

HEARTLAND OUTDOOR SCHOOL

What Will You Discover? Outdoor Education at its finest!

Dear Parent or Guardian,

The staff at Heartland are anticipating a wonderful upcoming camp experience for your child. A learning adventure awaits the students as they prepare to visit our several hundred scenic acres, complete with creeks, grasslands and serene forest trails.

Our mission as an outdoor school is to encourage hands-on discovery, teamwork, personal growth and an appreciation for the environment through a fun, safe, quality program. We are committed to excellence in everything we do and know that your child will have the experience of a lifetime While at Heartland Outdoor School

Here are a few reminders and helpful hints as you prepare to send your child to Heartland:

Appropriate Clothing: Because we offer hands-on Science and team building classes, we spend most of our time in the great outdoors, even in the rain and cold. At times we may be out for several hours, and we ask that you help your child be prepared with appropriate clothing, as indicated on the Packing List. In truly inclement weather, we have ample indoor teaching Space.

Student Health Form: For your child's well-being, please complete the Student Health form and return it to your child's teacher on time. Any student without a complete, signed Health Form may not attend our Program. Thank you for helping Heartland provide a safe and quality program!

Medications: Please follow the instructions for sending medications (found on the Health Form) and do not send unlabeled medication(s). For any special concerns or questions, please contact the Health Officers at Heartland at 740-747-0220.

Before your child's camp stay, your school will provide an informational camp meeting. We highly recommend you attend this helpful presentation! A camp representative will be present and any questions you have can be answered during that time. For further questions, please do not hesitate to contact your child's teacher or visit our website ([WWW. heartlandoe.com](http://WWW.heartlandoe.com)).

This could possibly be the most exciting and memorable trip of the school year for your student! Thank you for your dedication and valuable help in preparing your child for camp.

Until the Next Adventure,

Adam Buzbee

Director of Programming and Outdoor Education

Heartland Outdoor School

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Dear Student,

How would you like to shoot a bow and arrow during a P.E. class? Or hold live lizards and snakes during science class? Perhaps you might enjoy a social studies class where you visit a pioneer Village and make candles?

If any of this sounds interesting to you, then hold on to your socks! You are going to love your upcoming visit to Heartland Outdoor School, where learning is fun! Here at Camp, our

staff will take you on adventures through fields, streams, and forest trails. We love teaching students like YOU about the great outdoors

At Heartland, you will be part of a community of people living and working together. You will be in a Cabin with around 9 of your classmates and one adult cabin leader from your school. In your classes you will be working together with other students from your school. You may eat and enjoy recreation activities with other schools. A large responsibility for you will be to get along with the other members of the community at camp.

During your visit we will have certain expectations of you and your classmates. First, you should follow all of the rules of your school, and also those of Heartland. Heartland guidelines include RESPECT for others, yourself, and the environment. Second, you should help with group responsibilities such as cleaning your cabin each day and setting up the dining hall as a hopper". Third, you should have fun while you are here! If you are curious as to what Heartland looks like, check out our website at (WWW.heartlandoe.com).

Bring along a notebook to write down your memories and a camera to capture your great adventures See you soon

Your Heartland friend,

Adam Buzbee

HEARTLAND OUTDOOR SCHOOL PACKING LIST

Remember to pack carefully and don't forget your rain gear!

Packing Tips:

Be sure to prepare for all weather, as all classes are held outdoors rain or shine. Bring OLD clothes and shoes. We will get muddy! Please limit your belongings to one suitcase and one bag for bedding (a black trash bag works well) and label each with your name and school on them. Place your sleeping gear in plastic to prevent it from getting wet during arrival/departure. o Label anything that you don't want to lose.

Required Items

Poncho Or Rain Gear

2-3 Pairs of Old Shoes/Boots (One pair will get very wet)

2 Extra Trash Bags for wet clothing/shoes

Water Bottle

Daily change of socks and underclothing

3-4 T-Shirts

1 or 2 Sweatshirt or Fleece

2-3 Pairs of Pants

1 Warm Jacket (For chilly nights)

Pajamas

Bath towel and Washcloth

Soap/Deodorant/Toothbrush/Toothpaste

Sleeping Bag (or sheets and 2-3 blankets)

Pillow

Seasonal: Sunscreen/Lip Balm/Insect Repellent

Leave at Home

Money

Gloves

Knives/Weapons

Food/Gum/Candy

Cell Phones

Firearms/Fireworks/Matches

iPod/Mp3 Player/Radio

Electronic Video Games

Optional Items

Waterproof Boots

Baseball or other cap

Labeled Camera (Disposable recommended)

Notebook and pen (Be sure to label)

Sandals- shower use only

Travel-size Hand sanitizer

FREQUENTLY ASKED QUESTIONS

HOW ARE CABIN LEADERS SELECTED? The Cabin leaders are selected by a school representative and all screening is done by the school.

HOW ARE CABINS ASSIGNED? Cabins are assigned by the teachers and they typically make sure that your child is with at least one friend.

DO GIRLS AND BOYS STAY IN THE SAME AREA? No. There is a separate dorm area for each gender,

IS THERE SECURITY THAT PATROLS THE GROUNDS? There are several staff that stay on call during both the day and nighttime hours and help maintain a secure campground.

WHAT KIND OF DOWN TIME DO THE CAMPERS HAVE We fill their day and allow for very little down time. After dinner the Campers have a little time just to hang out in their cabins or play a game as a small group. The general rule is that if the Camper is not with an adult, they are in the Wrong place.

WHAT TYPES OF MEALS ARE SERVED? Our meals are served with students in mind. The teachers have been given a list of sample meals served which they can share with you. There is Cereal at every breakfast and a fruit and salad bar at lunch and dinner.

WHAT IF MY CHILD HAS SPECIAL DIETARY NEEDS? We do our best to accommodate special dietary needs and restrictions. Please make sure your child's teacher is aware of any dietary needs at least 2 weeks prior to your child's camp stay, in order that Heartland may be prepared with specific mealtime options. In some cases, we may suggest that your child bring along a few food items depending on the situation.

WHAT IS THE BEST WAY TO LABEL BELONGINGS? The best thing to do is to write on the tag of clothing with a permanent marker. For other items, such as Cameras and flashlights, please Write your child's name with a permanent marker on an area that is visible. If they pack their sleeping bag/blankets in a plastic garbage bag, make sure that it is clearly labeled

and/or decorated So they can locate it easily.

Pack an extra bag for them to store their sleeping bag/blankets for the trip home since the first one often tears on the first day.

WHAT DOES A TYPICAL DAY LOOK LIKE? The campers wake up at about 6:45 a.m. and get ready for the day. They also have to clean their cabins before flag raising at 7:45 a.m. They eat breakfast and then go to two classes before lunch. After lunch at 12:00 p.m. they go to two more classes. After the second class in the afternoon, the campers have afternoon activity time where they pick from a variety of activities led by the staff. Dinner is served at 5:15 p.m., followed by two evening program hours which may include Campfire, Relays, Wacky Olympics, Dance Night or Theatrics. Campers return to the cabins

at 9:00 p.m. to get ready for bed; lights out is at 10:00 p.m. The Heartland staff will rove the cabin area around that time to make sure that everyone is quiet for the night.

WHAT TYPES OF CLASSES WILL THEY BE ATTENDING? The classes are not typical school classes. Teachers select the classes from a variety of science-based and team-building class options. Some of the most popular options include: Reptiles and Amphibians, Aquatic Ecosystems, Team Challenge, Wilderness Survival, Archery and Ohio Living History.

If you have any further questions, please ask your child's teacher or the camp coordinator at your school. Feel free to visit our website, www.heartlandoe.com, for further details as well. Don't forget to attend the parent meeting before the camp experience to hear valuable information and helpful hints in preparing your child for camp

As a reminder, children love to get mail. Please send it to 3201 County Road 225 Marengo, OH 43334. Be sure to put your child's name on the outside of the envelope along with the school name. Alternatively, you may visit our website and use the Email a Camper" feature to send email to your child. No faxes, candy or food.

Medication Reminder

for Parents

All medication and first aid supplies coming to Heartland Outdoor Education School are to be turned in and will be administered by our Health Officers. ALL medications, prescription or non-prescription, are to be in their original containers and sent in a Ziploc bag with the student's name on it. Prescription medicines **MUST** be in their original containers and have the following information on the prescription label:

1. Student Name

2. Name of Prescription Drug

3. Administration directions (dose, time & route) Please send only the amount of medication needed for the camp trip.

Heartland provides many generic over-the-counter medications a student might need during their stay at Camp, like Tylenol, Advil, Band-aids etc.

Please do not send over-the-Counter medications unless it is something very specific (i.e. Zyrtec, Allegra, Claritin, etc).

If you have questions or concerns related to your child's food allergies or dietary restrictions please call 740.747.0220 to discuss.

Thanks

Heartland Outdoor School's Health Officers

