



St. Mary School

7th Grade Washington D.C. Trip Info

March 16-19, 2020

Bus Trip

Departure and Return

→ **Monday, March 16** - Depart from St. Mary at 5:00am.
Please arrive in front of school by 4:30am. Arrive in DC @2:30pm

← **Thursday, March 19** - Depart Washington DC @mid-afternoon
Approximate arrival time back at St. Mary @11:00 PM-Midnight.
Students will call home from the bus to check in with you and provide a firm arrival time.

Bus Arrangement A Luxury Coach!

Students may select their seats...subject to:
Front of the Bus - Girls
Back of the Bus - Boys
Chaperones situated in back/middle/& front of bus

Bus Activities

- DVD Movies - *appropriate viewing material, please*
- Books or playing cards
- Sleep!

Accommodations

2019 Hotel....2020 TBD

Hilton Alexandria Mark Center

5000 Seminary Road, Alexandria, Virginia, 22311, USA

TEL: +1-703-845-1010

FAX: +1-703-820-6425

Overnight Security (10:00 pm - 5:00 am)

Hotel Arrangements

Students have provided a list of 4 possible roommates and will be assigned a room that includes at least 1 of their listed friends.

Room assignments will be announced upon arrival at the hotel.

Faculty Chaperones

Mr. Sean Laudeman

Mrs. Jennifer Moody

Mrs. Beth Mock

Fr. Ken

Chaperone Arrangements

All activities are "whole group."

Guidelines for Students

Cell Phones

Students are permitted to bring their cell phones with them on the trip. As this is a school sponsored trip, we will closely follow our school policy on cellular telephones with some modification. Other electronic devices are not permitted. We'll enjoy each other's company!

"CELLULAR TELEPHONES

Students are not permitted to use cell phones on school property."

"ELECTRONIC DEVICES

Radios, I-Pods, beeping watches, electronic day planners, phones, and any other electronic device that may disturb classes are not permitted." *per St. Mary Student Handbook*

However, we understand a trip away from home does present a unique set of circumstances beyond our school walls. Modifications to the cell phone policy for our Washington D.C. student travelers:

- **Cell phones will be kept secure with the chaperones.** There will be daily designated times (typically in the evening on the way back to the hotel) when cell phone use will be permitted for students to make a call home. The chaperones take seriously the responsibility to monitor social media and internet activity. We are there to learn, explore, & discover Washington D.C....and, as you can imagine, cell phone use could definitely distract from that experience!
- Since student cell phones won't be readily available, students may bring a camera (disposable cameras are handy.)
- If parents need to reach their child in case of an emergency, we will provide you with one of the chaperones cell phone #'s to call, and we will have your child return your call immediately. If a student needs to use their phone for an emergency they will be permitted to do so.

Dress Code

For all of the scheduled activities, we follow our school policy:

"All students are expected to dress neatly and appropriately at all times – even on out-of-uniform days. Neat and appropriate appearance includes, but is not limited to cleanliness, good repair, free from holes, size of clothes and modesty, as well as logos, graphics or messages printed on clothes." *per St. Mary Student Handbook*

Here's a chart to follow for our scheduled activity attire:

Yes, Appropriate	No, Not Permitted
Khakis, Nice Jeans (no holes/cutoffs,) appropriate casual wear	Cutoffs
Jackets/sweaters etc. for March weather*	Pajama bottoms, Short shorts and short skirts,
Polo shirts, Colored T-shirts and sweatshirts without controversial message & clean and in good repair.	T-shirts/sweat shirts with controversial message No tank tops! Girls...no spaghetti strap tops
Comfortable shoes - lots of walking!! (gym shoes, ok)	Flip flops

One of the days we will be on Capitol Hill and one day we attend Mass at the Basilica - appropriate clothing required. We do not return to the hotel until late in the evening (after dinner.)

If you are unsure about an article of clothing.... please ask! We represent our school community and want to look our best. *DC weather in mid-March is typically in the upper 40's to mid 50's... pack something warm to wear for outdoor walking!

Food

All meals are included in your trip. Students are permitted to bring favorite individual sized snacks and drinks. **NO NUTS. Thank you.**

Luggage

- One carry-on sized suitcase that will be stored below the bus (no access to that luggage until we arrive at the hotel.)
- A backpack for the bus. (Girls may also have a purse.)
- Travel company will provide each traveler with an EFExplore America backpack

Money

Students will not need money for meals or entrance fees. If they like, they may bring a small amount of cash for souvenirs.

Medical

Chaperones will have a signed Archdiocesan Permission Slip that includes medical information.

If your child takes a daily/regularly scheduled medication, please provide in its original container with instructions on how and when to administer.

- For as needed medications, such as inhaler or epi-pen, please provide in original container along with instructions.
- For over-the-counter medications, such as Advil, Tylenol, or seasonal allergy medication, please provide in original container along with dosage instructions.
- **Place original medication container and instructions in a labeled ziploc bag.**
- We are not able to accept medication that is not in its original container and that is not properly labeled.
- Further medical questions, please contact our school nurse, Mrs. Beth Mannix, prior to the trip. 321-0703.

Bus Expectations

Create a safe and comfortable environment for everyone!

Hotel Room Expectations

- Time spent in the hotel rooms is minimal...for a good night sleep! When we bid each other good night, students may not leave their room until a chaperone knocks on their door in the morning. Tour company provides overnight hallway security.
- Students are not permitted to go into each other's rooms
- Hotel phones are not to be used unless to call a chaperone with an emergency
- Tidy up your room in the morning (pick-up garbage, etc.)
- Respect the hotel's rules and policies

Behavior Expectations

EXPECTATION: TO RESPECT THE DIGNITY OF OTHERS

Students are expected, as members of this school community, to live up to the school's *Code of Courtesy* in order to show pride in self, to be aware of other's feelings, and to respect the property of the school and classmates. Students will reflect St. Mary pride both in and out of school.

ST. MARY SCHOOL CODE OF COURTESY

1. I will be sensitive to other's feelings. I will not exclude other kids from playing games on the play-ground or sitting next to me in the cafeteria, at assemblies, or in class.
2. I will walk in a quiet, orderly manner in line, in hallways and between buildings.
3. I will show respect for other people, especially adults, by the way I speak and respond to them.
4. I will show respect for other people by waiting quietly until their conversations have been completed before I speak. I will also be careful not to walk between two people who are talking.
5. I will show respect for all school property by conserving supplies and taking care that our school's facilities are kept orderly and without harm. I will also respect the personal property of others, just as I expect others to respect my personal property.
6. I will make an extra effort to hold doors for others and to knock before interrupting a class.
7. I will make an extra effort to be attentive in the cafeteria lunch line. I will keep my hands to myself and my feet on the floor while standing in line.
8. I will always protect my health and the health of others by remembering to wash my hands and properly dispose of tissue. I will properly use the bathroom facilities and refrain from spitting at all times.
9. I will show respect at all times especially at all religious services and at all assemblies.
10. I understand that major infractions of courtesy will not be accepted and I will receive appropriate consequences.

ACCEPTABLE LANGUAGE is required at all times. It is a reflection of you, your family, and your school. Vulgar language and profanity will generally result in 3 detentions. No verbal threats of any kind will be tolerated.

NAME-CALLING or BULLYING related to one's physical appearance, mental ability, religion, nationality, sexuality, or for any other reason, is a very serious offense because it violates a student's right to dignity and respect. Generally, 3 detentions will be given and, if you continue name-calling, you will be placed on the Step Program.

SPITTING, which is defined as releasing water and/or saliva from the mouth, is totally unacceptable in our school community. Spitting will be disciplined when it occurs on field trips or at any school-related event.

per St. Mary Student Handbook