abide by all McDowell policies.

Signature of Lead Teacher

Date

****PLEASE complete the next two pages....**

6/2016

DAYTIME CLASS SELECTION

3-day program: Choose 12 hours of daytime classes & 2 night programs

Class descriptions are on pages 12-23.

1.5 Hour Classes

- | | | |
|---|---|--|
| <input type="checkbox"/> Canoeing (5th & up) | <input type="checkbox"/> Meet a Map (3rd-5th) | <input type="checkbox"/> Creepy Crawlies (2rd-5th) |
| <input type="checkbox"/> Mysterious Medley (All) | <input type="checkbox"/> Survival Skills (4th & up) | <input type="checkbox"/> Trust Swing (5th & up)* |
| <input type="checkbox"/> Team Adventure (3rd-5th) | <input type="checkbox"/> Forest Critters (2nd-5th) | <input type="checkbox"/> Climbing Wall (5th & up)* |
| <input type="checkbox"/> Pond (3rd-5th) | <input type="checkbox"/> Compass Skills (4th-7th) | <input type="checkbox"/> Power Pole (7th & up)* |
| <input type="checkbox"/> Nature Hike (All) | | |

3 Hour Classes

- | | |
|--|---|
| <input type="checkbox"/> Native Americans & Earth (3rd- 6th) | <input type="checkbox"/> Stream Studies (6th & up) |
| <input type="checkbox"/> Down to Earth(4th & up) | <input type="checkbox"/> Mysterious Medley (All) |
| <input type="checkbox"/> Meet a Tree (3rd & up) | <input type="checkbox"/> Authors and Explorers (4th & up) |
| <input type="checkbox"/> Value of a Tree (6th & up) | <input type="checkbox"/> Survival Skills (4th & up) |
| <input type="checkbox"/> Rock Query (3rd & up) | <input type="checkbox"/> Orienteering (6th & up) |
| <input type="checkbox"/> Team Challenge (5th & up)* | <input type="checkbox"/> Forest Connections (4th & up) |
| <input type="checkbox"/> Aquatic Adventures (3rd-6th) | <input type="checkbox"/> Connections (All |

*Classes that require Student and Adult Risk Forms

6 Hour Class

- Trail of Discovery (6th & up)

Trail of Discovery requires that all participants bring a backpack and 2 water bottles.

A packed lunch will be provided for the all day hike!

EVENING PROGRAM SELECTION

Please rank your 1st, 2nd and 3rd choice evening programs, since occasionally substitutions are necessary due to weather conditions.

- | | | |
|--|---|---|
| <input type="checkbox"/> Songs, Sparks & Stories | <input type="checkbox"/> Radical Raptors | <input type="checkbox"/> Night Hike * not |
| <input type="checkbox"/> Big Screen | <input type="checkbox"/> Hop, Slither & Slide | <i>recommended in May due to daylight</i> |
| <input type="checkbox"/> Invention Convention | <input type="checkbox"/> McDowell Woods | |

****PLEASE complete the next page.....**

6/2016

GROUP PROFILE

The following information will help the staff at MEC have a better understanding of the needs of your group.

Have any of your teachers and chaperones attended MEC before? ____

Have any of your students attended MEC before? ____ If so, approximately how many? _____

How would you characterize your school? (Choose all that apply)

Private Public Religious Affiliation Open classroom Montessori
 Self-contained classroom Students move from class to class Block Schedule
 Below grade level Above grade level At grade level Urban Suburban
 Rural

You may also include a description of the dynamics or your group:

How will your group be arriving at MEC? (#'s if known) ____ Bus(es) ____ Car(s)

It is a good idea to pack automobiles by cabins. Put a sign in the windshield of each car with the name of a cabin, then let students find their cabin car. When you arrive, the cars can go to the cabins.

What **experiences** have your students had with the outdoors, environmental education or field trips?

What specific **student needs** should we be aware of? (i.e. social/emotional/behavioral concerns, severe allergic reactions, physical limitations, learning needs, etc...)

Please list any **objectives, themes, goals, vocabulary, teaching philosophies or local environmental issues** that you would like for us to emphasize while you are here:

FIELD GROUP LISTS

*Please confirm the number of field groups your school will have with the Program Coordinator before creating this list!

Divide your class into field groups of 10 to 12 students and at least 1 adult.

At least one adult must be with a field group at all times.

It is important to group students in socially compatible groups.

If you are bringing multiple grade levels, group by grade.

If teachers are “floating,” and not assigned a group, please still list all teachers’ names on the bottom.

* **EMAIL** to pc@campmcdowell.com

Please email this list 1 month prior to your visit.

Please organize field group lists in the following format (or one similar):

Excel Spreadsheets will suffice as well!

Field Group #1	Field Group #2	Field Group # 3	Field Group #4
1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME
2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME
3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME
4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME
5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME
6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME
7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME
8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME
9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME
10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME
11. STUDENT NAME	11. STUDENT NAME	11. STUDENT NAME	11. STUDENT NAME
12. STUDENT NAME	12. STUDENT NAME	12. STUDENT NAME	12. STUDENT NAME
Mrs. Parent (Chaperone)	Mrs. Parent (Chaperone)	Mr. Parent (Chaperone)	Mrs. Parent (Chaperone)
Mr. Parent (Chaperone)	Mrs. Teacher (Teacher)	Mrs. Teacher (Teacher)	Mr. Teacher (Teacher)
Ms. Teacher (Teacher)			

Mr. Teacher & Mrs. Teacher will float.

CABIN GROUP LISTS

*Please confirm the number of cabins your school will have with the Program Coordinator before creating this list!

In order to be impartial, cabin reservations are “first come, first serve,” when we receive the Contract. Depending on which cabins your school is assigned, cabins hold 10-16 students and 1-2 adults.

At least one adult must be assigned to each cabin.

It is important to group students in socially compatible cabin groups.

If you are bringing multiple grade levels, group cabins by grade.

Separate, additional cabins may be requested for teachers who are not needed for cabin supervision.

* **EMAIL** to pc@campmcdowell.com

*Please email this list **1 month** prior to your visit.*

Please organize cabin lists in the following format (or one similar):

Excel Spreadsheets will suffice as well!

Girls Cabin #1 (15 beds)	Girls Cabin #2 (12 beds)	Boys Cabin # 1 (12 beds)	Boys Cabin #2 (15 beds)
1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME	1. STUDENT NAME
2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME	2. STUDENT NAME
3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME	3. STUDENT NAME
4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME	4. STUDENT NAME
5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME	5. STUDENT NAME
6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME	6. STUDENT NAME
7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME	7. STUDENT NAME
8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME	8. STUDENT NAME
9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME	9. STUDENT NAME
10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME	10. STUDENT NAME
11. STUDENT NAME	11. Mrs. Mom (Chaperone)	11. Mr. Dad (Chaperone)	11. STUDENT NAME
12. STUDENT NAME	12. Ms. Mom (Chaperone)	12. Mr. Dad (Chaperone)	12. STUDENT NAME
13. STUDENT NAME			13. STUDENT NAME
14. Mrs. Mom (Chaperone)			14. Mr. Dad (Chaperone)
15. Ms. Mom (Chaperone)			15. Mr. Dad (Chaperone)

Teachers: Ms. Teacher, Mrs. Teacher, & Mrs. Teacher, request the Kremlin.

CURRICULUM GUIDE

Mission Statement

The Mission of McDowell Environmental Center is to connect people to the environment, teach respect for the Earth and its beings, and to promote a commitment to lifelong learning.

Program Objectives

- The students will increase awareness and understanding of the environment.
- The students will develop a sense of responsibility for the environment.
- The students will gain a better sense of cooperation and community.

Outdoor environmental education embraces teachable moments which happen regularly in an outdoor classroom. The MEC Instructors are professional educators with college degrees. Each instructor will have their own teaching style and choose activities for classes that best suit their personality. Your students will not stay with the same instructor for the entire time. Because of this, your student groups will not have an identical experience in every class. Instructors will cover the key terms and principles of each class, which are correlated to the Alabama and Mississippi Courses of Study.

DAYTIME CLASSES

DOWN TO EARTH

3 hours; 4th grade & up; Moderate 1 mile hike

OVERVIEW: Hiking to a reclaimed coal mine, students examine geologic history, coal, and electricity and witness the effects of surface coal mining and reclamation on the local ecosystem. Additionally, students explore the relationship between natural resource use and conservation.

PRINCIPLES:

- Water plays a key role in the formation of sedimentary rock.
- Coal is one of Alabama's valuable natural resources and is a major source of energy for production of electricity.
- Human use of coal affects the environment.
- Each of us can conserve electricity and help the environment.

KEY TERMS: sandstone, coal, ground water, fossil fuel, photosynthesis, sediment, pollution, surface mining, reclamation, conservation, energy, electricity

ROCK QUERY

3 hours; 3rd grade & up; Strenuous 1.5 mile hike

OVERVIEW: Students kinesthetically explore rock types, the rock cycle, and the structure of the Earth. Hiking into a sandstone canyon, they observe how the rock affects the present ecosystem and reveal clues about the past.

PRINCIPLES:

- The face of the Earth is constantly changing as rocks move through a cycle.
- Rocks provide information about past environments.
- Geology affects our present ecosystem.
- Humans are dependent on rocks and minerals.

KEY TERMS: geology, rock cycle, sandstone, layers, sedimentary, metamorphic, igneous, canyon, erosion, weathering, mineral, groundwater

AUTHORS & EXPLORERS

3 hours; 4th grade & up; Mild $\frac{1}{4}$ - $\frac{1}{2}$ mile hike

OVERVIEW: Inspired by the fragrances, sounds, textures and tapestry of nature, students learn to express themselves articulately through nature journaling. Sequenced drawing, sensory awareness and observation activities help students evolve as talented crafters of language. Surrounded by creeks and canyons, even reluctant writers find that words come easily.

PRINCIPLES:

- Details and analogies improve descriptive writing.
- Careful observation brings new awareness, knowledge and perspective on natural objects.
- Both authors and explorers utilize writing and sketching in nature journals as tools to improve their trade.

KEY TERMS: nature journal, observation, metaphor, simile, adjective, detail, naturalists, senses, explorer

NATIVE AMERICANS & THE EARTH

3 hours; 3rd-6th grade; Moderate $\frac{1}{2}$ mile hike

OVERVIEW: Interacting with artifacts, playing games, and listening to stories, students gain a better understanding for the lifestyle of early southeastern Native Americans. Students visit a Mississippian Era replica village and explore the concepts of natural resources, culture, and sustainability.

PRINCIPLES:

- Basic human needs-food, clothing and shelter- are provided by the natural world.
- Throughout history, people have developed technologies to meet their needs.
- The early Native American lifestyle, which was directly connected to nature, exemplified knowledge of and respect for the environment.

KEY TERMS: hunter/gatherer, replica, artifact, technology, primitive, prehistoric, rock shelter, debris hut, village, roundhouse, atlatl, migrate, Bering Strait

AQUATIC ADVENTURES or POND

Aquatic Adventures: 3 hours, 3rd -6th grade; Moderate $\frac{1}{4}$ mile hike

Pond: 1.5 hours, 3rd -5th grade; Moderate $\frac{1}{4}$ mile hike

****Students should come prepared to get wet in these classes. Many students bring rain boots or water shoes for this activity.***

OVERVIEW: Students capture, observe and compare aquatic life from a pond and sometimes a stream as well. They review the water cycle, study adaptations, and examine the importance of freshwater ecosystems.

PRINCIPLES:

- Ponds and streams are unique habitats that are connected to the water cycle.
- Aquatic creatures are diverse, with specialized adaptations for feeding, breathing and moving.
- Aquatic organisms are interconnected.

KEY TERMS: water cycle, macro invertebrate, insect, adaptation, niche, larvae, nymph, detritus, habitat, food web, bio assessment

STREAM STUDIES

3 hours; 6th grade & up; Moderate/Strenuous ½ mile hike

****Students should come prepared to get wet in these classes. Many students bring rain boots or water shoes for this activity.***

OVERVIEW: Through biological sampling and chemical testing of a stream, students gain an understanding of water quality parameters, learn how to assess water quality and become aware of the impact that humans can have on waterways.

PRINCIPLES:

- Aquatic creatures have different tolerance levels to pollution based on their adaptations.
- The physical and chemical properties of a body of water determine what organisms can live there (tolerance).
- Human actions can alter the chemical and physical properties of a stream thus affecting its water quality.
- Each of us can monitor and improve water quality.

KEY TERMS: aquatic, adaptation, nymph, larvae, species, indicator species, pollution, tolerance, erosion, sediment, dissolved oxygen, pH, acid, base, turbidity, water molecule, watershed

MEET A TREE

3 hours; 3rd grade & up; Moderate 1 mile hike

OVERVIEW: Activities that focus on the structure, function and identification of trees help students see every tree as a unique living organism. The students hike through the forest, studying the interdependence of living and non-living components.

PRINCIPLES:

- A tree is composed of specific parts that function together to create a life-supporting system.
- Each tree species has unique physical characteristics that can be used to identify it.
- Air, water, animals, plants, and soil are interdependent components of the forest community.

KEY TERMS: community, photosynthesis, oxygen, decomposer, soil, heartwood, sapwood, xylem, phloem, bark, root, dichotomous key, opposite, alternate, biodiversity, forest ecology, transpiration, succession

VALUE OF A TREE

3 hours; 6th grade & up; Moderate 1 mile hike

OVERVIEW: Through a hike, discussions, and measurement activities, students explore human impact on forest ecosystems and how trees are valuable economically, ecologically, and recreationally.

PRINCIPLES:

- People value different uses of the forest.
- The science of forestry strives to develop and maintain forests for human and natural uses.
- Human use of the forests can have both positive and negative impacts.

KEY TERMS: value, habitat, forestry, natural resources, recreation, economic, ecological, board-feet, diameter at breast height, photosynthesis, conservation, dichotomous key

MYSTERIOUS MEDLEY

1.5 or 3 hours; All grade levels; Level of physical challenge varies with trail

OVERVIEW: Instructors choose a class topic of special interest to them and then design a lesson suited to the environs of McDowell. Students may visit a special landmark at Camp McDowell, discover the world of moss and lichens, take a sensory hike, or explore patterns in nature. This exciting option allows our professional educators to shine in their area of expertise. The class may also be designed around specific objectives provided by the teacher. Please be sure to make a note on your contract or speak with your program coordinator so that this magical class can be catered to meet your objectives.

CONNECTIONS

1.5 or 3 hours; All grade levels; Level of physical challenge varies with trail

OVERVIEW: This class, when chosen, is taught as the final experience at McDowell. It helps students make connections with the knowledge learned in each of their other classes and reinforces their understanding of ecological and conservation principles. Students review their experiences and make connections to real life. This is a culminating class taken by schools that spend 4 or 5 days at McDowell Environmental Center.

PRINCIPLES:

- All things are connected and humans impact those interrelationships.
- We are dependent on natural resources and must conserve them for future generations and the health of the environment.
- By making sustainable choices in our lives, we can be stewards of the earth.

KEY TERMS: Varies depending on classes taken: community, natural resources, adaptations, niche, diversity, interrelationships, sustainable, habitat, connections, conservation, choices, impact

FOREST CONNECTIONS

3 hours; 4th grade & up; Moderate ½ mile hike

OVERVIEW: Visualize the connections among many biotic and abiotic components of the forest community. Students explore these connections through a hike, primary artifacts, interactive games, and discovery.

PRINCIPLES:

- Forest communities contain both biotic and abiotic factors.
- Specific habitats require different adaptations for animals to survive.
- Organisms in a community are interconnected through many different relationships.

KEY TERMS: adaptation, habitat, niche, camouflage, community, biotic, abiotic, predator, prey, food chain, food web, producer, consumer, interconnections, symbiosis

FOREST CRITTERS

1.5 hours, 2nd - 4th grade; Moderate ½ mile hike

OVERVIEW: Students participate in activities that illustrate the importance of animal adaptations. Students hike and search for evidence of animals in their habitats, examine animal pelts and skulls, and discuss relationships within a forest.

PRINCIPLES:

- A habitat is where an animal obtains food, water, shelter and space.
- An adaptation is a physical or behavioral attribute that enables an animal to survive in a particular environment.
- Habitat destruction is the #1 problem for wildlife today.

KEY TERMS: adaptation, habitat, camouflage, niche, food chain, predator/prey, community, carnivore, herbivore, omnivore

CREEPY CRAWLIES

1.5 hours; 2nd - 5th grade; Easy walk

OVERVIEW: Students collect and study small creatures in their natural habitats. Through direct observation, students explore the adaptations and niches of the animals they find.

PRINCIPLES:

- Insects are the most common animals on earth and have many unique adaptations specific to their niche.
- Many small creatures are beneficial to humans.
- These animals play invaluable roles in ecological processes such as decomposition, pollination, and the food web.

KEY TERMS: niche, adaptation, invertebrate, decomposer, pollinator, herbivore, predator, carnivore, head, thorax, abdomen, arthropod, habitat

NATURE HIKE

1.5 hours; All grade levels; Level of physical challenge varies with trail

ACTIVITIES: This class is a new favorite at McDowell! During this class, students have the opportunity to visit unique trails on a hike through the forest with one of our naturalist. This option allows students to learn interpretive skills such as identifying plants, insects and other animals and their tracks!

PRINCIPLES may include:

- Using a dichotomous key for plant and tree identification.
- Using a variety of field guides.
- Using loupes and nature journals.

SURVIVAL SKILLS

1.5 or 3 hours; 4th grade & up; Moderate ½ mile hike

OVERVIEW: This class is designed to teach students how to plan for and travel in wilderness or backcountry. Students will practice individual and teamwork skills needed for trip planning and preparation, being lost and overnight survival.

PRINCIPLES:

- Nature provides everything needed to meet a human's basic needs.
- Key concepts for wilderness survival are: planning, preparation, positive attitude, meeting basic needs and being found if lost or injured.

KEY TERMS: Survival, prevention, preparation, basic needs, Leave No Trace, itinerary, positive mental attitude (PMA), S.O.S., dehydration, hypothermia, debris shelter, microorganisms, navigation, topographic map, compass, trail blaze, rule of 3's

MEET A MAP

1.5 hours; 3rd-5th grade; Moderate walking

OVERVIEW: In small teams, students enjoy using a map to locate stations on an established course. They will learn to work together cooperatively and build self-confidence as they practice navigation.

SKILLS:

- Learn and practice basic map skills.
- Use a map to locate stations on a course.
- Experience the value and usefulness of a map.

KEY TERMS: scale, symbols, map key (legend) orient, cardinal directions, communication, cooperation, degrees, title

COMPASS SKILLS

1.5 hours; 4th -7th grade; Moderate walking

OVERVIEW: Through demonstrations, explanations and hands-on activities, students gain an understanding of how a compass functions. Students apply their knowledge by completing an outdoor compass course.

SKILLS:

- Use a compass to determine the cardinal directions.
- Read bearings and apply them properly.
- Navigate through a course relying on a compass.

KEY TERMS: degrees, bearing, magnetic field, housing, direction of travel arrow, magnetic north, cardinal directions, landmark, base plate, waypoint

ORIENTEERING

3 hours; 6th grade & up; Strenuous Hiking- Off Trail

OVERVIEW: After reviewing map and compass basics, students hike in the forest. Students apply their skills to establish a bearing and navigate from one point to another.

SKILLS:

- Read a topographic map to determine a safe and practical route.
- Navigate safely using a compass.
- Listen to others, cooperate and make group decisions.

PRINCIPLES:

- Topographic maps are models which represent 3D landscape.
- An understanding of scale, map orientation and landforms are all important in the use of a topographic map.
- Use a map to locate landmarks and a compass to avoid high-risk areas.

KEY TERMS: degrees, bearing, magnetic field, orient, scale, symbols, landmark, legend, direction, sighting, contour lines, orient, north, south, east, west

CANOEING

1.5 hours; 5th grade & up; Moderate 1/8 mile walk with steep stairs

****Students should be prepared to get wet during this activity. Canoeing is not recommended for cold months! In cases of extreme weather, high wind or high water, please choose an alternate activity for your group.***

OVERVIEW: Paddling below 80-foot bluffs and near cascading waterfalls, students practice teamwork and communication skills. All participants wear life jackets and stay within sight of our trained instructor.

SKILLS:

- Practice basic water safety.
- Learn the proper name, function and care for equipment.
- Practice basic strokes and maneuvers.
- Communicate and work effectively with a partner.

KEY TERMS: stern, bow, keel, lifejacket, blade, back paddle, cooperation, communication, t-grip

TEAM ADVENTURE

1.5 hours; 3rd -5th grade; Moderate physical activity

OVERVIEW: Group problem solving activities encourage students to cooperate to reach consensus. Vital components of this class are goal setting, sequencing, processing, cooperation, communication, problemsolving, and trust. Students will be encouraged to review experiences, link them to relevancy in their daily life and extend new ideas as they approach situations at home or in school.

****The challenge course or low ropes elements will not be used. MEC facilitators will choose the activities based on the individual group's needs. Because of this, each student group will have a unique experience using different activities.***

PRINCIPLES:

- Working with others to solve problems is a beneficial life skill.
- Active sharing and listening are important for teambuilding.
- There may be a variety of solutions to a problem. Problem-solving skills must be practiced.

KEY TERMS: problem-solving, compromise, cooperation, trust, communication, leadership, support, planning, respect, goal, strategy, teamwork

TEAM CHALLENGE**

3 hours; 5th grade & up; Moderate physical activity

*****Risk Acknowledgment Forms are REQUIRED***

OVERVIEW: Group problem solving activities encourage students to cooperate to reach consensus. Vital components of this class are goal setting, sequencing, processing, cooperation, communication, problem-solving, and trust. Students will be encouraged to review experiences, link them to relevancy in their daily life and extend new ideas as they approach situations at home or in school.

****The challenge course or low ropes elements may be used. MEC facilitators will choose the activities based on the individual group's needs. Because of this, each student group will have a unique experience using different activities.***

PRINCIPLES:

- Working with others to solve problems is a beneficial life skill.
- Active sharing and listening are important for teambuilding.
- There may be a variety of solutions to a problem. Problem-solving skills must be practiced.

KEY TERMS: problem-solving, compromise, cooperation, trust, communication, leadership, support, planning, respect, goal, strategy, teamwork, perseverance

CLIMBING WALL**

1.5 hours; 5th grade & up; Moderate mental challenge & significant physical challenge

****Risk Acknowledgment Forms are REQUIRED**

We charge an additional \$10.00 equipment fee per field group for this activity.

OVERVIEW: Striving to climb a 40-foot wall with hand and foot holds, students not only experience rock climbing, but also feel the exhilaration of attempting a daunting feat. Encouraged by their peers and lead by a trained ropes course instructor, students truly enjoy this thrilling experience.

PRINCIPLES:

- Give and receive group encouragement.
- Set and achieve personal goals.
- Confront fear and gain self-confidence in an environment of perceived danger.

KEY TERMS: safety, success, belay, fear, personal challenge and choice, goal setting, hardware, harness

TRUST SWING**

1.5 hours; 5th grade & up; Moderate mental challenge & moderate physical challenge

****Risk Acknowledgment Forms are REQUIRED**

We charge an additional \$10.00 equipment fee per field group for this activity.

OVERVIEW: Suspended from cables, like a giant rope swing, students enjoy the thrill of a great ride while developing trust in their group. Participants control the amount of risk they are comfortable with while their classmates use a certified pulley system to hoist them up to 20 feet into the air. This activity requires only minimal physical activity on the part of the participant.

PRINCIPLES:

- Demonstrate trustworthiness through words and actions.
- Provide the group support which is critical for success.
- Develop a trust that is inclusive of all group members.

KEY TERMS: safety, trust, group support, hardware, harness, personal choice, trustworthiness

POWER POLE**

1.5 hours; 5th grade & up; Moderate physical challenge and significant mental challenge

****Risk Acknowledgment Forms are REQUIRED**

We charge an additional \$10.00 equipment fee per field group for this activity.

OVERVIEW: Students challenge themselves by climbing a 25-foot high telephone pole and diving for a bell suspended in mid-air! This activity provides our most significant mental/emotional challenge. The group setting offers emotional support while trained ropes course instructors ensure physical safety. Group discussion afterwards helps students apply the lessons learned to everyday life.

PRINCIPLES:

- Set and achieve personal goals.
- Confront fear and gain self-confidence in an environment of perceived danger.
- Trust in oneself, others and safety systems.

KEY TERMS: safety, success, trust, belay, courage, fear, personal challenge, self-esteem

TRAIL OF DISCOVERY

6 hours (all day); 6th grade and up; Strenuous 3 mile hike

A packed lunch will be provided. All participants need to bring a backpack, 2 water bottles, and comfortable hiking shoes.

Overview: Hiking into deep sandstone canyons, visiting rock shelters and standing beneath waterfalls, students are immersed in nature. This class is a 6 hour medley of many of the classes offered at McDowell. If this class is chosen, please feel free to share specific objectives for the focus. The class focuses plant and animal identification for the season, as well as, geology and hydrology of the area. Culture of indigenous peoples and survival skills may also be highlighted as well. If requested, the day will end with journal writing and a time of reflection. The class returns in time for a trip to canteen that afternoon.

PRINCIPLES may include:

- The more that we understand nature, the more we understand everything.
- The “Leave No Trace” wilderness ethic provides model behavior for outdoor pursuits.
- A beautiful natural setting provides a perfect setting for journal writing and reflection.
- Students have an opportunity to explore nature while in a structured and safe environment.
- Students are enlightened with environmental concepts related to the forest community, including geology, hydrology, ecology

POTENTIAL KEY TERMS: Leave No Trace, diversity, canyons, rock bluff shelter, wilderness, habitat loss, endangered, extinct, extirpated, geology, rock cycle, erosion, interdependence, community, ground water, spring, hemlock, refuge, decomposer, soil

EVENING PROGRAMS

NIGHT HIKE

OVERVIEW: During a walk through the night-time forest, students learn to explore their senses in a nocturnal setting. Topics such as night-vision, sensory awareness, nocturnal wildlife and comfort with the darkness are discussed and explored during this very popular activity. Please have an alternate (indoor) Evening Program in mind in case of inclement weather conditions. We recommend that Night Hikes not be chosen in May, due to long daylight hours!

PRINCIPLES:

- Humans can rely on night vision and other senses in nocturnal settings.
- Nocturnal creatures have special adaptations such as excellent night vision, other heightened senses, unique coloring and echo-location which allow them to be successful in the absence of light.
- The forest at night “blooms and sings, and is traveled by dark feet and dark wings”.

KEY TERMS: Nocturnal, night vision, echo-location, senses, adaptations, diurnal, crepuscular, arrhythmic, safety

RADICAL RAPTORS

OVERVIEW: There’s nothing like the real thing! Students get an up-close view of live birds of prey (such as a hawk or owl). These amazing creatures teach about their habitats, specialized traits and ecological significance.

PRINCIPLES:

- Raptors have specialized behaviors and body structures to survive.
- Raptors fill an important role in the ecosystem
- Raptors of the southeast need our protection.

KEY TERMS: raptor, adaptation, talon, apex predator, food chain, nocturnal, diurnal, nictitating membrane, community, ecosystem

INVENTION CONVENTION

OVERVIEW: During this indoor activity, students build camaraderie, cooperation skills and group spirit. Working in small groups, students use imagination, creativity, ingenuity and teamwork to create sculptures, short skits, silly word definitions, or functioning machines. This class has a large arsenal of possible activities so each program is unique.

PRINCIPLES:

- One can have fun incorporating creativity and minimal resources.
- Working cooperatively can generate many ideas and designs.
- The process of inventing often requires collaboration, brainstorming, planning, and problemsolving.

KEY TERMS: teamwork, cooperation, create, communicate, invent, convention

SONGS, SPARKS AND STORIES

OVERVIEW: An exciting evening of songs, skits, stories and games, with our instructors and the students working together to entertain the group. Good-spirited fun is the idea without TV or electricity! The class takes place around a campfire and is ideal for large or small groups.

HOP, SLITHER & SLIDE

OVERVIEW: Touching a snake, meeting an amphibian, and busting myths lead students to overcome their fears. Live animals, data interpretation, and discussion add personal meaning to biodiversity and conservation topics.

PRINCIPLES:

- Reptiles and amphibians are largely misunderstood.
- Reptiles and amphibians of the region are uniquely diverse.
- Loss of reptilian and amphibian biodiversity is a cause for concern.

KEY TERMS: reptile, amphibian, introduce/invasive species, biodiversity, traits, herpetology, adaptations, ecosystem

BIG SCREEN

OVERVIEW: Students explore how cultures have understood the night sky through stories and through science. The evening includes guided stargazing, highlighted seasonal constellations/asterisms and other celestial bodies, moon phase and eclipse simulations and orations of celestial myths. The evening also includes a camp fire—accommodations can be made in case of inclement weather.

PRINCIPLES:

- The universe is an immense, dynamic system.
- Many resources are available for basic astronomy and sky-gazing.
- Constellations are groupings of pictures, stars, black holes, nebulas, galaxies and other assorted objects.
- Asterisms are a picture or grouping of stars that form a shape in the sky.
- Myths and stories were created by people to explain the natural world for centuries.

KEY TERMS: star, astronomy, constellation, moon phases, solar system, myths, planets, orbit, asterism, waxing, waning, eclipse

McDOWELL WOODS

OVERVIEW: Participating in a town-hall role play, students experience a scenario in which a parcel of land has been donated to Camp McDowell and they must help to propose how it will be used. Students act as farmers, scientists, environmentalists, developers, teachers, etc. and must represent and defend their view point. This is a powerful way for students to connect the lessons learned at McDowell to real life!

****Recommended for 6th grade and up***

PRINCIPLES:

- Making decisions about land use can be challenging.
- When making a decision, it is important to weigh all of the evidence.
- All viewpoints should be listened to and considered with respect.
- Groups that seem to be in opposition can often find ways to work together.

KEY TERMS: Town hall meeting, perspective, view point, scenario, acre, development, environmentalist, preservation, archaeologist, real estate agent, stake holders

Parent Information & Student Forms

PARENT LETTER



McDowell Environmental Center

105 DeLong Road
Nauvoo, AL 35578

Dear Parent or Guardian,

McDowell Environmental Center's philosophy is to teach students in the great outdoors and give them a lifetime of memories and experience. Your child will be learning through hands-on environmental science classes, seeing nature up close in a 1,140-acre outdoor classroom. Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing the natural world with students and adults. We would like to mention a few important items worth emphasizing about your child's upcoming visit to ensure their safety and comfort while away from home.

Appropriate Clothing: We offer hands-on science and team building classes, so we spend most of our time outdoors, even in the rain and cold. Please help your child be prepared with appropriate clothing, as indicated on the "Bring-Along List." In truly inclement weather, we have ample indoor teaching space.

Student Health Form: We have a full time resident RN and EMT here to help keep your child safe and healthy. For your child's well-being, please complete both sides of the Student Health Form and return it to your child's teacher on time. *Any student without a completed and signed medical form may not attend our program.* It is important that you complete and sign the front and back of the Health Form.

Medications: All medicines must be in their original containers. Please remember that parents must provide any over-the-counter medicines they anticipate their child may need. *If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext 125 or rn@campmcdowell.com.*

Acknowledgement of Risk Form: If your child's teacher has chosen either our Team Challenge or one of the "high ropes elements," an Acknowledgement of Risk Form should accompany this packet of information. Please ensure that the student's name and your signature are on this form so that your child can participate in all of the activities.

Your child's school teachers will sent home all information. The teachers from your school will select chaperones for the trip. If you have any questions regarding our program, personnel or facilities, please contact your child's teacher or feel free to call us or visit our web site at **www.mcdowellec.com**.

Jen Kopnicky, Director
jenk@campmcdowell.com
205.387.1806 ext. 109

Carrie Evans, Program Coordinator
pc@campmcdowell.com
205.387.1806 est. 108

McDowell Environmental Center

STUDENT HEALTH FORM

All information is confidential-**PLEASE PRINT NEATLY!**
 This form must be filled out by the student's **PARENT or LEGAL GUARDIAN ONLY!**

Student name: (Last)	(First)	(Middle)	Date of Birth:	Sex: Female/Male (Please circle one)
Age:	Grade:	Height/Weight:	Preferred name (if different from above):	
Address:		City:	State:	Zip Code:
Parent/Guardian name: (Last)			(First)	
			Relationship to student:	
Cell Phone:	Work Phone:		Email Address:	
Other Emergency Contact: (Last)			(First)	
			Relationship to student/Phone Number:	
Primary Physician:			Physician Phone:	

Is student on a special diet? Y / N If so, please explain what they CAN eat as well as what they CANNOT eat:

****If special foods must be sent with your child,
 please contact the camp nurse at 205-387-1806 ext. 125 or rn@campmcdowell.com****

ALLERGY INFORMATION

To the best of your knowledge does your child have any allergies? **YES** / **NO** (Please circle one)
 If **YES** was circled, please indicate to which of the following your child is allergic. Please be specific:

FOODS:	
PLANTS:	
MEDICINE ALLERGIES:	
ANIMALS:	
INSECTS:	
OTHER:	

Please indicate what treatment your child should receive if exposure occurs (Any medications to which your child is allergic will NOT be given): _____

**** If your child is bringing an EPI-PEN,
 you MUST contact the camp nurse at 205-387-1806 ext. 125 or rn@campmcdowell.com****

ADDITIONAL HEALTH CONCERNS: _____

PLEASE READ, COMPLETE and SIGN PAGE 2 OF THIS FORM!!

STUDENT MEDICATIONS WHILE at MCDOWELL ENVIRONMENTAL CENTER:

- All medications must be in their original container with the student’s name and school written on the container.
- There must be clear directions on when &/or why to give the medication.
 - NOTE: “Give as Directed” is not acceptable
- The container must specify the strength and dose of the medication.
- If it is an Over-The-Counter medication it must be age-appropriate and will be given following manufacturer recommendations. If it is not recommended for your child’s age and your child’s Healthcare provider prescribed it then a note from that provider must be sent with the OTC medication.

PRESCRIPTION MEDICATIONS:

ALL MEDICATION IS ADMINISTERED BY A LICENSED NURSE, EMT OR AUTHORIZED SCHOOL PERSONNEL. Add additional sheet, if necessary.

List all prescription medications that you will send with your child. Circle the time(s) to administer this medicine to the child, choosing from the following: **B***= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS

OVER THE COUNTER (OTC) MEDICATIONS:

ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT.

Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only

**In the event of unexpected illnesses, our Nurse/EMT will have limited OTC medicines available for your child-
Which of the following medicines do you permit to be given to your child by our Nurse/EMT?**

Ibuprofen: Yes__ No__ **Acetaminophen:** Yes__ No__ **Benadryl:** Yes__ No__ **Cough Drops:** Yes__ No__ **Tums:** Yes__ No__

PHOTO RELEASE

"I give my permission for any photos or videos taken of my child or any artwork and writing made by my child during educational programs at Camp McDowell to be used for the public relations of the program."

ACCIDENT INSURANCE COVERAGE

Accident insurance costs are covered in the program fee and protect all students throughout the program. The maximum benefits are: Sickness, \$1000; Accidents, \$2500; and Loss of Life, \$2500. Parents or guardians are responsible for expenses in excess of these amounts.

MEDICAL AUTHORIZATION AND RELEASE

"I AUTHORIZE THE NURSE, EMT, OR AUTHORIZED SCHOOL PERSONNEL THE TASK OF ASSISTING MY CHILD IN TAKING THE ABOVE MEDICATIONS.

I GIVE THE NURSE AND EMT PERMISSION TO SPEAK WITH MY CHILD’S HEALTH CARE PROVIDER OR PHARMACIST AND AUTHORIZE MY CHILD’S HEALTH CARE PROVIDER OR PHARMACIST TO SPEAK WITH THE NURSE AND EMT SHOULD A QUESTION COME UP ABOUT ONE OF MY CHILD’S MEDICATIONS.

ALL HEALTH INFORMATION IS CONSIDERED CONFIDENTIAL AND WILL BE SHARED ONLY ON A NEED-TO-KNOW BASIS TO ENSURE THE SAFETY OF YOUR CHILD."

"This is to certify that the information provided on this form is accurate to the best of my knowledge,"

SIGNATURE of PARENT or LEGAL GUARDIAN

DATE

STUDENT ACKNOWLEDGEMENT OF RISK FORM

WAIVER OF LIABILITY for McDowell Environmental Center

Camp McDowell - 105 Delong Road - Nauvoo, AL 35578



Dear Parent / Legal Guardian,

Your child's teacher has chosen one or more of the following for your child to participate in at McDowell Environmental Center: Team Challenge, Power Pole, Climbing Wall and/or Trust Swing.

Team Challenge is a series of challenges and obstacles for a group to overcome. The purpose of the course is to teach teamwork and cooperation. At times, participants will be two to six feet off of the ground on ropes, cables or logs. During these activities, your child will depend on their classmates for physical and emotional support and on our instructor to guarantee strict adherence to safety guidelines.

The Power Pole, Climbing Wall and Trust Swing are all twenty to thirty feet high ropes course elements. While off the ground, all participants will be secured by a rope and harness safety system operated by a trained instructor. The purpose of these activities is to build group trust and self-confidence.

Our insurance carrier requires that all participants have a signed waiver which holds Camp McDowell and its staff harmless from any and all liability if an accident should occur. Camp McDowell has used these activities since 1974, and *this requirement is not the result of any problems, injuries or accidents at the camp*, but simply a requirement of the liability insurance carrier.

By signing this waiver, you accept responsibility for your child who is willingly participating in a program where there are certain inherent risks and dangers. **Please note that your child has the choice to not participate.** You must understand that the risk involved in participation may also include loss or damage to personal property, physical or psychological damage and/or injury not excluding fatality due to accidents which may occur. You understand that, in case of injury, initial treatment may be performed by the staff of Camp McDowell and there may be need for transportation to medical facilities in Jasper, Alabama.

After reading above, I certify that my child is completely healthy (both physically and emotionally) and capable of participating in these activities. I understand that it is solely my responsibility to determine whether there is any medical reason that he/she should not participate in any of the activities.

I assume all of the above inherent risks and any other ordinary risks incidental to the nature of these activities which are not specifically foreseeable. I will hold Camp McDowell harmless from any and all liability, actions, causes of action, debts, claims and demands of every kind and nature whatsoever, whether for bodily injury, property damage or loss otherwise which may arise from my child's participation. By signing this waiver I release Camp McDowell and its staff from any negligence incurred. My child enters into this activity voluntarily, and I take full responsibility for the decision for him/her to participate or not to participate.

PLEASE NOTE THAT YOUR CHILD CAN NOT PARTICIPATE UNLESS YOU RETURN THIS SIGNED FORM!

Parent/Legal Guardian Name (Please Print)

Name of **Student** (Please Print)

Parent/Legal Guardian Signature

Date

VERY IMPORTANT!

Medicine Reminder

PLEASE READ!

for Parents

- Medicines at McDowell Environmental Center are subject to the same rules as medicines brought to school for administration by the school nurse.
- Scheduled medicine times are: Before Breakfast, After Breakfast, After Lunch, Canteen, After Dinner and at Evening Snack.
- Prescription medicines **MUST** be in their original containers and have a label containing:
 - Student Name
 - Name of Prescription Drug
 - Strength of Prescription Drug
 - Administration directions (“give as directed” is **NOT** acceptable)
 - Parents must indicate what time medication is to be taken
- Please remember that parents **must provide any over-the-counter medicines** they anticipate their child may need.

***If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext. 125 or rn@campmcdowell.com*

Stacey Glenn, R.N., Camp McDowell Nurse
McDowell Environmental Center

Medication Packing Sheet *for Parents*

Please place this sheet in a bag with your child’s medicine. All information must be completed by a parent or legal guardian. Please fill out the information for prescription and over the counter medicines.

Student’s Name: _____ School: _____

PRESCRIPTION MEDICATIONS:

Circle the time(s) to administer this medicine to the child, choosing from the following:

B*= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS

OVER THE COUNTER (OTC) MEDICATIONS: ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL

GUARDIANS OF THE STUDENT. Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only

BRING-ALONG LIST



Please carefully look over the following checklist and check each item as it is packed. When arriving at McDowell Environmental Center, participants should come prepared to spend the day outside.

Helpful hints for packing:

- Limit packing to one suitcase or duffel bag and a rolled up sleeping bag. You will carry your belongings from the bus to your cabin.
- Put your name on everything.
- Bring OLD clothes and shoes! You will get wet and muddy.
- Pack a rain coat or poncho (and warm clothes if applicable). Classes are held outdoors rain or shine.

REQUIRED:

- ___ 2 water bottles (20oz or larger)
- ___ rain coat or poncho
- ___ 4 pairs of socks
- ___ 2 pairs of closed-toe shoes
- ___ 3 pairs of underwear
- ___ 3 shirts
- ___ 2 pairs of long pants
- ___ 3 pairs of shorts
- ___ sweatshirt or fleece
- ___ pajamas
- ___ towel & wash cloth
- ___ soap, toothbrush & other toiletries
- ___ sleeping bag (or sheets & blankets - single bed)
- ___ pillow
- ___ sunscreen
- ___ pen or pencil
- ___ small backpack

OPTIONAL:

- ___ hat & sunglasses
- ___ flashlight & extra batteries
- ___ camera
- ___ souvenir money (max. \$40)
- ___ sandals for shower
- ___ journal
- ___ bug repellent (non-Deet lotions)

COOL WEATHER ADDITIONS:

Wool and synthetic clothing work best!

- ___ warm knit hat
- ___ warm gloves
- ___ thick socks
- ___ long underwear/thick tights
- ___ heavy jacket

***DO NOT BRING:** food, gum, candy or knives!

Chaperone Information

What is McDowell Environmental Center (MEC)?

Our non-profit, educational organization provides outdoor learning experiences for school groups in the forests, canyons and streams of beautiful Camp McDowell. Camp McDowell, an Episcopal summer camp since 1947, has hosted hundreds of thousands of children over the years. The environmental program is completely nonsectarian and is offered to all students regardless of race, religion, ability or gender.

It is the philosophy of the MEC that experiencing nature first-hand can lead to a lifelong awareness and respect for the natural world. At McDowell Environmental Center, our professional instructors share a love of Nature with students in outdoor classrooms. The ratio of one instructor for every twelve students promises safety as well as a personalized learning experience - with plenty of fun, adventure and increased confidence. By working together in field groups, cabin groups and in the dining hall, students also learn about living in a community. Our classes provide opportunities for self esteem building, as students have new experiences and successes.

The Mission of McDowell Environmental Center is to connect people to the environment, teach respect for the Earth and its beings and to promote a commitment to lifelong learning.

Program Objectives

- The students will increase awareness and understanding of the environment.
- The students will develop a sense of responsibility for the environment.
- The students will gain a better sense of cooperation and community.

Cabins:

Each cabin is a sturdy, clean, and well-maintained cement-block cabin with 12-18 single beds. The cabins hold about 10-16 students and 1-2 adults, are heated and have an attic fan in the bathroom for cooling. Each cabin has a bathroom with 2 sinks, 2 toilets, and 2 individual showers.

Establish guidelines or the students about what you expect of them: shower times, lights out time, no raiding, respecting other students' belongings, keeping their area clean, etc. We ask that you do not bring any food to the cabins which might attract critters. Remind students to pack up their belongings, sweep out the cabin and move their luggage to the appropriate pick-up area on the morning before breakfast of the final day.

Talk with the students to build rapport. Ask them about what they have been doing, and show interest in them. If you build a strong rapport, they will be more likely to listen to you if later you need to correct their behavior.

Food & Meals:

Meal times are also educational opportunities at McDowell. We teach the importance of lowering our food waste in a non-competitive manner. Our dining hall serves nutritious, kid-friendly meals, which we eat family-style. Sit at a table with the students and encourage good table manners. Let the students help with the work at the table- It encourages responsibility! Be a role model during announcements by listening and encouraging students to be quiet and listen as well.

Safety and Medications:

The safety of the students is paramount at McDowell. A registered nurse lives on-site and our Health Hut is equipped to handle first aid and other routine health care needs. All of our instructors are certified in First Aid and CPR. In the event of an emergency, the school and McDowell personnel will make the decision to transport a student to the hospital in Jasper, 15 miles away. All medications will be kept and dispensed by the nurse unless your school has made other arrangements. If a child who experiences

severe allergic reactions or asthma is placed in your field group or cabin, you may be expected to carry that child's inhaler or epi-pen. Be aware of the students in your cabin or field group who take routine medications, and discretely remind them to visit the nurse with a buddy.

We monitor the weather closely, and during severe weather, we have an emergency plan that includes tornado shelters. Be sure they always have their water bottles during class and activity time. Everyone must wear closed toed shoes outside of the cabin.

Classes:

The teacher from your school has chosen the classes your students will be taking, based on their goals for the visit. Actively participate in the classes. Your enthusiasm can often motivate students!

We will provide supervision by MEC Instructors during classes and activities. The chaperones will be responsible for supervision of students at all other times, including assisting with supervision at Recreation time. Each school must bring at least one adult to cover each field and/or cabin group. If a student is being particularly disruptive, we ask that you stand near the student and help him/her refocus. Please contribute any particular information that pertains to your home community. You are a valuable resource!

Canteen & Recreation:

Keep tabs on your Field Group during canteen time. Unless they have special permission, students are not allowed to go back to their cabins during canteen. All students MUST choose a Rec option. No one is to stay in the cabin at Rec time.

TYPICAL SCHEDULE

DAY ONE

10:00	Arrive at Camp McDowell- Buses are greeted at the Welcome Center
10:15-12:00	Unload buses, move into cabins & go to the Welcome Meeting
12:00-1:00	Lunch
1:00-4:00	Afternoon Class
4:00-4:30	Canteen & Gift Shop at Rec Hall
4:30-6:00	Recreation time
6:00- 6:45	Supper
7:15- 8:45	Evening Program & Snack

DAY TWO

8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00-4:00	Afternoon Class
4:00-4:30	Canteen & Gift Shop at Rec Hall
4:30-6:00	Recreation time
6:00- 6:45	Supper
7:15- 8:45	Evening Program & Snack

DAY THREE

7:15	Clean and move out of cabins
8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00	Depart

PLEASE NOTE:

Student field groups will rotate through all the class selections chosen by the Lead Teacher. Everyone, including adults, will have canteen and will be able to choose a drink and snack. Recreation time is led by MEC staff. However, it is the responsibility of the chaperones to be with the students during canteen and recreation times.

CHAPERONE LETTER



McDowell Environmental Center
105 Delong Road
Nauvoo, AL 35578

Dear Chaperone,

Thank you for agreeing to accompany students on their exciting trip to McDowell. As a chaperone, you will play an important role in creating a fun, safe and non-competitive learning environment. We would like to take this opportunity to tell you a little bit about your role as a chaperone. Please read the *Chaperone Information* sheet accompanying this letter for details concerning the trip to the McDowell Environmental Center.

The lead teacher from your school will assign to you a cabin of 10-12 students to supervise at night and a field group of 10-12 students to supervise during the day. You will be with the students the entire time during your stay. You are directly responsible for the safety and supervision of your field group and cabin group.

During classes, the McDowell Instructor will be directly responsible for the group, but they will rely on you for support and attentiveness. Please actively participate in all classes and activities that you attend. Look forward to active classes which may include hiking, wading in a stream or exploring the night time forest without a flashlight. We appreciate your enthusiasm during these classes, as it can be a great motivator for the students!

Here are some GENERAL POLICIES FOR ADULTS:

- Chaperones may keep personal medicines and/or their *own* child's medicines with them, but they must be on your person at all times-or locked in your vehicle. No medicines may be left unsupervised in the cabin.
- Smoking is not allowed indoors or in front of students. Alcohol is not allowed.
- Try not to use your cell phone around the children. When children call home, they often experience homesickness afterwards.
- Corporal or harsh verbal punishment is not allowed. If you experience difficulty managing the student's behavior, speak to their teacher for help. In cases of extreme student misconduct, such as fighting, the school's lead teacher may decide to send a child home.
- When you come to the Center, it is most likely that you will share our campus with other schools. We believe positive interactions among all participants create potential new friendships. Please be a model of respect to the other schools, both children and adults.

Thanks for taking the time to read this letter and for agreeing to be a chaperone. Please feel free to call us if you have any questions. We look forward to meeting you!

Jen Kopnicky, Director
jenk@campmcdowell.com
205.387.1806 ext. 109

Carrie Evans, Program Coordinator
pc@campmcdowell.com
205.387.1806 est. 108

School: _____

Please circle one: Teacher / Chaperone

Updated June 2016

McDowell Environmental Center

ADULT HEALTH FORM

All information is confidential-**PLEASE PRINT NEATLY!**

Name: (Last)		(First)	(Middle)	Date of Birth:	Sex: Female/Male (Please circle one)
Height/Weight:	Email Address:		Preferred name (if different from above):		
Address:		City:		State:	Zip Code:
Cell Phone:		Work Phone:		Other Phone:	
Emergency Contact: (Last)		(First)		Relationship to you/Phone Number:	
Primary Physician:				Physician Phone:	

Do you have any known allergies? N / Y To What: _____

Are you on a special diet? N / Y Please explain: _____

Health problems: _____

PHOTO RELEASE AND PERMISSION TO CONTACT

I give permission for any photos or videos taken of me during the educational program at the Center to be used for the public relations of the program. I give permission for Camp McDowell to contact me regarding future programs and promotions.

MEDICAL AUTHORIZATION AND RELEASE

Should I sustain or incur any accident or illness while attending McDowell Environmental Center, I hereby authorize the Director, her agent or a school official to execute any and all documents in my behalf, including necessary releases, which might be required by a medical facility to perform emergency care.

This is to certify that I am in good physical condition and that the information provided is accurate to the best of my knowledge.

I authorize McDowell Environmental Center to allow medical agencies (including, but not limited to, hospitals, physician's offices, health clinics, dental clinics, pharmacies) to read the information contained in the accompanying Health Form. I agree that the information used will be limited to information necessary to fulfill the need or purpose for the disclosure.

All health information is considered confidential and will be shared only on a need to know basis to ensure your safety.

ACCIDENT INSURANCE DISCLAIMER

All attending adults are responsible for all incurred medical expenses while at McDowell Environmental Center (MEC). MEC accident insurance covers student participants ONLY. This is to certify that the information provided is accurate to the best of my knowledge.

Name (Please Print)

Name of **Child**, if attending (Please Print)

Signature

Date

PLEASE RETURN TO THE TEACHER ASAP

ADULT ACKNOWLEDGEMENT OF RISK FORM

WAIVER OF LIABILITY for McDowell Environmental Center

Camp McDowell - 105 Delong Road - Nauvoo, AL 35578



Dear Adult Participant,

Your group has chosen one or more of the following for your school to participate in at McDowell Environmental Center: Team Challenge, Power Pole, Climbing Wall and/or Trust Swing.

Team Challenge is a series of challenges and obstacles for a group to overcome. The purpose of the course is to teach teamwork and cooperation. At times, participants will be two to six feet off of the ground on ropes, cables or logs. During these activities, participants will depend on one another for physical and emotional support *and* on our instructor to guarantee strict adherence to safety guidelines.

The Power Pole, Climbing Wall and Trust Swing are all twenty to thirty feet high ropes course elements. While off the ground, all participants will be secured by a rope and harness safety system operated by a trained instructor. The purpose of these activities is to build group trust and self-confidence.

Our insurance carrier requires that all participants have a signed waiver which holds Camp McDowell and its staff harmless from any and all liability if an accident should occur. Camp McDowell has used these activities since 1974, and *this requirement is not the result of any problems, injuries or accidents at the camp*, but simply a requirement of the liability insurance carrier.

By signing this waiver, you accept responsibility for willingly participating in a program where there are certain inherent risks and dangers. **Please note that you have the choice not to participate.** You must understand that the risk involved in participation may also include loss or damage to personal property, physical or psychological damage and/or injury not excluding fatality due to accidents which may occur. You understand that, in case of injury, initial treatment may be performed by the staff of Camp McDowell and there may be need for transportation to medical facilities in Jasper, Alabama.

After reading above, I certify that I am completely healthy (both physically and emotionally) and capable of participating in these activities. I understand that it is solely my responsibility to determine whether there is any medical reason that I should not participate in any of the activities.

I assume all of the above inherent risks and any other ordinary risks incidental to the nature of these activities which are not specifically foreseeable. I will hold Camp McDowell harmless from any and all liability, actions, causes of action, debts, claims and demands of every kind and nature whatsoever, whether for bodily injury, property damage or loss otherwise which may arise from my participation. By signing this waiver I release Camp McDowell and its staff from any negligence incurred. I enter into this activity voluntarily, and take full responsibility for the decision for myself to participate or not to participate.

PLEASE NOTE THAT YOU CANNOT PARTICIPATE UNLESS YOU RETURN THIS SIGNED FORM!

Name (Please Print)

Name of **Child**, if attending (Please Print)

Signature

Date

PLEASE RETURN TO THE TEACHER ASAP

STUDENT & CHAPERONE GUIDELINES

For Lead Teachers

Preparing Your Students

The more prepared your students are for the trip, the quicker they will acclimate and start enjoying their experience. Essential topics to discuss with your students:

1. Daily Schedule: meal times, class times, lights out, rec time, canteen, evening program.
2. McDowell Classes: activities you have chosen, what to wear, level & type of physical activity.
3. Their responsibilities: your school's guidelines, McDowell policies (listed below), expected behavior and consequences.
4. McDowell's location and travel time. Find us on a map of Alabama.
5. Cabins: size, chaperones, cabin assignments.
6. Their questions, fears and/or concerns.
7. **Rules for students at McDowell Environmental Center:**
 - a. Always ask a chaperone if you leave the group. Take a buddy with you. Tell the chaperone when you return.
 - b. Please help keep camp free of litter and graffiti.
 - c. MEC staff must approve the collection of any plants, animals, and other natural things.
 - d. Please don't chew gum at camp. Animals cannot digest gum that they find on the ground.
 - e. The team adventure course and any construction areas are off limits.
 - f. Walk, don't run- there are many roots and rocks to trip over.
 - g. Bare feet and sandals are only ok in the cabins.
 - h. "If you can't say something nice...Don't say nothin' at all." -*Thumper*, from *Bambi*
 - i. Do not enter anyone else's cabin.
 - j. Playgrounds and the Rec Hall may only be used with adult supervision.
 - k. Do not ring the bell in front of the dining hall- It is for emergencies only!

Helpful Hints for Choosing Chaperones

- Make sure they will be a positive role model for the group. We want them to set a good example to the students in terms of their own values, behavior, appearance and attitude.
- Chaperones need to be physically fit. The classes at McDowell Environmental Center are very active. Most of them require some degree of hiking and hill climbing. Hikes vary from 1/4 mile to 3 miles, depending on the classes you choose.
- The chaperones must be able to keep up with the students. Some chaperones may see this as a vacation or as time to spend alone with their child. In reality, it will be a lot of work. They will be with the students all day and all night. Sometimes they might be the only chaperone supervising a group of students.
- Make sure they are committed to being on the trip for all of the students and to taking an active role in supervision. Taking care of one's own child is different from supervising a whole group. Different skills are required. Having some adults with previous experience could be helpful. Examples: scout troops, youth groups, school trips, boys and girls clubs, etc.
- Our classes are held outdoors rain or shine. We encourage getting wet and muddy. If the chaperone is not enthusiastic about being outside, they will lessen the students' experience.
- You may limit chaperones to one or two per cabin. We also recommend no more than two adults per Field Group. We have found that too many chaperones detract from the experience for the children. In this case, sometimes the main emphasis shifts away from supervising the students to socializing with other chaperones. We have found that some students are distracted by their own parents and are more likely to participate when their parents are not immediately present. Also, too many chaperones can lead to the "someone else is watching them" syndrome, which means that no one is supervising the students.
- Consider asking parents to complete an application if they are interested in being a chaperone. This can help you make a well-informed decision about who to choose.

Directions to Camp McDowell

Birmingham and Montgomery: Take I-65 North in Birmingham. Get off at exit 265A, headed onto I-22 towards Jasper. Take Exit 63 and turn right onto 269 North into Jasper. Turn right at second light onto 18th St. and an immediate left onto 9th Ave. which will turn into HWY 195. Take Highway 195 North 13 miles to Camp McDowell. Camp entrance will be on your right.

From Huntsville: Take I-65 South to Cullman; take U.S. 278 west to Double Springs; take Highway 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

From Tuscaloosa: Take Highway 69 north to Jasper; take Highway 195 north 13 miles to Camp McDowell. Camp entrance will be on your right.

From the Shoals: Take Highway 43 south from Florence to Russelville; take 243 from Russelville until that road ends then take 195 south to Double Springs; take Highway 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

From the Tupelo, MS area: Take I-22 to the Hamilton/Highway 278 exit. Follow highway 278 about 40 miles to Double Springs. Turn **right** on Highway 195 South. Take HWY 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

Please come to the Welcome Center, the second building on the left side of the camp road (about 1 mile from Highway 195).