

PACKING LIST

ALL GEAR SHOULD BE PACKED
SECURELY IN A WHEELED SUITCASE OR
OTHER SUITABLE LUGGAGE

BASIC NEEDS

- ◆ Old shirts
- ◆ Shorts
- ◆ Jeans or old pants
- ◆ Jacket
- ◆ Sweatshirt or Sweater
- ◆ Rain Gear
- ◆ Sleepwear
- ◆ Underwear
- ◆ Socks
- ◆ Bath Towel
- ◆ Large Beach Towel
- ◆ Wash Cloth
- ◆ Toothbrush
- ◆ Toothpaste
- ◆ Swim Suit
- ◆ Soap/Shampoo
- ◆ Pillow
- ◆ Flashlight
- ◆ Sleeping Bag or Bedding
- ◆ Water Bottle
- ◆ Walking Shoes

OPTIONAL GEAR

- ◆ Sun hat
- ◆ Sun glasses
- ◆ Sunscreen
- ◆ Lip Balm
- ◆ Clipboard
- ◆ Camera
- ◆ Insect Repellant

WINTER GEAR

- ◆ Warm Waterproof Jacket
- ◆ Warm Gloves
- ◆ Waterproof Boots
- ◆ Water Resistant shoes (no slip soles)
- ◆ Warm Hat
- ◆ Wool Socks
- ◆ Thermal Underwear

★ **Mountain Winter**
can last anywhere from
November to May.
Please check our local
weather on our website.

DO NOT BRING THE FOLLOWING

- | | |
|---------------------|------------------|
| Weapons of any kind | Television |
| Knives of any kind | Radios |
| Sling Shots | iPods |
| Fire Works | Video Games |
| Alcohol | Chewing Gum |
| Illegal Drugs | Sun Flower Seeds |
| Cell Phones | Silly String |

SUMMER CAMP

We have SUMMER CAMPS too!

Call our Claremont office **toll free** for more
information.

1-800-645-1423

ASTROCAMP (Ages 8-17)

Astronomy ~ Rocketry ~ Space Exploration
Welding ~ Blacksmithing ~ Wood Working
Ropes Course ~ Rock Climbing ~ Photography
Physical Science Labs ~ Mountain Biking
Scuba Microgravity ~ Summer Camp Fun

CATALINA SEA CAMP (Ages 8-17)

Snorkeling ~ Kayaking ~ Marine Biology
Island Ecology ~ Nature Crafts
Scuba ~ Snorkeling
Oceanography ~ Underwater Photography
Surfing ~ Underwater Video ~ Sailing
Board Sailing ~ Summer Camp Fun
(Some activities are age specific. Call for more information)



Visit our Web Site Today:
www.guidediscoveries.org
<<http://www.guidediscoveries.org/>>



DEAR PARENTS

ASTROCAMP is a unique outdoor science program available to the students of your school. Specializing in astronomy and the physical sciences, ASTROCAMP meets the increasing demand for up to date education on these rapidly advancing fields of science. Where better to learn about the universe than under a clear night sky in the mountains! Classes include lights and lasers, rocketry, electricity and magnetism, and a sophisticated observational astronomy evening program, among many others. ASTROCAMP also has a large pool for microgravity classes and high ropes course for team building. The entire ASTROCAMP experience is designed to awaken and sharpen student interest in the scientific study of the universe as well as build self-esteem and problem solving skills through safe challenge activities.

ASTROCAMP instructors have college degrees and are committed to providing an outstanding program for your student. They are a combination of skilled teacher and fun-loving good friend. All staff take the safety of participants seriously and work carefully to insure a safe and fun experience for everyone.

Your support is an important key to a successful ASTROCAMP experience. If you have questions your school personnel can't answer, or if you would like summer camp information, please call our administrative office.



Sincerely Yours,
Ross Turner, Executive Director
Guided Discoveries

ASTROCAMP, P.O. Box 3399, Idyllwild, CA 92549
951 659-6062 Fax: 951 659-9843

Claremont Office, P.O. Box 1360, Claremont, CA 91711
909 625 6194 Fax 909 625-7305

PROGRAM COMPONENTS

The Exploration of the Universe Astronomy and Physical Sciences

The ASTROCAMP program is composed of a series of one hour, half day, full day, including field activities and evening labs.

Astronomy	Cosmic Lander
Rocketry	Expedition Valles Marineris
Planetarium	Atmosphere & Gases
Microgravity	Lights & Lasers
Ropes Course	Electricity & Magnetism
Solar Studies	Remote Sensing
Micrometeorites	

ASTROCAMP OBJECTIVES

ASTROCAMP endeavors to:

- Excite students about science
- Introduce students to a variety of scientific concepts, principles, and theories taken from astronomy, space, exploration, and physical science.
- Provide hands-on laboratory activities in both traditional and non-traditional settings, wherever possible, using sophisticated scientific apparatus.
- Provide students with an introduction to the universe.
- Explore past, present, and future relationships between science, technology, and society.
- Provide an opportunity for growth in self-awareness, self-esteem, and team building through cooperative adventure activities.

THE LOCATION

This unique program is located at ASTROCAMP in the beautiful San Jacinto Mountains of Southern California, one mile from the town of Idyllwild. The campus includes 90 acres of meadows and trees at an elevation of 5600 feet. The facility has comfortable, heated dormitories with restroom and showers. Three nutritionally-balanced meals are provided daily in the dining hall.

ASTROCAMP has spacious labs, briefing rooms, gymnasium, ropes course, climbing wall, swimming pool, recreation, and outdoor program areas.

THE ASTROCAMP STAFF

ASTROCAMP maintains a resident staff of qualified, well-trained instructors. All instructors have an appropriate college degree and are trained in first-aid, CPR, and water safety. They are enthusiastic and eager to lead your students through this unique science adventure.

RESEARCH GROUPS

All of the ASTROCAMP programs are conducted by research groups consisting of approximately 15 students. One adult chaperone must accompany each research group. The research groups will be led by an ASTROCAMP Instructor for the entire program which results in a very positive rapport between student and instructor. ASTROCAMP Instructors are known for their focused attention to the students.

TRANSPORTATION

Transportation to and from ASTROCAMP is the responsibility of each school.



THE DAILY SCHEDULE

7:00am	Rise and Shine
7:30am	Breakfast
8:15am	Dorm Housekeeping Time
9:00am	Morning Program Session
12:30pm	Lunch
1:00pm	Open Recreation
2:00pm	Afternoon Program Sessions
6:00pm	Dinner
6:30pm	Open Recreation
7:30pm	Evening Program Session
9:00pm	Dorm Hours



AstroCamp

is coming
March 9 – 11, 2018



***Cost: \$ 285* No Refunds!!**

\$100 Deposit required to hold your spot!

Make checks payable to “**Parras Middle School**”

Includes lodging, meals, transportation and all activities

*** When and Where: March 9 – 11 , 2018**

AstroCamp in the beautiful mountains of Idyllwild.

Come for the weekend and learn more about Astronomy, Rockets, Chemistry, Electricity, Magnetism, Teamwork and a whole lot more.

→ Buses leave Friday morning 3/9 @ 7:00am and return Sunday afternoon 3/11 @~3:30pm.

Requirements to Attend:

→ Your name cannot be on the PSA list and you cannot have any “U”s or more than two “N”s in conduct/citizenship.

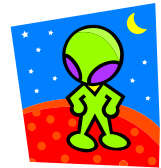
Parents: You are receiving this flyer because your child wants to attend AstroCamp.

A \$100.00 non-refundable deposit is required to hold the spot for your child after they have been chosen by lottery to attend. The remaining \$185 will be due at the end of January.



Please sign below, acknowledging that you and your child understand that the deposit is non-refundable!

Each student is expected to participate in camp activities and to be safe and responsible at all times.



Returning the bottom of this flyer to enter your student in the lottery for one of 89 spots.

22 from Mrs.Hasting, 22 from Mr.Shawver and 45 from Mr.Limuti

Teacher ___Hastings ___Shawver ___Limuti

Student Name (Print):_____

Gender: ___ Male ___ Female

Parent Signature:_____

Official Permission slips and medical forms will be handed out during a parent meeting. Meeting time and date TBD

ASTROCAMP TRIP PLANNING

Program Class Descriptions

Below you will find descriptions of all the classes offered at AstroCamp. If you have questions about the classes, please contact AstroCamp. If you would like specific curriculum covered in your classes please talk to your instructors.

Daytime Classes

- General Science and States of Matter
 - **Atmosphere & Gases:** Learn about planetary atmospheric conditions and states of matter in our most requested class. Hands-on experimentation allows students to learn about temperature, pressure, density, and other gas properties.
 - **Electricity & Magnetism:** Explore the properties of electricity and magnetism by experimenting with magnets, static electricity, and electric current in a multitude of hands-on activities.
 - **Lights & Lasers:** Learn about the physical properties of light by experimenting with lasers, ultraviolet lights, spectrum glasses, an infrared camera, a phosphorescent wall, and more!
 - **Planetary Sciences:** Take a tour and study the extreme environments of the solar system through the lens of exciting, hands-on experiments. Bernoulli's Principle, Acid Base Reactions, Atmospheric Spectra, and Planetary Motion are just some of the exciting concepts covered.
 - **Micrometeorites:** Learn about meteors, meteorites, asteroids, and comets. Use magnets and microscopes to collect and identify possible micrometeorites at AstroCamp.
- Simulation classes
 - **Microgravity:** Learn about buoyancy, and experience the challenge of constructing a mock satellite in a neutrally buoyant environment. *Swimsuit required.*
 - **Expedition Valles Marineris:** Simulate research on the surface of Mars with our interactive touch-screen computers and auto-belay rock wall. Learn about Mars and one of the larger canyons in the solar system.
- Building/Engineering
 - **Building & Launching Rockets** (2 class periods): Use what you know about forces and the laws of motion to design and build a model rocket. Launch your own rockets powered by water and pressurized air. *Each student needs to bring a 2-liter soda bottle with a standard size opening.*
 - **Cosmic Lander:** Learn about the challenges of space travel while designing and building your own “cosmic lander.” Test its ability to survive landing on simulated planetary surfaces. (Construct something that will protect a water balloon from a two-story drop.)
- Daytime Astronomy
 - **Planetarium:** Enter our planetarium dome and learn about circumpolar rotation of the stars and constellation myths. Learn about the size and scale of the universe, life cycles of stars, and gravitational forces in our vortex room.
 - **Solar Studies:** Use solar telescopes and lenses to view sunspots, prominences, and solar flares. Learn about the properties of the sun, solar radiation, and solar energy.

ASTROCAMP TRIP PLANNING

Daytime Classes (cont.)

- Hiking
 - **Day Hike** (1 class period): Explore AstroCamp's forest trails and learn about local flora and fauna.
 - **Extended Day Hike** (2 class periods): Take a longer and more in-depth hike through AstroCamp's forest trails.
 - **Full Day Hike** (4 class periods): A full day of hiking and exploration around AstroCamp's forest trails. Learn about geology, remote sensing, and the natural history of the Idyllwild area. Lunch on the trail will be included. *For 5-day groups only.*
- Adventure Classes
 - **Initiatives:** Build teamwork, trust, cooperation, and communication skills by participating in problem-solving activities as a group. *A prerequisite for any ropes course activities.*
 - **Ropes Courses:** Challenge your fears in these four high ropes elements. These physically and mentally rigorous activities require trust, communication, and teamwork.
 - **Vinewalk:** Balance on a tightrope while using hanging "vines" high in the trees.
 - **Powerpole:** Climb up a telephone pole and lunge for a hanging tetherball.
 - **Sky Coaster:** Swing through the air after classmates raise you up via a pulley system.
 - **Zipline:** Climb up a cargo net then zip 700 feet across a meadow.
- **Extra Free Swim:** An open swim time in our heated enclosed pool after lunch or dinner. *A fee for lifeguards will be applied.*

Evening Classes

- **Space Night:** Take a short night hike up to one of the Telescopes Viewing Areas in our signature evening program. Learn how to use binoculars and telescopes to view deep sky objects. Each group gets their own telescope station consisting of 2 telescopes and 5 binoculars. View images taken with our digital telescope cameras (CCD). Activities include sensory awareness games, stargazing, and constellation stories. Space Night is a combination of our **Night Hike** and **Telescope Viewing** programs.
- **Night Hike:** Take a hour night hike, and play sensory awareness games.
- **Telescope Viewing:** Spend a hour learning to use binoculars and telescopes to view deep sky objects.
- **Astro Olympics:** Compete in a series of relay-type games in this fun and active program.
- **Free Swim:** An open swim time in our heated enclosed pool. Lifeguards are provided at *no additional cost* for the evening program option. *Swimsuit required.*
- **Interstellar Auction:** Plan and bid for extrasolar planets and the materials needed to colonize them in an exciting auction. Group cooperation and compromise is required for this thought-provoking activity.
- **Messier Madness:** Learn about types of deep space objects. A group scavenger hunt will take place. *Please bring flashlights.*
- **Space is Right:** Students participate in AstroCamp's version of the popular game show The Price is Right! Take your best guess at answering questions about the size and scale of the objects in our universe.
- **Whirling Windmills:** Generate electricity by harnessing the power of the wind with your own windmill design. Test and improve your windmill as many times as possible and see if we can produce enough power to light up a tower!
- **School Night:** If you have your own night program or movie in mind we will provide audio/visual resources and facilities. Please let us know which resources you will need so we can reserve them for you.
- **Astro Jeopardy** (5-day groups only): Test your knowledge in this AstroCamp version of the popular game show.

RULES & EXPECTATIONS

General Visitor Guidelines

1. **Emergencies:** Please review **Emergency Procedures** below. Go over these procedures with all AstroCamp attendees.
2. **Smoking Area:** AstroCamp and the surrounding forest is a high fire-risk environment. We strive for a smoke-free campus, but adult smoking is allowed in the designated area only (behind the Chaperone Lounge). Smoking inside buildings is strictly prohibited.
3. **No weapons/fireworks:** Weapons or fireworks of any kind are prohibited on campus.
4. **Wildlife:** Protect all animals and plant life. Do not feed animals. Do not collect wildlife, plants, or other natural objects.
5. **Children must be supervised at all times:** Most accidents occur during free times, so please monitor your students. The gym, parking lot, dorm, and meadow are available during free times only with chaperone supervision. AstroCamp equipment may not be used without staff supervision with the exception of designated free time areas.
6. **Technology:** Please advise students not to bring cell phones, laptops, MP3 players, gaming systems, or other electronic devices that will be disruptive to our program and the experience of AstroCamp visitors. If students bring any electronic devices they should be collected by chaperones and held until departure. AstroCamp is not responsible for lost or stolen items.
7. **Valuables:** Personal belongings, jewelry, money, and other valuables are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.

Emergency Procedures

All AstroCamp instructors are Red Cross First Aid and CPR certified. All staff is trained in emergency procedure protocol and should be reached in case of injury or illness.

1. **Be Prepared:** Discuss AstroCamp emergency protocol with your chaperones and students. In case of an emergency, remain calm. Wait for instruction from AstroCamp staff and cooperate with their directions.
2. **Fire Emergencies:** If anyone sees a fire, immediately call 911. Report to the main office for further instruction.
3. **Administering Medication:** It is the responsibility of chaperones to administer regular medications to students. Communicate with parents about dosages and schedules of medications. To assist you we provide a refrigerator and safe for storage. If other medications need to be given, consult the student's health form and record any medication administered in the First Aid Logbook (located in the first aid room).
4. **First Aid:** It is the responsibility of chaperones to supervise children at all times, especially during recreation time, to prevent injury or accidents. Chaperones are also responsible for first aid treatment to injured children.
 - **Minor injury:** If a minor injury occurs during program time, let your instructor know before you bring the child to the first aid room for treatment. Always check the student's health form before administering treatment, and record any treatment given in the First Aid Logbook (located in the first aid room).
 - **Serious injury:** If a serious injury occurs, first call 911 for professional assistance. Be prepared to give the dispatcher information on the type of injury, your location, the victim's age, and the victim's condition. An adult will remain with the injured individual while another person reports to the main office.
5. **Contacting Parents:** It is the On Site Lead Chaperone's responsibility to contact parents as soon as possible about any serious medical needs that a student may have.

DINING HALL INFORMATION

Prior to each meal, an AstroCamp instructor will meet schools to go over meal procedures and give announcements. Please review the following dining hall information. If you have any other questions, please call AstroCamp at (951) 659-6062.

Dining Hall Rules:

1. Do not remove any food or tableware from the dining hall.
2. Supervise your students during meal times. If possible, one adult should be sitting at each table.
3. The cereal station is available during breakfast, but is off limits when breakfast is over.

Special Needs Accommodations:

Vegetarian options are available at each meal.

Gluten Free options are available upon request.

Kosher: We do not accommodate kosher, but we can provide vegetarian options as an alternative.

Nut Allergies: No nuts are served with meals and peanut oil is not used in cooking. However, some foods are labeled as being processed on equipment that has also processed foods containing nuts. Our cookies are processed in factories that contain nuts. Please don't eat them if you have a nut allergy.

Food Labels: We can provide labels for you to read on the day foods are prepared. Due to possible menu or supplier changes, we cannot send you label information ahead of time.

Questions: Our cooks are available during meal times to answer questions and accommodate special dietary needs. Please talk with them if you have any concerns or special requests.

Packing Meals for Students with Special Dietary Needs:

We have limited refrigerator space in the kitchen for pre-packed meals. We **can** heat up prepared meals for people upon request. School chaperones are responsible for retrieving meals from the kitchen and may use a microwave to heat up these meals.

Departure Day Lunches:

Our departure day lunches consist of:

- Turkey/Cheese Croissant Sandwich
- Bag of Chips
- Oreo Cookies
- Juice

Two weeks prior to your trip to AstroCamp, please inform Astrocamp of any dietary restrictions for departure day lunches. Sandwiches can be adjusted to accommodate dietary needs.

DINING HALL INFORMATION

AstroCamp Basic Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	STAFF ONLY	SCRAMBLED EGGS SAUSAGE PANCAKES CRISPY CUBES	SCRAMBLED EGGS SAUSAGE WAFFLES TATOR TOTS	SCRAMBLED EGGS SAUSAGE FRENCH TOAST CRISPY CUBES	SCRAMBLED EGGS SAUSAGE PANCAKES TATOR TOTS	SCRAMBLED EGGS SAUSAGE PANCAKES CRISPY CUBES	SCRAMBLED EGGS SAUSAGE WAFFLES TATOR TOTS
		MUFFIN/DANISH	HOT COCOA MUFFIN/DANISH	MUFFIN/DANISH	HOT COCOA MUFFIN/DANISH	MUFFIN/DANISH	HOT COCOA MUFFIN/DANISH
LUNCH	STAFF ONLY	CORN DOGS FRENCH FRIES MAC & CHEESE VEGGIE DOGS SOUPS	FOR 5 DAYS ONLY PIZZA CHICKEN NUGGETS DEPARTURE DAY LUNCHES	HAMBURGERS FRENCH FRIES MIXED VEGGIES VEGGIE BURGER	STAFF ONLY DEPARTURE DAY LUNCHES	CORN DOGS FRENCH FRIES MAC & CHEESE VEGGIE DOGS SOUPS	STAFF ONLY DEPARTURE DAY LUNCHES
DINNER	3-CHEESE PASTA SPAGHETTI ALFREDO SAUCE MARINARA SAUCE GREEN BEANS BREAD STICKS MEATBALLS DESSERT	FRIED CHICKEN BBQ CHICKEN CORN RICE PILAF STIR FRY VEGGIES BISCUITS BUTTER & JELLY DESSERT	TACO MEAT CHEESE ENCHILADAS SPANISH RICE REFRIED BEANS CHICKEN TAQUITOS CHIPS DESSERT	BBQ CHICKEN FRIED CHICKEN MASHED POTATOES STIR FRY VEGGIES CORN DINNER ROLLS GRAVY DESSERT	3-CHEESE PASTA SPAGHETTI ALFREDO SAUCE MARINARA SAUCE GREEN BEANS BREAD STICKS MEATBALLS DESSERT	BBQ CHICKEN FRIED CHICKEN RICE PILAF STIR FRY VEGGIES CORN BISCUITS BUTTER & JELLY DESSERT	STAFF ONLY

The following foods are available at each meal in addition to the hot dishes listed above:

Breakfast: Cold cereals, yogurt, fresh fruit, oatmeal, assorted baked goods

Lunch/Dinner: Salad bar

All Meals: Milk, juices, water

Arrival Day: Bananas and apples available for snacks.

ASTROCAMP

26800 Saunders Meadow Rd.
Idyllwild, CA 92549

DIRECTIONS

Off the I-10 East, take the
79 Hwy/Beaumont Ave exit.

Turn right on Beaumont Ave/Hwy 79.

Go approx. 16 miles to

Ramona Express Way, (2nd signal).

Turn left at the Ramona Express Way

Go approx. 10 miles to Hwy 74

Turn left onto Hwy 74.

Go 18 miles up the mountain to Mtn. Center

Turn left onto Hwy 243.

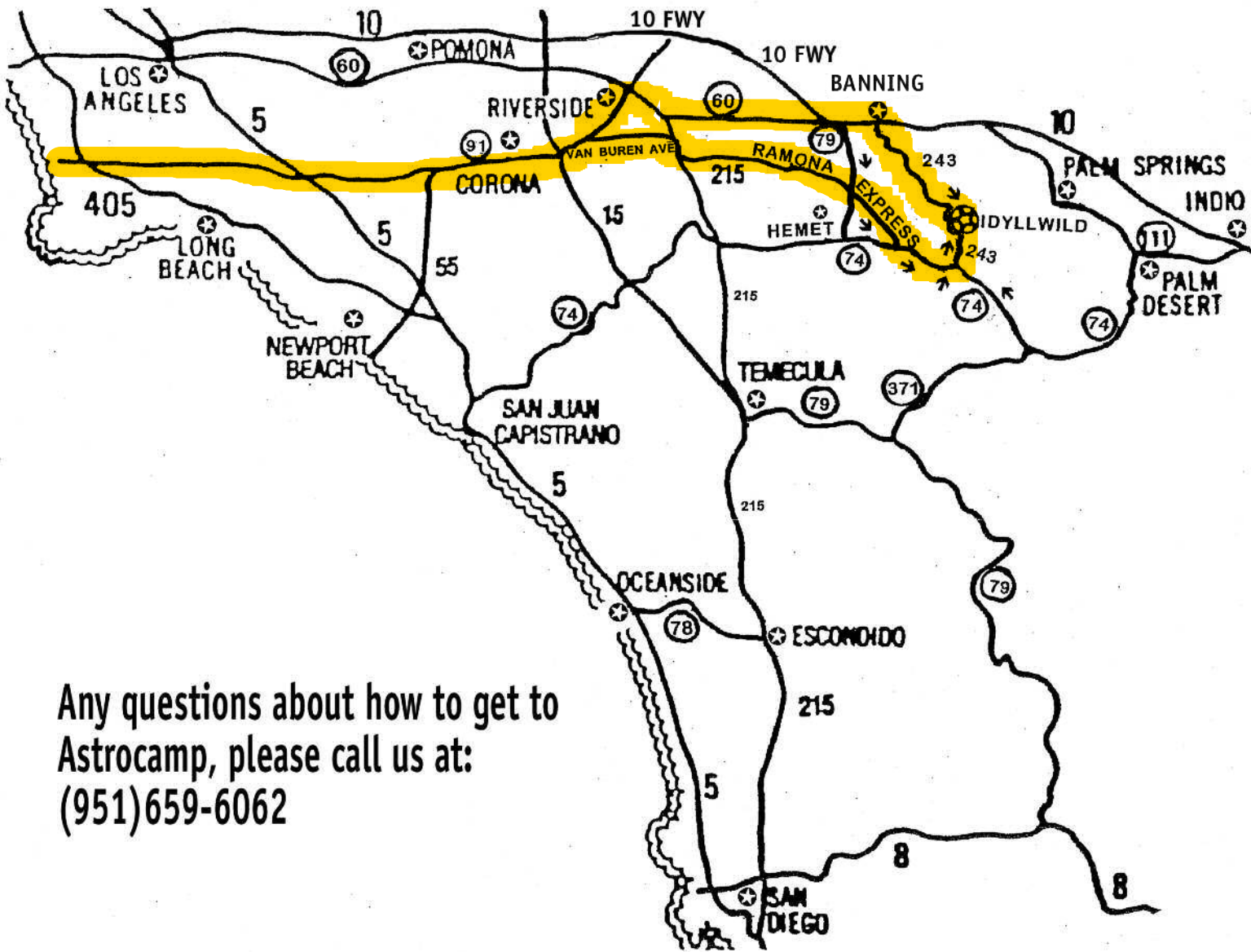
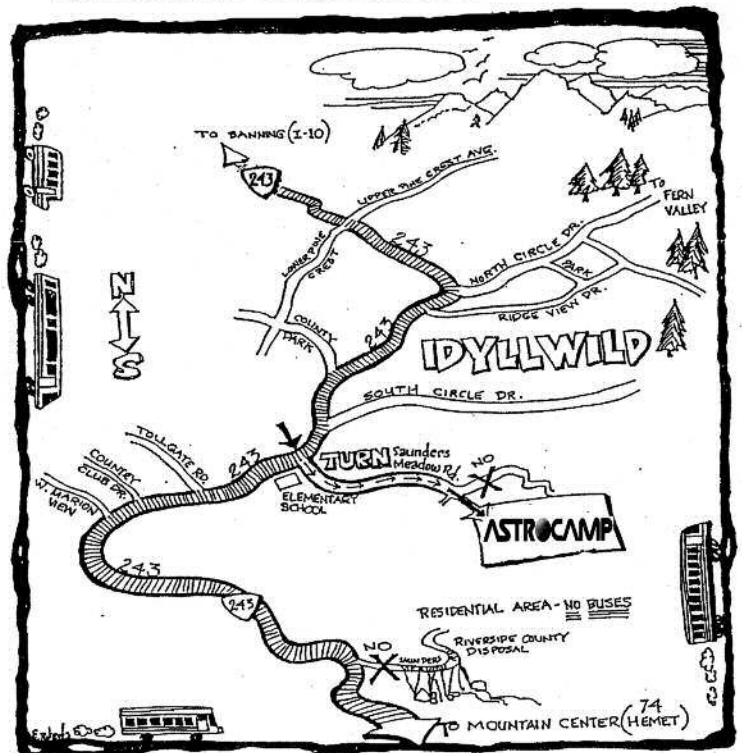
Turn right at the 2nd Saunders Meadow Rd.

(Look for the green Fwy **ASTROCAMP**
sign & the Idyllwild Elem. School)

go up the road approx 1/4 of a mile

ASTROCAMP's entrance is on the right
hand side.

DIRECTIONS TO ASTROCAMP



Any questions about how to get to
Astrocamp, please call us at:
(951)659-6062

AstroCamp Packing List

Please review this list when packing for AstroCamp. Many activities at AstroCamp are outdoors, so you should bring clothing that can get dirty or torn. We do not provide bedding or toiletries, so please remember to pack those items. This list is also available under teacher resources on our website

What To Bring:		Optional Items:	What <u>not</u> to bring:
Shirts	Towels	Camera	Electronic Devices
Pants/shorts	Wash Cloths	Sunglasses	Weapons of any kind
Shoes (close-toed)	Shampoo	Sunscreen	Drugs/Alcohol
Sweaters/jackets	Soap	Lip Balm	Fireworks
Rain gear	Toothbrush/toothpaste	Insect Repellent	
Sleepwear	Bedding/Sleeping Bag	Sunhat	
Underwear	Pillow	Pencil/Paper	
Socks	Water Bottle	Money for Store Purchases	
Winter clothing (When applicable)	Flashlight	Swimsuit (Required for Microgravity or Free Swim)	



STUDENT HEALTH FORM

School: _____

Student Name: Last: _____ First: _____ Gender: _____
Address: _____ City: _____ State: _____ Zip: _____
Parent/Guardian: _____ Cell Phone: _____ Work Phone: _____
Work Place: _____ Address: _____ City: _____ State: _____ Zip: _____
Height _____ Weight _____ Student Age: _____ Student Date of Birth: _____

Emergency Contact: _____
Address: _____
City: _____ State: _____
Phone: _____
Relationship to Student: _____

Health Insurance Co: _____
Policy No: _____
Phone: _____
Family Physician: _____ Phone: _____
Date of Last Tetanus: _____

IMPORTANT: A signature at the bottom of this form by a parent or legal guardian is required for participation at AstroCamp.

EMERGENCY MEDICAL CONSENT: The Student's medical conditions and information stated on this application is complete and correct. I give permission to the AstroCamp camp staff and School chaperones to, (1) administer the Student's routine medications listed in this Application, as well as needed medications and over-the-counter medications for minor illness or discomfort; (2) in case of a medical emergency to provide appropriate first aid for minor injuries; and (3) seek further treatment from local physicians or hospitals if the medical condition warrants. In the event I cannot be reached in an emergency, I also give permission to the physician selected by AstroCamp or the School chaperone to examine, diagnose, and treat or secure proper treatment for the Student and hospitalize, and to order injection and/or anesthesia and/or surgery for the Student, as the physician shall determine proper and necessary under the circumstances. A photocopy of this Authorization shall be as valid and may be accepted as the original. This completed Application may be photocopied by AstroCamp and released to the physicians or hospitals if requested. This Consent is given pursuant to the provisions of California Family Code §6910.

CONSENT AND RELEASE OF LIABILITY: I have been informed of the nature of the AstroCamp program in which the Student is enrolling. I understand that there are risks associated with the Student's participation in camp programs and activities and transportation to and from camp, which can pose a threat of injury or illness. I am familiar with outdoor sports and activities and the Student's abilities and I am not aware of any physical, emotional, or mental problem or limitation that would prevent, impair, or increase the risk of harm involved in the Student's participation in AstroCamp camp activities. I also recognize that AstroCamp cannot ensure or guarantee that the participants, equipment, grounds and/or activities will be free of accidents or injuries. I am aware and have or will instruct the Student in the importance of knowing and abiding by the AstroCamp camp rules and regulations. I agree to direct the Student to comply with all AstroCamp rules and policies, and to cooperate with AstroCamp personnel. I understand and agree that if the Student fails to comply with AstroCamp rules or policies, he or she may be expelled from camp and sent home at my, the parent or legal guardian's, expense.

With this knowledge and understanding, I grant permission for the Student to participate in all AstroCamp camp activities and on behalf of the undersigned and the Student, I accept and assume the risk and full responsibility for injury and illness or loss of personal property or other damage, and medical or other expense that may result from the Student's presence or participation in the activities at AstroCamp camp.

I hereby release and discharge Guided Discoveries, Inc., AstroCamp, and their agents and employees from liability to us and to the Student for any and all loss, damage, and expense and any illness or injury to person or property, resulting from the Student's travel to or from AstroCamp and participation in the camp activities and programs.

I give permission for AstroCamp to use any photographs, video, or interview taken at camp to be used to illustrate, report, promote or advertise AstroCamp or Guided Discoveries programs or camps.

SIGNATURE: _____

Parent/Legal Guardian

Please Print Name: _____ Date: _____

Rules for acceptance and participation in Guided Discoveries, Inc. programs are the same for everyone without regard to race, color, national origin, sex, or handicap.

DIETARY NEEDS:

Vegetarian _____ Vegan _____ Lactose-Intolerant _____ Gluten-Free _____ Other _____

FOOD ALLERGIES: Please Describe:

CHECK OFF: All applicable health issues:

<input type="checkbox"/> Allergies*	<input type="checkbox"/> Allergy - Bee Sting*
<input type="checkbox"/> Asthma	<input type="checkbox"/> Backaches/Weak Back
<input type="checkbox"/> Car/Sea Sick	<input type="checkbox"/> Bowel/Bladder Problems
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Epilepsy/Convulsive Disorder
<input type="checkbox"/> Hay Fever	<input type="checkbox"/> Headache
<input type="checkbox"/> Heart Trouble	<input type="checkbox"/> Poison Oak
<input type="checkbox"/> Sinus Issues	<input type="checkbox"/> Respiratory Problems**
<input type="checkbox"/> Sleep Walking	<input type="checkbox"/> Vomiting

*Has your child been prescribed an EpiPen for allergies? YES _____ NO _____. If YES, the EpiPen must accompany your child to camp in order to participate in activities.

**Does your child require an inhaler(s) on a daily basis and/or for exercise-induced activities? YES _____ NO _____. If YES, the inhaler(s) must accompany your child to camp in order to participate in activities.

Please specify with YES or NO for each medication that can be administered to your child.

_____ Pepto Bismol (upset stomach)
_____ Milk of Magnesia (for constipation)
_____ Ibuprofen (minor aches pains; fever)
_____ Throat Lozenge/Cough Drop
_____ Benadryl (allergy)
_____ Caladryl (for skin rash)
_____ Acetaminophen (headaches/elevated temperatures)

Is the student required to take regular medication?

YES _____ NO _____

☆ All medications are administered by the chaperones from the student's school. Please provide instructions (dose) for administration of medication.

WHAT IMPORTANT MEDICAL NEEDS SHOULD ASTROCAM BE AWARE OF? PLEASE EXPLAIN IN DETAIL.
(Attach additional sheet if necessary.)

REDONDO BEACH UNIFIED SCHOOL DISTRICT
Office of Instructional Services

**STUDENT PARTICIPATION IN DISTRICT-SPONSORED VOLUNTARY STUDY TRIP
PARENTAL PERMISSION, ASSUMPTION OF RISK, AND MEDICAL TREATMENT AUTHORIZATION**

Student's Name: _____ has permission
(First & Last)

to participate on Friday March 9 - Sunday March 11 , 2018 in the following field trip:
(Date of study trip)

Destination/Nature of Activity: Astrcocamp 26800 Saunders Meadow Rd, Idyllwild CA 92549
(Please be specific, e.g., Trip to _____ Museum)

Special Instructions: Bring a SACK lunch on FRIDAY March 10th for the afternoon
(e.g. Bring a sack lunch)

Departure Date: 3/9/18 Time: 7:00am Return Date: 3/11/18 Time: ~3:30pm

Person in Charge: Mr.Limuti Position: Teacher School: Parras

Type of Transportation: ☒ School Bus/Vehicle ☐ Walking ☐ Other: _____

Health or special needs: (Check as appropriate)

- ☐ My student has no special health needs the staff should be aware of, and no medication is required on the trip.
- ☐ My student has a special need, and instructions are attached. Number of attached pages: _____
- ☐ Other: _____

In the event of illness or injury, I do hereby consent to whatever x-ray examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care and emergency transportation considered necessary in the best judgment of the attending physician, surgeon, or dentist and performed under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

I fully understand that participants are to abide by all rules and regulations governing conduct during the trip.

As provided for in California Education Code Section 35330, I agree to waive all claims against the Redondo Beach Unified School District (District) and hold the District, its officers, agents and employees, harmless from any and all liability or claims, which may arise out of or in connection with my child's participation in this activity. This waiver shall not apply to any occurrences which may arise solely out of the negligence of the District, its employees or agents.

_____ Signature of Parent/Guardian	_____ Please Print Name	Wk # _____ Hm # _____
_____ Signature of student	_____ Student's Date of Birth	Wk # _____ Hm # _____
_____ Medical Insurance Carrier e.g. Blue Cross	_____ Policy Number	

In the event at an emergency, please contact:

_____ Name	_____ Relationship	Wk # _____ Hm # _____
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Date

PARRAS staff and Camp Astrocamp staff want to ensure a safe, fun learning experience for your student while at ASTROCAMP. Therefore, this information is being provided at the parent's meeting to ensure adequate time for you to prepare properly. It does take time to prepare medications and obtain the proper documentation, so please do not wait until the last moment to address your student's medication needs at camp. ASTROCAMP's medication policy is the same as that of the Redondo Beach Unified School District. No medications are allowed to be administered without written orders from a physician and written permission to administer from a parent. Please note that signed orders are required and must be completed for all medications to be administered according to district policy. This includes prescription medication, over the counter medications, and vitamins. Parents, please be proactive on this matter and do not wait for the last minute to obtain proper forms, go to your physician's office and obtain pharmacy labelled boxes for your child's medication. Parents sometimes forget about medications their student does not take during school hours but do take daily such as inhalers, ADHD/ADD medications, eye drops, Dramamine, lotions for skin conditions etc. If you have any questions regarding medication, forms or policy, please call the Parras Health Office to get answers.

Medications that are currently on file in the PARRAS Health Office will be sent to ASTROCAMP. If you are sending **any** medications (prescription or over the counter or vitamins) to ASTROCAMP that are not currently on file in the Health Office, you and your physician will need to complete the Request for Medication to be Taken During School Hours form for all medications you are requesting ASTROCAMP staff to give to your student. The Request for Medication form is printed on the back of this letter or additional copies can be obtained from the PARRAS Health Office. Before bringing the form to the PARRAS Health Office, ensure the entire form is completed. Please check the form before leaving your doctor's office as frequently the doctor's signature, stamp from doctor's office and dose of medication or other information is not fully completed although parents assume it has been completed properly by the doctor. The form and the medication must be brought to the PARRAS Health Office by DATE at TIME to ensure adequate time to process medications and forms according to ASTROCAMP's requirements. **The front office staff at PARRAS will not accept any medications nor can medications be left on the health clerk's desk when unattended. The health clerk is available between the hours of 8:00 AM and 3:30 PM to accept medications so please plan accordingly.**

To drop off medications in the PARRAS Health Office, follow these steps.

1. Prescription medication **MUST** be in the original pharmacy labelled box or bottle.
2. Over the counter medicines **MUST** be in the original box or bottle.
3. Place box or bottle in clear, plastic baggie with the completed medication request form.
4. Write student's name and teacher's name on the outside of the baggie.
5. Seal it and give it to health clerk.
6. Parents must bring any medications to the health office. Students are not allowed to drop off medications.

Please make sure when you drop off medications to the health office to allow for time for the health clerk to review the information to ensure accuracy. If all requirements have not been met, you will be asked to take your medication and forms home with you to obtain the proper information before bringing it back to the health office properly completed. Thank you in advance for your cooperation to make the Camp Pali experience safe and fun for all students.

Carmen Dawson, District Nurse

REDONDO BEACH UNIFIED SCHOOL DISTRICT
REQUEST FOR MEDICATION TO BE TAKEN DURING SCHOOL HOURS

TO BE COMPLETED BY PARENT:

			PARRAS MIDDLE SCHOOL
Student's Last Name	First Name	Date of birth	School and Grade Level

PARENT STATEMENT:

☐ I hereby request that a school employee administer or assist in and supervise the self-administration of the medication(s) named below according to the physician's order. No medications including "Over the counter" medications may be given without physician's order.

I agree to provide:

- The medication(s) named below and replacement medication(s) as necessary;
- Container(s) labeled by the pharmacy and a change of label if dosage is changed;
- A new authorization for new medication(s), changes in the dosage of the medication and at start of each new school year

☐ **For Grades 6 and above:** My child may carry and administer an inhaler without adult supervision. I understand and accept that no direct monitoring will be conducted by the school staff. I understand that it is the parents' responsibility to immediately notify the school if the child's health status changes, or when a change in physician and/or medication occurs. The Redondo Beach Unified School District is not responsible for any risk involved with the improper handling of this medication including: overuse, improper administration, breakage, theft, loss, sharing, playing with, or careless storage of the medication.

I give my consent for the district nurse to communicate with the physician and to counsel with school personnel regarding the possible effects of the medication.

(Printed) Parent Name	Parent Signature	Date

Home Phone _____ Work Phone () _____ Cell/Pager () _____

PHYSICIAN STATEMENT:

The pupil for whom the following medication(s) is/are prescribed is under my care.

Name and form of medication	Diagnosis/Purpose of medication	Dosage prescribed	Dosage Schedule	(Circle one)	Duration of treatment
				Daily or prn	
				Daily or prn	
				Daily or prn	
				Daily or prn	

Precautions, special instructions, possible adverse effects, comments: _____

- ☐ A school employee will administer or assist in and supervise the self-administration of the medication.
- ☐ This student may carry an inhaler and administer dosages without adult supervision.
(Middle School and High School Students only)

Physician Signature	Date

Office Address/Phone Stamp Required