

ASTRO CAMP INFORMATION PACKET

Dear Parents,

The dates of our AstroCamp (February 7-9) are sneaking up quickly on the calendar. With this in mind, there are several things that you need to be aware of as we get closer. Please read through this letter and packet thoroughly so that you will be informed on everything that you will need to do on your end to make the class trip successful for your child. **We will NOT be having a parent meeting about the trip so please read through the following information carefully.**

- Enclosed you will find a suggested **packing list** that is supplied by the camp. Please make note of the fact that the weather is expected to be cool during the day and cold at night. The children will have nighttime activities so it will be important for them to have warm clothing/jacket packed for them. Also, be aware that each student will need their own bedding and necessary toiletries as well. **Please make sure that your child is able to carry everything that they bring by themselves.** We realize that you will be on this end to help them unload it from your car and load it onto the bus, but on the other end they will need to be able to grab and carry their own belongings. **Please label your child's name on as much as possible!**
 - **Packing Tip:** The camp has dirt paths and areas that can be muddy/wet. Suitcases, sleeping bags/pillows are best packed in very sturdy, thick plastic trash bags labeled with the student's name. Feel free to pack a new one in the bottom of the suitcase to transport the items back home. *(the inevitable sleeping bag or pillow that gets dropped into a puddle or mud will not make for a great bedtime experience!)*
 - It is important to **NOT** pack any item of significant monetary or sentimental value. This is not the time to pack your child's most treasured stuffed animal etc. Be aware that items that get brought may not make it home. Whereas you, as the parent, meticulously packed up on this end please know that your child will be responsible to pack up his/her own belongings on the other end. As a result, things may get left behind.
- **No electronic devices, including cell phones,** are permitted to be packed. This includes any hand held video games that your child wants to use during the drive! Any electronic device that is brought will be confiscated and returned to a parent upon return to school on Friday. *(Please, just don't do it)* If your child wants to bring a camera, we suggest a disposable camera, labeled with their name.
- All students will need a **disposable sack lunch** on the Wednesday we depart. The meal service at the camp begins at the dinner meal. Please pack a lunch in a **disposable container**, labeled with your child's name.
- **Special Dietary/Food Allergies:** Enclosed is a letter for parents whose child may have special dietary needs. Please refer to the information that it contains if this is a concern for your child. Special food restrictions need to be given to the camp 2 weeks prior to departure, so if this applies to your child please let us know immediately. Severe food restrictions may necessitate sending meals for your child.

- If your child requires any specific **medications** to be administered by a Grace School teacher, you must make sure to note that on the medical form as well as supply the medication in a plastic bag labeled with the child's name, dosage information, and times to administer the medication. It must be given to your child's teacher prior to departure *(and best the day prior so that it can be reviewed without the stress of departure day)*.
- Each child must have a **completed student health** form completely filled out and signed by a parent/legal guardian. **It needs to be returned to the school teacher ASAP.**
- Each **chaperone** will be made aware of his/her responsibilities via a separate email. In addition, each chaperone must complete a **chaperone waiver form** that will be provided.
- As one of our class sessions at AstroCamp, the students will be learning about and building a rocket. **As a result, every student must bring 1 clean and empty 2-liter plastic bottle.** **Do not write your child's name on it.** (bring into class ASAP)
- There is a **camp store**. If you would like to supply money for your student to purchase items at the store when our class visits it, you must put the cash into a plastic bag **clearly labeled** with your child's name and give it to the teacher to hold prior to the day of departure. At the time of our store visit, the teacher will distribute the money to the appropriate child. Bringing money is not required.
- You are welcome to visit the **Astro Camp website** at <http://astrocampschool.org/> to get information about the camp location, weather, and facilities as well as view their FAQ section in case you have a question or concern that has not been addressed in this letter.
- If your child is **not attending** AstroCamp, they will need to remain at home on February 7-9. Each child will be assigned an at-home project packet that will cover several of the teaching concepts covered at the camp. This packet will be due on Monday, February 12.
- Please be aware that if your child has any **severe behavior** infractions while at camp, you may be required to come pick up your student early and the camp fee will not be reimbursed. Please discuss behavior expectations in advance with your child prior to departure.

Lastly after departure, **DO NOT CALL ASTRO CAMP WITH QUESTIONS, CONCERNS OR MESSAGES FOR YOU CHILD.** Any messages or questions should be directed to the Grace School Office who will, then contact the camp if necessary. Any attempted communication with the camp will direct you back to Grace School.

If you have any other questions or concerns, feel free to direct them to me either by email or in person.

Blessings,

Beth Tweitmann

Astrocamp Packing List

Please review this list when packing for Astrocamp. Many activities at Astrocamp are outdoors, so you should bring clothes that can get dirty or torn.

There can be snow/ice on the ground. Water resistant shoes are a good choice when possible.

We do not provide bedding or toiletries, so please remember to pack those items.

No food items will be allowed in the cabins due to animals.

What to bring:

- Shirts
- pants (**not shorts**)
- shoes (**close-toed**)
- sweaters/jacket
- rain gear
- sleepwear
- underwear
- socks
- winter clothing
- **refillable water bottle**
- bath towel/washcloth
- shampoo
- soap
- toothbrush/toothpaste
- bedding/sleeping bag
- pillow
- **small tote/string backpack**

Optional Items:

- camera
- gloves (recommended)
- hat (recommended)
- sunglasses
- sunscreen
- **lip balm (recommended)**
- insect repellent
- pencil/paper
- \$ for store purchases (*follow directions on how to label and give to the teacher*)
- flashlight (recommended)

What NOT to bring:

- electronic devices
- weapons of any kind
- drugs/alcohol
- fireworks

ASTRO CAMP

Sample

GENERAL SCHEDULE

DAY 1

11AM - 12 PM	Arrival / Lunch
1 PM	Move In **
1:30 PM	Orientation **
2 - 3:30 PM	Class 1
3:45 - 5:15 PM	Class 2 & Chaperone Meeting
5:15 - 7:30 PM	Dinner / Free Time
7:45 - 9 PM	Night Program
10 PM	Quite Hours

DAY 2

7:00 - 8:45 AM	Breakfast / Free Time
8:45 - 10:15 AM	Class 3
10:30 AM - 12:00 PM	Class 4
12 - 2 PM	Lunch / Free Time / Student Store
2 - 3:30 PM	Class 5
3:45 - 5:15 PM	Class 6
5:15 - 7:30 PM	Dinner / Free Time / Student Store
7:45 - 9:00 PM	Night Program
10 PM	Quite Hours

DAY 3

7 - 8:45 AM	Breakfast / Free Time
8:45 - 10:15 AM	Class 7
10:30 AM - 12 PM	Class 8
12-2 PM	Lunch / Departure / Free Time

Variations of this schedule

Night Program is either 7:30-8:45PM or 7:45-9PM depending on the time of the year.

There's a possibility that you'll have free time before your meals. We'll let you know when you arrive at camp. You'll be scheduled for the store during your lunch or dinner free time. These times are affected by number variation and are assigned on arrival day

5 Day Variations

** For a five-day trip, you'll repeat everything from 2PM on Day 1 to the end of the General Schedule with the exceptions of the chaperone meeting and checkout, which you'll have to do once.

DINING HALL INFORMATION

All AstroCamp meals are served buffet-style three times a day. We accommodate most dietary restrictions.

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 also has processed foods containing nuts. Our cookies are processed in facilities 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 mealtimes 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, and we **can** heat prepared meals for people upon request. School chaperones are responsible for retrieving meals from the kitchen and may use a microwave to heat these meals.

ARRIVAL DAY LUNCH

Students should bring their own lunch to AstroCamp on arrival day—we do not provide arrival day lunches.

DEPARTURE DAY LUNCH:

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

- Turkey/Cheese Croissant Sandwich
- Dietary Needs Sandwich
- Bag of Chips
- Oreos
- Juice

SAMPLE

	BREAKFAST	LUNCH	DINNER	DESSERT
MONDAY	Dining Hall Rules: 1. Do not remove any food or tableware from the dining hall 2. Supervise your students during mealtimes. One adult should be sitting at each table 3. The cereal station is available during breakfast only.		Spaghetti GF Pasta Baked Pasta Meatballs Marinara Sauce (GF) Green beans (GF) Garlic Bread Vegan & GF Meatballs	Cookies GF Cookies
TUESDAY	Eggs (GF) Sausage Links (GF) Potatoes (GF) Waffles Banana Bread Veg Sausage Vegan Pancakes GF Pancakes	Corn Dogs Veggie Dogs French Fries (GF) Mac & Cheese Soups Salad GF Hot Dog / Bun	Baked Chicken (GF) Chicken Nuggets Rice (GF) Broccoli (GF) Corn (GF) Biscuits Vegan Nuggets	Ice Cream (GF)
WEDNESDAY	Eggs (GF) Sausage Patties (GF) Tator Tots (GF) Pancakes Cinnamon Rolls Veg Sausage Vegan Pancakes GF Pancakes	**5 Days only** Cheese Pizza Pepperoni Pizza Salads GF Pizza	Taco Meat (GF) Pinto Beans (GF) Cheese Enchilada Chicken Taquitos (GF) Spanish Rice (GF)	Rice Crispy Treat (GF)
		3 Day Sack Lunches	Fritos (GF) Vegan Taco Meat (GF) Corn Tortilla (GF)	
THURSDAY	Eggs (GF) Sausage Links (GF) Potatoes (GF) French Toast Mini Muffins Veg Sausage Vegan Pancakes GF Pancakes	Hamburgers (GF) Veggie Burgers French Fries (GF) Salads GF Buns	Baked Chicken (GF) Chicken Tenders Mashed Potatoes (GF) Corn (GF) Stir-Fry Veggies (GF) Dinner Rolls Vegan Nuggets	Pudding (GF)
FRIDAY	Eggs (GF) Sausage Patties (GF) Tator Tots (GF) French Toast Sticks Danish Veg Sausage Vegan Pancakes GF Pancakes	Sack Lunch Turkey Sandwich Chips (GF) Oreos Lemonade Special needs Sandwich	Spaghetti GF Pasta Baked Pasta Meatballs Marinara Sauce (GF) Green beans (GF) Garlic Bread Vegan & GF Meatballs	Cookies GF Cookies
SATURDAY	Eggs (GF) Sausage Links (GF) Potatoes (GF) Waffles Cinnamon Rolls Veg Sausage Vegan Pancakes GF Pancakes	Hot Dogs Veggie Dogs French Fries (GF) Mac & Cheese Salad GF Hot Dog / Bun	Baked Chicken (GF) Chicken Nuggets Rice (GF) Broccoli (GF) Corn (GF) Biscuits Vegan Nuggets	Ice Cream (GF)
SUNDAY	Eggs (GF) Sausage Patties (GF) Tator Tots (GF) Pancakes Mini Muffins Veg Sausage Vegan Pancakes GF Pancakes	Sack Lunch Turkey Sandwich Chips (GF) Oreos Lemonade Special needs Sandwich	<i>The following foods are available at each meal in addition to the hot dishes listed above.</i> Breakfast Cold cereals, yogurt, fresh fruit, oatmeal, assorted baked goods Lunch/Dinner Salad Bar All Meals Milk, juices, water Arrival Day Bananas & apples for snacks	

Camp Store

Optional: If you would like to send shopping/souvenir money for your child to spend in the camp store, please use the following instructions so that money does not get misplaced.

1. Put the cash into a ziplock bag labeled with your child's name.
2. Give it to your child's teacher prior to departure day.
3. The teacher will hold all of the money, and will have access to a safe to secure the money in the dormitory.
4. On the scheduled shopping time, the teacher will distribute the spending money and secure any change to redisburse upon return from camp.

Hooded Sweatshirts	-	\$40	All our clothing is in ADULT sizes.
T-shirts	-	\$15	
PJ Bottoms	-	\$22	
Beanies/Baseball Hats	-	\$15	Merchandise varies. We cannot guarantee that everything will be in stock.
Embroidered Baseball Hats	-	\$25	
Pencils	-	\$0.50	
Postcards w/ Stamp	-	\$1	
Chapstick	-	\$2	
Plastic Water Bottle	-	\$5	Tax is included.
Nalgene Water Bottles	-	\$15	
Gatorade	-	\$1	
Astronaut Food	-	\$5	
Carabiners	-	\$4	We can only accept cash or check at camp.
Stuffed Animals	-	\$8	
Glow-in-the-Dark Frisbee	-	\$15	
Rainbow Glasses	-	\$1	

CAMPER AGREEMENT

The Camper Agreement is for the safety of all AstroCamp visitors and staff and should be shared with all students attending AstroCamp.

1. **Stay with your school:** No camper may leave the camp property without the head chaperone and AstroCamp administration's knowledge.
2. **Participate:** All campers must report to and participate in their scheduled activities. If a camper must leave the immediate program area, (e.g., to visit the first aid room) they must inform the instructor and be accompanied by an adult chaperone.
3. **Wear shoes:** Shoes must always be worn while in program areas. Please bring close-toed shoes for outdoor activities.
4. **Play safely:** Do not throw rocks, pinecones, snowballs, or any other objects. Do not climb trees or buildings. No rough play of any kind is allowed.
5. **Be on time:** Arrive on time and be prepared for all programs and meals.
6. **Seek help with problems:** If you are injured or have a problem seek chaperone help immediately.
7. **Personal property:** Personal belongings are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.
8. **Respect quiet hours:** Quiet hours are maintained from 10:00 PM to 7:00 AM.
9. **Follow dorm rules:** Only enter the dorm assigned to your group and only enter when you have adult supervision. Do not bring food inside. The staff residences are off-limits, *except in case of emergency.*

Note: AstroCamp reserves the right to dismiss individuals or groups who violate the rules and regulations outlined here. No refunds will be rewarded to individuals or groups who are dismissed from AstroCamp early as a result of violating rules or regulations.