



## River Forward Annual Trip

*Updated 10/8/2024*

The Forward is an annual retreat where Headwaters Middle & High School students and staff spend a few days deepening our bonds as a community both within and between the Middle and High School Divisions. The Forward allows for time outside of school in the beautiful Texas Hill Country for play, conversations, performances, story-telling, activities, and inter/intra-grade experiences that allow students to connect outside of our everyday classroom settings. Know that student voice—through the planning and running of many events in conjunction with our Middle and High School Community Leaders—plays an active and important role in the shape of Forward annually. We do our best to offer a schedule—with student and guide-based input—that works toward growing a stronger, more connected community.

### The Basics

- **Dates:** Wednesday, October 9 - Friday, October 11, 2024 (Seniors leave early on Tuesday, October 8)
- **Location:** [Camp Young Judaea](#) in Wimberley, Texas.
- **Wednesday, October 9 Departure from School:**
  - 6th-11th graders arrive at school with their bag, pillow, sleeping bag, and water bottle by 8:20 a.m. on Wednesday, October 9. School opens at 8 a.m.
  - The shuttle will run this morning as normal.
  - Buses depart soon after arrival.
- **Friday, October 11 Pick-Up from School:**
  - All students return to school around noon.
  - No lunch is provided.
  - Parents must pick up students by 1 p.m.
  - No shuttle or Extended Care is available on this day.

### Important Forms and Information

- **Forward Student Information Form (Due Sunday, September 29, 2024):** One parent/guardian must submit information about allergies, medications, dietary restrictions, and medical conditions via the [Nest](#). If your child does not require medication and doesn't have allergies or dietary restrictions, please log in and decline this form.
- **Forward Behavior Expectations Form (Due Sunday, September 29, 2024):** Students must review and agree to the school's [behavior contract](#) via the [Nest](#).
- **Packing List:** Pack light! Students will carry their own belongings and may be separated from them to and from the Forward. See the full list on the last page or [click this link](#).

### What to Expect at the Forward

- **First Aid:** All staff are first-aid certified and there will be plenty of supplies.
- **Illness Protocols:** If a student gets sick, they will be isolated and sent home.
- **Food:** Meals are provided by the camp and cater to various dietary needs.
- **Accommodations:** Students will sleep in assigned cabins with bunk beds and Headwater Guides as cabin leaders. Bathrooms are communal but private.
- **Electronics:** This is a tech-free trip! Leave cell phones, smart watches, laptops, etc. at home.

## FAQs

### What will students do at the Forward?

The Forward allows for time outside of school in the beautiful Texas Hill Country, for play, conversations, performances, story-telling, activities, and inter/intra-grade experiences that allow students to connect with one another outside of our normal classroom settings.

There's also space and time to play games, play outside, take walks, rest, play sports. Camp Young Judaea is a fantastic place to host with so many opportunities.

### Do students help plan things?

Yes! Know that student voice—through the planning and running of many events in conjunction with our Middle and High School Community—plays an active and important role in the shape of Forward annually. We do our best to offer a schedule—with student and guide-based input— that works toward the goal of growing a stronger, more connected community.

### Is this a tech-free trip?

Yes! All forms of electronic distractions (cell phones, laptops, Switch, smartwatches, etc.) must be left behind for this trip. We want everyone to take a break from their screens and enjoy each other's company and the location. We will collect electronics if students have them out and visible. Collected electronics will be returned when we return to campus on Friday by Building 2. If you need an alarm clock for an earlier wake-up, please bring a (non-smart) watch.

*Students using technology to monitor health concerns are permitted to do so.*

***Parents, please do not try to call or text your students while they are at the Forward.***

### What is the Forward Student Information Form?

**To ensure the safety of our students on the Forward**, we require **one parent/guardian** to complete this Student Information Form. This form collects important **allergy, dietary, and medical information** that is essential for planning and providing appropriate care during the overnight trip.

**We recommend completing this form together with your student** to ensure accuracy and that all relevant information is included.

**The form only requires one parent/guardian to log into the Nest, complete, and submit or decline the form if your student does not require any medication or allergy/dietary concerns.** If you have trouble filling out this form, please [click here for directions](#).

If none of this form applies to your child, you may decline the form by logging into the Nest and clicking “decline.”

### How does medication work at the Forward?

**If possible, please consider only sending the necessary medication(s) for this short trip.** If your child can go without something for about two days, please consider not sending. Like at school, we will have general over-the-counter medications to the Forward and will follow the directions parents provided at the beginning of the school year.

We define “**medication**” to include any substance, whether taken orally, applied topically, or administered via injection. This definition encompasses: Prescribed medications, Over-the-counter (OTC) medications, Supplements and vitamins, Inhalers and nebulizers, insulin and other injectable medications. Please note, any student who requires an epipen or inhaler for severe, acute conditions must carry it at all times.

If your child requires **medication(s)** that will be sent on the Forward, you will be able to choose from the following options on the Student Information Form:

- **My child will keep their medication and administer themselves.**
  - *This means they do not require any reminders or logging of medications.*
  - *Students must keep their medications stored in their cabin, inside their bag.*
- **My child will keep their medication(s) and require an adult to remind them to take it at wake-up or before bed.**
  - *We can only offer this option for students who need reminders while we are scheduled to be in the cabin before breakfast (between 7:30-8 a.m.) and at bedtime (~9 p.m. for MS, ~9:30 p.m. for 9th-11th, ~11:30 p.m. for 12th).*
  - *Their cabin leader will make a group announcement. These medications are not logged.*
  - *Students must keep their medications stored in their cabin, inside their bag.*
- **My student requires an adult to hold and administer medication(s) at specified times in the Med Hut.**
  - *Please choose this option if your child needs medication at specific times, with food, or if the medication is a controlled substance.*
  - *These medications will be stored, logged, and administered by an adult.*

#### **Medication General Notes:**

- **Medication Supply:** Please provide **only enough medication for a three-day supply** to minimize the amount carried.
- **Medication Packaging:** All medications should be sent in their **original packaging** with **dispensing instructions clearly visible on the bottle (preferred)**. If necessary, you may bring medications in a pill organizer with clear written instructions.
- **Student Privacy:** We understand the importance of student privacy. When calling students to take medication, we will make every effort to **maintain confidentiality**.

#### ***If my child requires an adult to hold and administer medications, what else do I need to do?***

##### **Drop Off Medications to the Front Desk**

- Student or parents may drop-off medication to the front desk anytime Monday through Wednesday at 8:20 a.m.
- Please put all medications in a gallon plastic bag with their name clearly written on the front.
  - All medications should be sent in their **original packaging** with **dispensing instructions clearly visible on the bottle**. If necessary, you may bring medications in a pill organizer with clear written instructions.
  - Please only send enough for three days.

##### **Pick-up Medications on Friday from Building 2:**

- Any remaining medication(s) will be available for collection on the steps of Building 2 on Friday when students arrive.

#### ***I can't recall what I put on my Student Information Form. Can you help me find it in the Nest?***

[Login to the Nest](#) and go to your name in the top right corner, click “Files & Forms,” then check the box for “Show Completed Forms,” and find the “Forward Student Information Form 2024,” and click “Print” to generate a report (you don’t have to print this). This detail will be on the last page.

#### ***What about inhalers and epipens?***

Students should carry these with them at all times.

### ***What about Vitamins and Supplements?***

Vitamins and supplements are considered over-the-counter medicines. Please consider leaving them at home for this short trip.

### ***Will Over-the-Counter medications be available (like at school)?***

Like at school, we will have general over-the-counter medications to the Forward and will follow the directions parents provided at the beginning of the school year. There is no need to bring general over-the-counter medications to the Forward (unless a student requires a specific over-the-counter medication).

### ***Will First Aid be available?***

Yes, all employees are first-aid certified and we will have plenty of first aid supplies.

### ***What happens if there is a medical emergency?***

In case of emergency, the nearest adult will direct someone to call 911, follow any student medical action plan in place, and then notify the admin team for additional support. In this case, a staff member will call parents/guardians immediately to inform them of the situation. If parents/guardians are not available, we will call emergency contacts. The nearest hospital and Level II trauma center to the camp is [Ascension Seton Hays](#) (6001 Kyle Pkwy, Kyle, TX 78640). It is located about 22 miles from Camp.

### ***What are the illness protocols?***

We're following our Headwaters Student and Family Handbook [Student Wellness Policies](#). In addition, if someone is ill at the Forward, we will isolate the person, call home, and gather their belongings. Parents will be asked to pick up their child at Camp Young Judaea. Do not attend the Forward if you are ill.

## **How do I pick up my student on Friday?**

### ***Friday Noon Pick-Up Protocol***

Students will return to school at noon on Friday. No lunch will be served; however, a full breakfast will be provided that morning. Parents are required to pick up students by 1 p.m. Please note that Shuttle and Extended Care services will not be available on this day.

To help with our return, here is our departure protocol:

- Please do not park on Rio Grande in front of school as our buses will pull up there.
- Pro tip: Park north of 9th on Rio Grande or Nueces and after collecting luggage, you can be smoothly on your way.
- All students will exit the buses with anything they brought with them and head for the Deck for snacks from the PVC. Simultaneously, all bags will be unloaded and put by the basketball court area.
- We will begin letting small groups of students at a time into the basketball court luggage area.  
*Parents please do not accompany your students into the luggage area.*
- Once students have their bags, they may depart.

## **Do the Seniors head to camp early?**

Yes! In 2015, we started a tradition where our seniors head to camp the evening before the rest of the school arrives. They set up camp in preparation for our community's arrival and get some important bonding time together. More detailed information will be sent to seniors and their families.

## How will students and staff get there?

Students and staff will travel by school and chartered buses. Be sure to label your luggage, sleeping bag, etc. as it may be transported separately at times.

## Where will students be sleeping?

Students will sleep on bunk beds in assigned cabins, with Headwaters Guides as cabin leaders. **Students will find their cabin assignments when they get to camp.** We have male, female, and non-gendered cabins for our students. A staff member in each cabin will also be responsible for cabin attendance, lights out, etc.

The bathroom facilities are communal but private in each cabin. Students should bring a pillow, sleeping bag (or sheets and a blanket), toiletries, and a towel. Each cabin has its own AC/Heat unit.

## What about food? And any dietary restrictions or food allergies?

Camp Young Judaea will provide all meals, which are designed to be healthy *and* kid-friendly and accommodate a variety of diets. The camp has a state-of-the-art kosher, nut-free kitchen with three hot buffet lines. They serve vegetarian, gluten-free, and dairy-free options at each meal. They always have options for any child with an allergy. **All food allergies and dietary preferences will be communicated to camp staff from your Forward Student Information Form in the Nest.**

Students will have school-provided snacks available throughout the Forward. Please do not pack snacks, candy, soda, chips, etc., as these items are not allowed in cabins.

Here are some other details:

- Times of meals:
  - 8 a.m. Breakfast
  - 12 p.m. Lunch
  - 5:30 p.m. Dinner
- For Lunch and Dinner, we will meet at a **Chow Circle**. Chow circles are a camp tradition where we connect as a community, share appreciation, and get ready for tasty meals. We will send advisory groups one at a time to be sure the line isn't too long. Breakfast is more flexible after waking up.
- All vegetarian and vegan items will be clearly marked. Gluten-free items must be requested from camp staff (this is due to people accidentally taking GF items).
- Coffee is for adults only
- Water bottle refill stations will be located everywhere, all over the camp.

## What will students be doing while we are there?

Students will be participating in many activities and meetings—as an advisory, as a grade level, in small groups, and as a whole MS/HS. In addition, there will be time for basketball, volleyball, kickball, climbing wall, and more.

## How about swimming?

Due to camp restrictions, **no** swimming will be available at the Forward.

## What will the weather be like?

October in Wimberley usually means daily high temperatures range from 85°F to 75°F, rarely falling below 64°F or exceeding 91°F. Students should check the weather before packing to see if a rain jacket, extra pants, and hats are necessary. We recommend that families check the weather and help their child pack accordingly.

## Will there be downtime during this trip?

There will be a limited amount of free time when you can catch some alone time, so feel free to bring a book or a sketchpad. However, more often than not, you will be engaged in group activities.

## Do students HAVE to go?

YES! We expect all students to attend, and honestly, it's something you wouldn't want to miss! This trip is one of the most memorable experiences of the entire school year, and we consider it to be an important part of the Headwaters curriculum. If there are circumstances that make it impossible for you to attend, please contact your Academic Director (Terra Lynch or Avé Luke-Simpson) as soon as possible.

## What happens if students get in trouble?

All school rules apply at the Forward, including the [Forward Student Behavior Contract](#). If a student is in serious violation of school rules, his/her parents will be notified immediately and asked to come pick the student up from Camp Young Judaea. Keep in mind that it is about an hour drive one way. As we need all staff members on hand to support the camp, one of them cannot leave to bring your child home. [See the Student and Family Handbook at this link](#).

## What types of safety precautions are in place?

We want to emphasize that the safety of our students is always our number one priority. We are committed to providing a memorable and enriching Forward experience, while also maintaining a secure environment.

1. **Secured Property:** The entire camp property is enclosed by a fence and monitored by cameras, providing an added layer of security.
2. **Cabin Security:** Our experienced guides will ensure all cabin doors are locked each night.
3. **Law Enforcement Relationship:** CYJ maintains a strong and positive relationship with the Hays County sheriffs and local law enforcement. They have been informed of our trip, and we can expect a check-in visit while we are there.
4. **Limited Access:** To restrict access to the facility, a unique group gate code has been implemented. This code will be shared only with a select few Headwaters individuals responsible for entering and exiting the camp.
5. **On-Site Support:** Throughout our stay, a camp administrator will be available to address any concerns and ensure the well-being of our campers.
6. **Communication System:** Camp CYJ has invested in a state-of-the-art walkie-talkie system that allows for clear and efficient broadcast of messages, ensuring effective communication with our group.

## How can families reach students in case of an emergency?

- **For non-urgent messages**, call the school ([512-480-8142](tel:512-480-8142)) or email [rivercampusattendance@headwaters.org](mailto:rivercampusattendance@headwaters.org) to relay any information to Camp.
- **Emergency Phone Line:** [512-537-2042](tel:512-537-2042)
- **Address:** [Camp Young Judaea](#), 121 Camp Young Judaea Rd, Woodcreek, TX 78676 ([Driving directions here](#))

## The Forward Packing List

**There will be limited space in cabins and on the bus.** Students should limit themselves to one sleeping bag, one pillow, and one soft-sided duffel bag or backpack for this trip.

**Please do not overpack.** We highly recommend that students pack their bags themselves with support from their parents. That way students know what they have and where to find it. **Please label all your items (especially your bag, bedroll, and pillow) since luggage will be transported separately.**

REQUIRED ITEMS <b>**LABEL EVERYTHING**</b>	ADDITIONAL SUGGESTED ITEMS:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Reusable water bottle</li> <li><input type="checkbox"/> Warm sleeping bag / sheets and blanket</li> <li><input type="checkbox"/> Pillow</li> <li><input type="checkbox"/> Towel for bathing</li> <li><input type="checkbox"/> Toothbrush &amp; Toothpaste</li> <li><input type="checkbox"/> Travel size shampoo/conditioner and soap</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Composition notebook / Sketchbook</li> <li><input type="checkbox"/> Two pens/pencils</li> <li><input type="checkbox"/> 2 pairs of close-toed shoes</li> <li><input type="checkbox"/> 1 pairs of athletic pants</li> <li><input type="checkbox"/> 2 pair of shorts</li> <li><input type="checkbox"/> Sleepwear</li> <li><input type="checkbox"/> 3 shirts</li> <li><input type="checkbox"/> 1 warm jacket or sweatshirt</li> <li><input type="checkbox"/> 3 pairs of socks</li> <li><input type="checkbox"/> 3 pairs of undergarments</li> <li><input type="checkbox"/> Medications in a labeled gallon plastic bag</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Hat</li> <li><input type="checkbox"/> Chapstick</li> <li><input type="checkbox"/> Raincoat/poncho</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hair brush/comb</li> <li><input type="checkbox"/> Flashlight / headlamp / Book lamp</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Non-Smart Watch</li> <li><input type="checkbox"/> Ear Plugs</li> <li><input type="checkbox"/> Book</li> </ul>

### ITEMS NOT TO BRING:

- Electronics (cell phones, laptops, smart watches, electronic games, speakers, etc.)
- Snacks, candy, soda, chips, etc. Food items are not allowed in the cabins.
- Umbrellas
- Knives

**PLEASE NOTE:** We are purposefully asking that students refrain from bringing and using electronic devices (with the exception of devices that are used to monitor student health and our yearbook staff's use of cameras) in the hope that they can connect authentically with one another—free from distractions that the use of these devices can bring. If you need an alarm clock for an earlier wake-up, please bring an (non-smart) watch.

**REMEMBER:** Bring comfortable clothes in which you can be active! Because Texas weather is unpredictable, plan to dress in layers. Also, remember that you'll have a shortened amount of time to get ready in a shared facility, so items like hair dryers, curling irons, straighteners, and makeup should be omitted or kept to a minimum.