

Flagstaff Academy 2017
**DRAGON
DISCOVERY**

Where science and imagination take flight...outdoors.

“

*Must we always teach our children with books?
Let them look at the mountains and the stars up above.*

*Let them look at the beauty of the waters
and the trees and flowers on earth.*

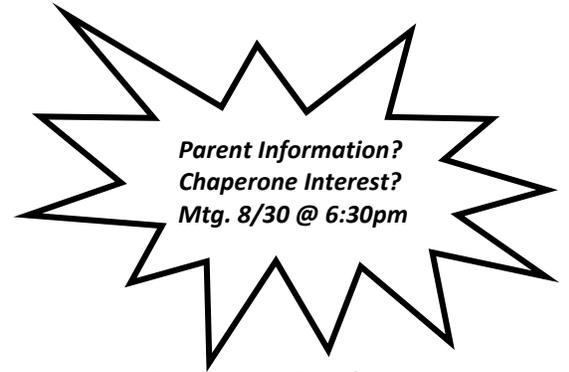
*They will then begin to think,
and to think is the beginning
of a real education.*

- David Polis

”



**FLAGSTAFF
ACADEMY**



Dear Middle School Students and Parents,

It's never too early to begin preparing for the annual...

Dragon Discovery Trip to the CSU Mountain Campus at Pingree Park – September 27-29!

This packet gives you all the information and forms you will need, including:

1. Overview of the trip: schedule, lodging, and packing information, etc.
2. Flagstaff *Field Trip Registration* form (required for registration & parent-permission)
3. Flagstaff *Medication Administration* form (required *if* bringing **any** prescription or OTC medication)
4. CSU Mountain Campus *Emergency Contact Information Form* (required for participation)
5. Ropes Course *Acknowledgement of Risks...* (required liability release form – **7th grade only**)
6. Fee information: The trip fee is \$150. Please submit check payable to “Flagstaff Academy” with your forms.

All required forms and payment are due by Friday, September 8th to Advisory teachers. All middle-school students and teachers will head to Pingree Park (CSU mountain campus) and participate in a custom-designed program, aligned with our educational and community-building goals. Full of engaging activities and opportunities for fun and teambuilding, this program is aligned with state standards for science. Each grade has a different program focus, learning with their peers at grade-level, but also enjoying opportunities to mix grade-levels.

How can you support the trip?

- **Parent chaperones are needed** - please consider joining us! Background checks will be conducted on all parent volunteers attending, and you will be required to attend a chaperone expectations meeting before the trip. (Interest meeting: 8/30 @ 6:30pm). To be considered for a Parent Chaperone position, please register on the Dragon Volunteer website at www.flagstaffacademy.org/apps/pages/volunteer.
- **Donations for financial assistance** – each year we try to assist students who might not otherwise be able to afford the trip by offering financial assistance. If you'd like to make a donation to help all interested students attend, please contact Kim Hagen Rapp, Business Office Assistant at kim.rapp@flagstaffacademy.org or 303-651-7900 ext. 206.
- **Equipment donations** – we've added some significant backcountry hiking experiences to this trip, which may require some help to properly outfit our students. If you think you could help, please give us a call or email!

We are very excited to present this opportunity to your student! We know it will be a meaningful and memorable trip!

Take care,

Katie Gustafson

Middle School Assistant Principal

Dragon Discovery Action Items:

- Please read this informational packet fully
- Complete and submit all required forms by Friday, September 8th.
 - Flagstaff's *Field Trip Registration Form* (required for all)
 - Flagstaff's *Medication Administration Authorization Form* (information found here: <https://tinyurl.com/fsaovernighthealth>)
 - CSU's *Emergency Contact & Health Information Form* (required for all)
 - CSU's *Ropes Course Acknowledgement of Risks* (7th grade participants only)
- Submit payment of \$150 per student by Friday, September 8th.
- Attend the optional **parent information meeting, Wednesday, 8/30 @ 6:30pm**
- Review the packing list and prepare your stuff!
- Ask questions, and go for it!



Program Overview:

Pingree Park (Colorado State University Mountain Campus)
16321 North County Road 63E
CO, 80512-8605
www.pingree.colostate.edu



Communication to/from CSU Mountain Campus (Pingree Park):

Phone: 970-881-2150; Fax: 970-881-2013

Our office is open from 7:00am – 7:00pm for incoming/outgoing calls. A

courtesy phone is provided in the office for local calls. Our store is also open most nights from 7:15-9:00pm for incoming calls. Emergency-only calls can be made/received 24 hours per day. Cell service is inconsistent at best, or non-existent in most places. When in the field, staff and leaders typically have radio contact with the office.

Nestled in the beautiful, secluded mountain valley named Pingree Park, at an elevation of 9,000 feet (2750m) lays Colorado State University's 1,200-acre mountain campus and conference center. Modern conference facilities make this a safe and comfortable place to stay, play, and learn! We will be the *only* group staying on the campus during our time, and will utilize both the dorms and the conference cabins, with between 4 and 12 people in bunk-style rooms, depending on the space. Chaperones will be staying in each building with students, though not in student-rooms. A trained nurse and medical staff are on-call 24hrs. a day, and field staff are trained in wilderness first-aid. The dining hall provides nutritious and tasty meals, and is great at meeting diverse dietary needs.

6th Grade Program Highlights:

- **Stream & Streamside Ecology** - Learn about the ecology of the Poudre running through Pingree in stream ecology sessions led by our own Stacy Wolff and teachers. Students will don waders and search for macro invertebrates in the stream. We will use microscopes to identify them and learn how different species may be used to indicate water quality.
- **Adventure/Initiative Games** - Focus on the skills necessary to effectively work in a group. Covers the concepts of logical thinking, cooperation, communication and trust. The class involves activities that require group cohesion and teamwork.
- **Astronomy** – (weather permitting) an evening of stargazing, stories, science, and celestial landmarks.

7th Grade Program Highlights:

- **Challenge Ropes Course (high and low elements)** - The CSU Ropes Course offers students opportunities to develop self-confidence in a safe setting. Each child wears a harness and helmet when climbing up off the ground. They are safety belayed by trained facilitators. Examples of high elements used in the program are the Cat-Walk, Leap of Faith, Climbing Wall and Giant Swing. During the program we stress the value of stepping outside and expanding our “comfort-zones.” We follow the “challenge by choice” concept. No one is forced into activities. Ground support (encouraging words from classmates) is a big part of the activity. The kids leave with a feeling of accomplishment and a renewed sense of self-confidence.
- **Adventure/Initiative Games** - Focus on the skills necessary to effectively work in a group. Covers the concepts of logical thinking, cooperation, communication and trust. The class involves activities that require group cohesion and teamwork.
- **Astronomy** – (weather permitting) an evening of stargazing, stories, science, and celestial landmarks.

8th Grade Program Highlights:

- **Backcountry Hiking Excursion** – head out into the wilderness, get up high above treeline, and learn about the fragile ecosystem at altitude.
- **Orienteering & Survival Skills** – Use a compass and map to plan your movement in the backcountry, and get some basic skills of outdoor survival along the way.
- **Astronomy** – (weather permitting) an evening of stargazing, stories, science, and celestial landmarks.

CSU Mountain Campus - Recommended Packing Guidelines

Pingree Park is at an elevation of 9,000 feet. **Winter comes early** to the high country, and temperatures and weather patterns fluctuate dramatically. Students should be prepared for possible winter temperatures, snow, and rain. Please make sure they have all the following necessary gear for their own safety, health, and enjoyment. Students who are not appropriately dressed/prepared will not be allowed to participate in field activities for their own safety and the safety of others. **Although there are many items on this list, please try to pack lightly** by choosing multi-purposed items as much as possible (for example, one jacket that is both warm *and* waterproof can prevent the need for two different jackets). Each child will need to carry his/her own luggage in one-trip from the bus to the lodge (about 250-yards on a bumpy trail – wheeled suitcases do **not** work well).

- **ONE** piece of main luggage, **labeled with your name** (large duffel bag or backpack strongly preferred over suitcases)
- **ONE** smaller daypack for hiking, **labeled with your name**
- Sleeping bag (preferred), or bedroll with a sheet and blanket(s) for use on provided mattress
- Small pillow with pillowcase
- Warm pajamas or other sleepwear
- Shoes: sturdy **waterproof** boots or **2 pairs** of tennis-type shoes (a backup pair for when they get soaked and cold)
- **3 pairs** of socks (synthetic or wool socks provide great insulation even in wet, cold weather...**avoid cotton!**)
- **2 pairs** of jeans or heavy and durable pants
- 1 warm **jacket** (preferably waterproof too, but if not, be sure to bring additional raingear as stated below)
- 2 warm shirts
- 2 sets of underwear
- Handkerchiefs/bandanas
- Toiletry kit: comb, shampoo, soap in a box, 1 bath towel, 1 wash cloth, toothbrush & toothpaste, deodorant. Leave perfumes and cologne at home!
- **Raingear:** waterproof jacket and pants are best; ponchos will work if necessary
- Pencils/pen
- Warm knit hat (baseball cap doesn't count)
- Cap with brim (baseball cap is fine)
- **TWO** 2-quart sized water bottles: make sure they are leak-proof (avoid bike-style and pop-top bottles, a leak in a pack will cause major problems)
- Lip balm
- Flashlight or headlamp, with extra batteries

Optional items:

- A book to read
- Shorts
- Sunglasses
- Deck of cards
- Camera
- Binoculars
- Extra towel
- Insect repellent
- Field guides

DO NOT BRING the following items (they will be confiscated if seen):

- Knives or Multi-tools
- Matches or lighters
- Junk Food, cookies, candy, gum, or surplus snacks
- Non-Prepackaged Trail Mix, or any other bulk food to share (multiple hands in a bag spreads viruses)
- ****Cell phones and electronic devices are not encouraged.** There is no wifi or cell service, and electrical outlets are scarce.



**FLAGSTAFF
ACADEMY**
PERMISSION FORM

The **Middle School** has planned a multi-day field trip to **Pingree Park (CSU mountain campus)** on **Wednesday, September 27th through Friday, September 29th**. We will leave the school on buses at **approximately 8:00am on the 27th** and return by afternoon **driveline on the 29th**. There will be a fee of **\$150** for this field trip, which can be paid starting Monday, August 14th by cash, online with RevTrak, or by check, payable to "Flagstaff Academy". Please complete this permission form and turn in to your student's Advisory teacher by **Friday, September 8, 2017**.

If applicable, please pay particular attention to the requirements for medications to accompany your student on this trip.

Thank You!



Middle School Assistant Principal



YES, I _____ (_____) give consent for my
(Name of Parent/Guardian) (Parent/Guardian Email)

child, _____, to attend the CSU Mountain Campus trip September 27-29, 2017.
(Student)

I (we) further acknowledge and understand:

- The activity will be conducted at CSU Mountain Campus, requiring bus transportation.
- It is my responsibility to make sure my child is packed and appropriately prepared for the mountain environment, including possible winter weather, referencing the suggested packing list.
- **ANY** and all medications (whether prescription or over the counter) must be submitted **one week** in advance of the trip along with all required paperwork *signed by the student's primary care physician*.

My child **will** or **will not** bring over the counter and/or prescription medicine on this trip.

NO, I'm sorry, my child will not attend this field trip. My child will attend the in school activities planned for this week. I'll email you with feedback so you know why we've declined to participate in this program.

Financial Assistance: Please email a written request for financial assistance to Kim Hagen Rapp, Business Office Assistant. All requests must be received by September 8th. Include student name, parent name, and amount of assistance needed and email the information to kim.rapp@flagstaffacademy.org.

YES, I may be interested in volunteering as a parent-chaperone for this trip. I'll register for this opportunity on the Dragon Volunteer website: www.flagstaffacademy.org/apps/pages/volunteer.

Date

Parent/Guardian Signature

COLORADO STATE UNIVERSITY – MOUNTAIN CAMPUS ROPES COURSE (7th graders only)

RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISK, WAIVER

PLEASE READ THIS DOCUMENT COMPLETELY BEFORE SIGNING. ITS EFFECT IS TO RELEASE THE UNIVERSITY, COLLEGE, AND/OR DEPARTMENT FROM ANY LIABILITY RESULTING FROM YOUR PARTICIPATION IN THE PINGREE PARK ROPES COURSE AND WAIVES ALL CLAIMS FOR DAMAGES OR LOSSES AGAINST THE UNIVERSITY, COLLEGE, AND/OR DEPARTMENT.

I, _____, intend to participate on the CSU Mountain Campus Ropes Course of Colorado State University, on **September 27, 28, or 29, 2017** (dates of activity).

In consideration of Colorado State University making arrangements for and permitting and assisting me in participating on the CSU Mountain Campus Ropes Course, I exercise my own free choice to participate voluntarily in activities on the CSU Mountain Campus Ropes Course, and promise to take due care during such participation. I hereby release and discharge, indemnify and hold harmless, the Colorado State University Board of Governors and Colorado State University, CSU Mountain Campus, and their members, officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participation in and/or presence at the CSU Mountain Campus Ropes Course.

Furthermore, I am aware that the CSU Mountain Campus is located at an elevation of 9,000 Ft. (2750 M) and understand the potential hazards of inclement weather and physical stress on cardiopulmonary function, including tachycardia (rapid heart rate) and possible sudden cardiac arrest. I am also aware that the CSU Mountain Campus Ropes Course in which I intend to participate may include other occurrences beyond human control, creating hazards which could place me in perilous situations. Although rare, these hazards can include cable and rope burns, sprained joints, muscle pulls, twisted knees, back strains, shoulder and finger dislocations, neck injuries, skin abrasions, broken fingernails, sunburn and splinters, psychological trauma, as well as other hazards and perils not specifically named herein.

I acknowledge that I have been informed the hazards and risks which may be associated with my participation on the CSU Mountain Campus Ropes Course; I understand, accept, and assume those hazards and risks, and waive all claims against the Colorado State University Board of Governors and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts associated with the CSU Mountain Campus Ropes Course.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release, Assumption of Risk, and Waiver.

Signature of Participant _____ Today's Date _____

If Participant is under the age of 18, her/his parents or legal guardians must also sign:

I/We (printed name) _____, are the legal guardians of the participant who has signed above. I/We have read and understand the provisions of this document. I/We consent to the student or non-student participating in the activity described above, and I/We enter into and agree to the above Release of Responsibility, Assumption of Risk and Waiver.

SIGNATURE OF PARENT (S)/LEGAL GUARDIAN (S)

DATE

MEDICAL ADMINISTRATION PERMISSION WITH ACCEPTANCE CHECKLIST

The parent/guardian of _____ ask that school/child care staff give the
following medication _____ at _____
(Child's name) (Name of medicine and dosage) (Time(s))

to my child, according to the Health Care Provider's signed instructions on the lower part of this form.

Prescription medications must come in a container labeled with: child's name, name of
medicine, time medicine is to be given, dosage, date medicine is to be stopped, and licensed health
care provider's name. Pharmacy name and phone number must also be included on the label.

Over the counter medication must be labeled with child's name. Dosage must match the
signed health care provider authorization, and medicine must be packaged in original container.

The Program agrees to administer medication prescribed by a licensed health care provider with prescriptive
authority. The parent agrees to pick up expired or unused medication within one week of notification by staff.
All medication(s) that are left at the school will be discarded according to the most current state regulatory
recommendations for safe medication disposal.

By signing this document, I give permission for my child's health care provider to share information about the
administration of this medication with the nurse or school staff delegated to administer medication.

Parent/Legal Guardian's Name Parent/Legal Guardian Signature Date

Work Phone Home Phone

Health Care Provider Authorization

Child's Name: Birthdate:

Medication: Dosage: Route

To be given at the following time(s): Special Instructions:

Purpose of medication: Side effects that need to be reported:

Starting Date: Ending Date:

Signature of Health Care Provider with Prescriptive Authority License Number

Print Name of Health Care Provider Phone Fax Number

CSU Mountain Campus: Emergency Contact and Health Information

Student name: _____ School: Flagstaff Academy

Date of birth: _____ Male Female

Emergency Contact Information:

Mother/guardian: _____

Work phone: _____ Home phone: _____ Cell: _____

Father/guardian: _____

Work phone: _____ Home phone: _____ Cell: _____

Other emergency contact: _____

Work phone: _____ Home phone: _____ Cell: _____

Family physician: _____ Office phone: _____

Health Information:

1. Please be aware that my child has the following medical conditions, mental or behavioral health concerns, recent illnesses, injuries or surgeries that may impact trip participation (please attach a separate sheet if necessary):

NOTE: *If your child will need medication for any of the conditions listed above during the extended field trip, an Authorization and Release for Administering Medication to Student at CSU Mountain Campus form must be completed for each medication.*

2. My child will be taking the following items on the extended field trip (e.g., glasses, contacts, hearing aid, glucose kit, etc.)

Parent/Guardian Signature _____ *Date* _____