



## HIGH SCHOOL RETREAT INFORMATION

September 6-9, 2022 (seniors)  
September 7-9, 2022 (grades 9-11)

### Rules:

Students are expected to abide by all rules and guidelines. Any serious violations could result in his/her leaving the retreat.

- Cell phones are permitted but can only be used during non-scheduled activity time. Cell phones used during scheduled worship times may be confiscated for the duration of the retreat. The same rules apply to other electronic devices such as iPods, iPhones, etc. No cell phone calls should be placed after midnight.
- Tobacco of any kind, vape pens, Juuls, alcoholic beverages, non-prescription drugs, or any other substances **are not permitted.**
- Medicine: Students using prescription drugs are to notify the high school office before the retreat. No prescription drugs are to be given or used by any student other than the student for which it is intended, and all RX should be dispensed by the staff nurse. Students may not carry ANY medication themselves other than inhalers, EpiPens, and insulin. See the Medications/Allergies page for more information.
- No weapons or toy-like weapons, fireworks or fire lighting products, any prank materials, skateboards, or skates, should be brought to the retreat without the permission of the administration. Unauthorized items will be secured, and disciplinary action taken by the administration.
- No students are allowed out of their rooms after the designated time. Male students are not allowed in female students' rooms and vice versa at any time.
- Vandalism and/or damage of property or facility will not be tolerated. If students damage property, they will be expected to pay the expenses to repair the damages and will receive any appropriate disciplinary action taken by the administration.
- Students may not drive to the retreat or ride in cars while attending the retreat.
- All medical emergencies must be reported immediately to the nearest available adult staff member.
- PRANKS: NO pranks will be permitted.

### Transportation:

**All students must ride on the bus to the retreat.**

SENIORS report to campus and load buses at 2:30 p.m. on Tuesday, September 6. They will depart at 3:00 p.m. Grades 9-11 students will report to B1 at 8:30 a.m., and the bus will leave the MPCS parking lot approximately 9:25 a.m. on Wednesday, September 7 and return to the school at approximately 11:30 a.m. on Friday, September 9. Parents should arrange transportation for their children at this time. High school classes will resume on Monday, September 12 at 7:50 a.m. with students reporting to their A1 class.

### Retreat Morning:

Students should arrive at school early enough to drop off their luggage in the designated areas of the high school building and report to their B1 block. Students may wear appropriate dress-down clothes to school on Wednesday.

### What to Bring:

Bible, twin bed linens or sleeping bag, bath towel, camp-style clothes (see attached for dress code requirements), jacket, sunscreen, bug spray, necessary medications, tennis shoes, refillable water bottle, and toiletries. Money for snack room (available during free time).

### Dress Requirements – Retreat:

Modesty is the rule. See attached page for details.

### SharpTop Cove Information

76 Camp Hope Road  
Jasper, GA 30143

*sharptopcove@younglife.org*  
Phone Number: 706.692.5635

MP High School Office: 770.874.6561

### PARENTS:

**Please arrange for your child to be picked up at the school by 11:30 a.m. on Friday, September 9 in the MAC parking lot. All students will be required to leave the campus upon their return from SharpTop unless they have an MPC athletic/performing arts practice that afternoon.**



## Retreat Dress Code Guidelines

Students may wear casual attire at the retreat, but anyone dressed inappropriately will be asked to change immediately, and their full cooperation is expected. Dress modestly and comfortably!

### Specifics

#### Bottoms

- No soffe, cheerleading, or super short shorts (sliders, spanx, bike shorts, etc.) permitted.
- Basketball-style or athletic shorts are permitted.
- All other shorts must be of appropriate length, as stated in the school handbook.
- Females can wear athletic/running shorts during recreational times only, and they should be appropriately fitted and sized. Female students' shorts should not be longer than their thighs.
- Leggings or yoga pants may be worn ONLY if shorts are worn over the top of the leggings or a long shirt is worn that covers the buttocks.
- No pajamas (tops or bottoms) are permitted to be worn to any event or activity. This includes breakfast.
- No ripped, torn, or distressed jeans.

#### Shirts

- T-shirts with appropriate advertising/promotion only.
- No spaghetti straps for female students; minimum of one inch straps.
- Males must wear T-shirts or tank tops at all times, unless in the water. Sleeveless T-shirts are allowed if the front and back are completely covered.
- No homemade "muscle" shirts for male students.
- No crop-tops for male or female students at any time.

#### Shoes

- Tennis shoes are recommended. Shoes of some sort must be worn at all times except when playing beach volleyball.

#### Evening Worship Services

- Male students should wear jeans, khaki pants, or dressy shorts and a polo or collared shirt to worship services. No athletic shorts, joggers, or sweatpants for worship time.
- Female students should wear jeans, pants, romper/jumpsuit (appropriate in length): think classy, church-appropriate attire. NO crop-tops! You will be sitting on the floor, so short skirts are not appropriate.

#### Outerwear

- Pack a light jacket or hoodie; the nights and mornings may be cool.

#### Swimwear

- Females are required to wear one-piece swim suit and a colored T-shirt.
- Males are required to wear swim trunks; no speedos.



## General Conduct Expectations for Fall Retreat

### Student Conduct Expectations on the Bus

- You must ride the bus that you have been assigned. You will find your bus assignment on the wall on Tuesday morning.
- Students will honor God with all of their actions, words, and attitudes while at retreat including traveling to and from SharpTop.
- Please do not eat or drink anything while on the bus.
- Respect each other's space and property at all times.
- Do not stand or walk around the bus. Remain in your seat at all times.
- Upon arriving, please check to make sure you retrieve all your items from the bus.

### Student Conduct Expectations at SharpTop

- ***Honor God, Love Others, and Walk in Truth*** with all of your actions, words, and attitude.
- Please leave your cabin as clean as you found it. When departing, you must follow the guidelines for cleaning up your room, and your room must be inspected by a designated staff member before you may leave.
- Please clean up your mess at mealtimes and around the campgrounds. Do your part to maintain the beauty of the campus!
- Do not leave the campgrounds for any reason at any time.
- Stay with your group during group activities and always remain in supervised areas. DO NOT walk from one part of the camp to another by yourself. YOU MUST BE in a group at all times.
- Remember that boys may not visit girls' cabins and girls may not visit boys' cabins. Also, do not enter another group's cabin without the permission of a staff member.
- Do not leave your assigned cabin/room after the designated curfew time.
- Please observe all "Lights Out" times. There are to be no other activities once lights are out and everyone is in their room.
- Please show respect and appreciation for the camp facilities and all SharpTop personnel.

Remember...

**Please adhere to all behavior guidelines as stated in the Mount Paran Christian School Handbook. Failure to meet these guidelines or the guidelines established at the retreat may result in disciplinary action.**



## Retreat Medications/Food Allergies

Seniors should bring all medicines to Mrs. Schwann Tuesday morning and grades 9-11 students should bring their medicine to Mrs. Palomaki on Wednesday morning.

### Over-the-Counter Medication

During the trip, students will have access to the same routine over-the counter medicines available to them during the school day. As a reminder, these include Tylenol, Motrin/Advil, Tums, cough drops, Benadryl, and first aid creams. These medicines will be administered by a staff member as needed. **You do not need to complete any additional forms for these, as your permission is already on file in the clinic.**

### Additional Over-the-Counter or Prescription Medication

If your child needs to have a prescription medication (such as ADD medication) or additional over-the-counter medication (such as cold medicines or Claritin) while on the trip, you **must** take the following steps:

- Complete a medication authorization form. This form is located on the school website and can be found by clicking the Eagle Links - School Clinic - Medication Authorization Form.  
*You may list both prescription and over-the-counter meds on this form, and you may list multiple meds on the same form, as long as you specify dosing for each.*
- Clearly label each medication with the student's name and dosage instructions. Each medication must be in a prescription bottle, blister pack, or original container.

These medicines will be securely transported and administered by a staff member as needed throughout the trip. All health information is kept confidential on the trip, just as it is at school.

### PLEASE NOTE:

- Loose pills in Ziploc bags, envelopes, or unlabeled containers will not be accepted or administered.
- Medications sent without a signed permission form will not be administered.
- **Students may not carry ANY medications themselves other than inhalers, EpiPens, and insulin.**

### Emergency Medications

Students requiring inhalers, EpiPens, or insulin may self-carry them on the retreat. Please make sure that your child remembers to pack them, that they are properly labeled, and that he/she will be responsible for them throughout the trip. If you prefer that a staff member carry these medications, please follow the stated instructions above.

### Food Allergies

Students requiring a special diet due to food allergies or documented medical conditions must email the restrictions to the following website: <https://www.cognitoforms.com/SharpTopCove2/sharptopcovespecialdietrequestform>. This is for allergies or medical conditions ONLY, not for food preferences. Please include the student name, school, and specific allergy.

***Please bring all medicines and forms together in a labeled Ziploc bag on the morning of the trip departure. Mrs. Palomaki (9-11) will be waiting to receive these medicines from you in the High School front office.***

Medication Authorization Form:

<https://powerforms.docuSign.net/49c2ea06-f498-4fc4-8ebc-45e9d3fdd571?env=na3&acct=5d2d2c35-8052-4763-a122-df433dc4d3f1&accountId=5d2d2c35-8052-4763-a122-df433dc4d3f1>

Thank you in advance for following these procedures and helping us ensure the safety of all students. If you have any questions or concerns about medicines, please call or email the school nurse. We pray for a safe and healthy retreat!

Julie Baute, RN [jbaute@mtparanschool.com](mailto:jbaute@mtparanschool.com) 770.578.0182 x3500



## High School Retreat - 2022

Don't forget to pack the following:

Bible	Toiletries	Medications, if applicable
Towels	Outerwear	Money for snacks
Swimwear	Sunscreen	Bug spray
Clothes for daytime	Twin bed linens or sleeping bag	Refillable water bottle
Appropriate worship time attire		

Students are to inform Mrs. Palomaki of any new prescriptions/medicines they may be taking during the retreat and MUST turn them in to Mrs. Palomaki. Seniors should turn their medicines in to Mrs. Schwann Tuesday, prior to departing for SharpTop.

Students should report to their B1 class on Wednesday morning for attendance purposes and to receive instructions regarding the retreat. B1 classes that normally meet in the fitness center or the MAC will be assigned alternative locations to meet. Only one piece of luggage is allowed, and students should place their luggage in the following locations:

>Freshmen:	Hogle Commons (Dozier)
>Sophomores:	Graham Commons (BACK/TV)
>Juniors:	Graham Commons (ROOST)

All students are to ride the bus they are assigned. Bus assignments will be posted on wall in the hallway leading to the high school parking lot.

If any student needs any medical attention while on the retreat, they should contact the nearest supervising staff member or the doctor/nurse on duty during the retreat.

Please arrange to be picked up at the school at 11:30 a.m. on Friday. Buses will return to the MAC parking lot for all students, and parents should pick up their children from the MAC. Students driving themselves home will walk to the parking lot where their vehicle is located.

Classes will resume Monday morning, September 12 at 7:50 a.m., with students reporting to their A-1 block.

### COVID Guidelines for Retreat

Keeping our students safe and healthy will continue to be our priority even while on the SharpTop campus. Although we cannot guarantee your student will not come in contact with any virus, many steps are being taken to ensure their health.

- Masks will not be discouraged for any student desiring to wear one at any time.
- Although temperatures will not be taken at retreat, any student experiencing any significant COVID symptoms will immediately be quarantined. The student may have to be picked up immediately from SharpTop.
- Hand sanitizer will be available for students throughout the day.