

June 2017

Dear families,

From many schools in 6th grade, a new 7th grade class will be formed. Joining that new class will be our returning students, now 8th graders, and they will lead the way and offer a little help. At the same time, we will welcome a new batch of 8th graders, calling on our current 8th to open up their arms and reshape their class. Our time together helps build new friendships and strengthen old ones. In the process of working together, eating together, staying up late, and bunking in the cabins, our middle school bonds and heads back to Crossroads College Prep with a new and renewed commitment to form a lasting educational community, and it all begins on Wednesday, August 16.

During our first week of school (August 16 – August 18) the Middle School will have its annual overnight trip. The three-day retreat will be held at Camp Lakewood in Potosi, Missouri. The students will be transported by bus at the beginning of the school day, leaving at approximately 8:00 a.m. the morning of August 16 and returning on August 18 by 3:30 p.m. We go to camp for three days, but the students seem to experience a month's worth of social interaction in which they come to know and better understand the "network of mutuality," a concept at the heart of our primary tenet.

The students will join together to build community through games and challenges. Activities include a team challenge course, ropes courses, simulations, and indoor challenges for small groups; they will engage in physical challenges and problem-solving tasks. While the bulk of our time will be spent in groups working on tasks, during down time on Wednesday, students will also be able to take advantage of the camp's bike rental (free for us), swimming area, sit-on-top kayaks, and miniature golf course. Meals, including lunch on the first day, will be provided by Camp Lakewood. A list of what your child will need for the trip is enclosed. **Please return the permission slips and medical form to Crossroads College Prep at the New Student/Family Orientation (4:00 p.m.) or All-School Picnic (5:00 p.m.) on Monday, August 14.** (If you are not able to attend either event, please drop your forms off on or before August 14.) Students who do not have a consent form will not be able to participate, and, of course, we want everyone to participate.

Every year, we are amazed at the social skills of our middle school students. Their willingness and desire to extend the hand of friendship makes the old people (that would be us) smile. They really are that good.

If you have any questions, please contact me or find me at the picnic.

Sincerely,
Mark Norwood

mark@crossroadscollegeprep.org

cell: 314-283-4013

work: 314-367-8085

What To Bring - Packing List

REQUIRED	
	Water Bottle - 32 oz. to fill each day
	Toiletries
	Towel
	Daily change of clothes, plus one extra. Bring clothes that can get wet or messy and include at least one pair of long pants!
	A change of clothes to wear after showers in the evening or on the bus home
	Daily set of socks and underwear, plus two extras of each. (Better yet, bring two sets of socks and underwear per day. You can wear shorts twice, but socks...no!)
	Closed-toe shoes
	Shoes that can get wet or water shoes
	Pillow and pillow case
	Bedding - sheets and blanket or a sleeping bag
	Bedding - fitted sheet to cover twin mattress (even if you bring a sleeping bag)
	Appropriate sleepwear
	Sweatshirt or light jacket
	Notebook and pencil/pen for journaling
	Flashlight
	Sunscreen
	Prescription Medicines (if you have them) - in original containers, in Ziploc bag with your full name, handed in to Sharon or Mark

OPTIONAL but helpful	
	Daypack - recommended
	Swimsuit - recommended
	Dirty clothes bag and/or trash bag for wet clothes to pack home
	Flip-flops or simple shoes to go to and from the bathrooms and use in the showers
	Hat
	Hanger - to allow towel to dry during the day
	Reading material
	A few Ziploc bags (gallon size or larger) to place journal and other items in when canoeing
	Lip balm with spf
	Boardgames, cards,... for nights in the cabin
	Favorite snack to share with your cabin
	Snack bars to help when feeling peckish and dinner seems so far away
	Raincoat or poncho (no umbrellas)
	Cell phone - useful for bus ride home to tell your parents/ guardians that their vacation is over. Not needed otherwise.
	Belt?

DO NOT BRING	
	Computers, video games, or valuable items

Camp Lakewood Trip: Medication and Permission Form

August 2017

My child's immunizations are up to date, including Tetanus: Yes No

My child is free to travel to and from Potosi, Missouri, in order to participate in a Crossroads College Prep camping trip. This may include but is not limited to canoeing, hiking, swimming, and climbing.

Name of Crossroads student (first and last): _____

Name of parent/guardian (first and last): _____

Signature of parent/guardian: _____

Date: _____ Cell phone: _____

Home phone: _____ Work phone: _____

Family doctor: _____ Doctor's phone: _____

Emergency Contact Phone Numbers:

Full Name	Phone Number	Relation to student

Medical Insurance:

Name of Insurer	Group Policy Number		

Are there any medical issues and/or dietary restrictions of which we should be made aware? Please be specific.

I _____ hereby instruct/authorize Crossroads College Prep
 (Parent/Guardian)
 staff to give _____ the medications listed on back.
 (Student's Name)

Name of Crossroads student (first and last) : _____

Name of parent/guardian (first and last): _____

Prescription Medications: If your child is not taking any medications, please write N/A on each line below. If your child may take over-the-counter medications, such as ibuprofen, then please list them at bottom. Remember, turn in all medications (including over-the-counter medications) to Sharon Elliott or Mark Norwood the morning we leave. Please do not pack them in the luggage. Make sure all meds are in their original, clearly-labelled containers, and place them in a large Ziploc bag with your child's name clearly written on the bag. If you have any questions, please ask Mark Norwood.

Medication Name (as it occurs on the bottle)	Dosage	Time of Day	Staff Use

My child has permission to take the following **non-prescription medication(s)**.

Yes	No	Medication Name
		Acetaminophen 500 mg. (extra strength) as directed
		Acetaminophen 325 mg. (regular strength) as directed
		Benadryl gel or spray (or generic equivalent) as directed for topical use
		Benadryl (or generic equivalent) 25 mg. tab or liquid as directed
		Caladryl Clear Lotion as directed

Yes	No	Medication Name
		Cough Drops as directed
		Ibuprofen 200 mg. as directed
		Lanacane First Aid Spray as directed
		Triple Antibiotic Ointment (Neosporin or generic) as directed
		Tums as directed

**Crossroads College Preparatory School
Middle School Overnight
Permission Form**

I, the undersigned, am the parent or legal guardian of the child named below who is applying to participate in programs provided at Camp Lakewood from August 16 until August 18, 2017. I am aware that there are potential hazards and risks involved in some programs. My child is willingly participating in all aspects of the residential and/or day camp program (including field trips and transportation) under the supervision of Crossroads College Prep staff.

Emergency Authorizations

In an emergency, I, the undersigned, hereby authorize the Crossroads College Prep staff to make such arrangements as necessary to protect the health and safety of my child. I also authorize the hospital/physician/dentist to perform necessary procedures.

**Acknowledgement of Risk & Consent to
Participate in Outdoor Activities**

Your child may have the opportunity to participate in outdoor activities like canoeing, water slides, physical challenges, ropes courses, swimming, archery, outdoor athletic competitions, and hiking.

I, the undersigned, am aware that during outdoor activities in which my child is participating under the arrangement of Camp Lakewood, certain dangers may occur. These include, but are not limited to, traveling in rugged terrain; accidents or illness in remote areas without access to medical facilities; & the forces of nature.

I acknowledge that there can be no guarantee of absolute safety against risk and unforeseen accident. I understand that although Crossroads College Prep and Camp Lakewood have taken precautions to provide proper organization, supervision, instruction and equipment for each activity, it is impossible to guarantee absolute safety. I willingly consent for my child to participate in the activities during the trip.

I agree to hold harmless and indemnify Crossroads College Prep and Camp Lakewood from any and all claims by myself, my heirs, my family, or my assigns.

I accept responsibility for verifying my child's health and medical history and certify that he/she has no physical or psychological problems that would prohibit participation in the overnight trip.

I have carefully read this acknowledgement and sign this of my own free will.

**Signature of parent
or legal
guardian** _____

**Print name of parent
or legal guardian** _____

Name of student: _____

Date: _____

**YMCA CAMP LAKEWOOD
HEALTH INSURANCE RELEASE FORM**

I, the undersigned parent or guardian, understand that YMCA Camp Lakewood does NOT carry Health or Medical Insurance coverage for group participants.

I understand that I am responsible for payment of any and all expenses incurred for medical treatment of the student named below. YMCA Camp Lakewood is NOT responsible for payment of any medical expenses incurred during participation in the Outdoor Education program, including expenses related to emergency transportation.

Name of School: *Crossroads College Prep*

Name of Student: _____

Printed Name of Parent/Guardian: _____

Address of Participant: _____

Signature of Parent/Guardian: _____

Date: _____