



1133 E. County Line Road
Lakewood, NJ 08701-2196
Phone: 732-363-3633 Fax: 732-363-7337

August 29, 2019

Dear Freshmen Parents:

On Sept. 30 - Oct. 2, 2019 the 9th grade class will go on a **3-day trip to Spruce Lake** for adventure training and team building. As most of you know, Spruce Lake is a Christian retreat center located in the Poconos. This is a great time of excitement and relationship building and is usually one of the most favorite of all the trips in which our students participate aside from the mission's trip to the Dominican Republic during Senior year.

We have full chaperone participation and supervision at all times to ensure the safety of your children.

The total estimated cost of the trip is **\$250**. This fee includes lodging, activities, meals, and transportation fees. Please fill out the **permission slip by Sept 5th and include a non-refundable \$20 deposit. Please fill out the attached Parental and Release Form also.** The remaining balance of \$230 must be paid by **September 20th**. Please understand that a **\$20 fee will be assessed to accounts that are not paid in full by the September 20th deadline.**

Additional information regarding what to bring on the trip is attached here. Please call me at the school if you have any questions or concerns. God bless you.

Sincerely,

A handwritten signature in cursive script that reads 'Stephanie Cruz'. The signature is written in black ink and is positioned below the word 'Sincerely,'.

Mrs. Stephanie Cruz
Principal

- Mon. Sept. 30, arrive 7:30 am, no later than 7:45, returns approx. 4:00 pm on Wed. Oct. 2
- Bring warm clothes for the evenings.
- Bring Bug spray
- Bring cash for snacks while there, and for getting food on the way there and on the way back
- Boys need blankets and towels, but linens provided; girls will have all this provided; all bring a pillow



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calvaryacademy.org

Field Trip Permission Slip

Dear Parents:

Field trips are an integral and important part of the total learning process. Many times a unit being studied in the classroom can be explored more fully by taking a field trip to the actual area so that the students can see and experience for themselves what it is they are studying. This makes the learning experience more relevant and certainly more meaningful.

Your child is invited to attend a field trip. As a matter of academic protocol, we are informing you of this trip and request your signature of permission for this trip. This experience promises to be a very beneficial academic experience for your child and will be an integral part of this year's curriculum. Please complete the bottom portion of this permission slip and return it to the classroom teacher.

If this is an overnight activity; for the safety of our students, all luggage may be searched by the coordinator of a field trip or by a chaperone designated by him or her.

That they may know Him!

Stephanie Cruz
Principal

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Field Trip Permission Slip

Your child has been invited to attend a trip to Spruce Lake in Pennsylvania on Sept. 30, 2019 - Oct. 2, 2019, leaving approximately 8:00 am on Sept. 30th and returning approximately 4:00 pm on Wed. Oct. 2nd. I give my son/daughter

_____ permission to be a part of this field experience. My payment is enclosed in the estimated amount of \$250 (\$20 by Sept 5, \$230 by Sept 20) to cover the cost of the activity and transportation. I will be praying for the trip and support the school in its efforts to provide my child with this type of academic experience.

Signature of Parent

Date



Spruce Lake Outdoor School
An educational ministry of Spruce Lake Retreat

5389 Route 447, CANADENSIS, PA 18325 PHONE: 570-595-7505 www.sprucelake.org

Parental Permission and Release Form

As parent/legal guardian of (student) _____, I hereby give permission to my son or daughter to engage in all Spruce Lake Outdoor School activities except as noted below by me. I understand that historically, serious injury at Spruce Lake Outdoor School has been extremely rare, and that the Outdoor School staff will continue to make every effort to ensure the safety and well-being of my child. However, my permission is granted with the understanding that there are inherent risks of injury associated with Outdoor School classes and activities in general which, however slight the chances of occurrence, cannot be completely eliminated. These risks include but are not limited to: falls from a height, exposure to severe storms or to weather-related heat or cold, contact with potentially harmful plants or animals, injury from falling objects and injury from collision with other people or objects during games and activities. There is also similar inherent risk of injury during participation in 'adventure' activities such as rappelling, belayed climbing, challenge course, zip line, and power swing. Furthermore, I recognize that, because Spruce Lake Outdoor School is in a rural location, access to local advanced emergency medical care is limited and emergency response and travel time may seem unduly long relative to urban standards. I also understand that the Spruce Lake Outdoor School staff is limited to providing only emergency first-aid level medical care for my child. I hereby acknowledge and accept the risk of injury to my above-mentioned child while they are engaged in Outdoor School activities.

I also give permission for my child to be transported in Spruce Lake Outdoor School vehicles for transportation as needed. Furthermore, I authorize Spruce Lake Outdoor School to use photographs that may include my son or daughter in Outdoor School publicity.

I therefore release and covenant with Spruce Lake Outdoor School that I will never, individually or as legal guardian of said student, institute any action at law or in equity for any personal injuries, or injuries to property, real or personal, caused by or arising out of activities sponsored by Spruce Lake Outdoor School and its legal representatives.

(Please indicate below any limitations, conditions, or instructions you wish our Outdoor School Staff to be aware of concerning your son or daughter.)

Parent/Guardian Signature _____ Date _____

Print Full Name _____ Relationship to Child _____

School Group Name _____



SPRUCE LAKE OUTDOOR SCHOOL

WHAT TO BRING

All *Spruce Lake Outdoor School* classes *do* stay outdoors as much as possible — rain, snow or shine. Please remind students and adults to come prepared with appropriate clothing and footwear.

PERSONAL ITEMS (Based on a 3-day program)

- | | |
|--|--|
| <input type="checkbox"/> 3-4 shirts, including a warm shirt ✓ | <input type="checkbox"/> Water bottle (refillable) |
| <input type="checkbox"/> 3 pairs of long pants or jeans ✓ | <input type="checkbox"/> Personal medications - |
| <input type="checkbox"/> 6 pairs of socks ✓ | <input type="checkbox"/> Personal hygiene items- |
| <input type="checkbox"/> Comfortable, practical footwear
(including hiking and/or sneakers) | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Old sneakers for rainy days ✓ | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Rain gear ✓ | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Warm jacket, hat and gloves - | <input type="checkbox"/> Binoculars (optional) |
| <input type="checkbox"/> Sweater or sweatshirt ✓ | <input type="checkbox"/> Camera (optional) |
| <input type="checkbox"/> Snow boots during winter ✓ | <input type="checkbox"/> Spending \$ for games, Gift & Snack Shops |
| <input type="checkbox"/> 1 pair pajamas | |

If you are staying in the Barn, Huckleberry, or the Cabins – make sure you bring

- Pillow with a pillow case
- Linens or sleeping bag
- Towel and wash cloth

CLOTHING FOR CLASSES

Please have students and adults wear **long pants and closed-toe shoes for all classes** to protect legs from ticks, cuts, abrasions, and other injury from rocks and vegetation. During warm weather, shorts/Capri pants may be worn during free-time, only. Please see our Clothing Modesty and Safety section (in Program Manual) for additional suggestions.

WHAT NOT TO BRING

Chewing gum/ Food, drinks or candy (school should arrange for snacks as a group)/ Bikini or midriff tops, tank tops or short shorts (see Modesty Guidelines)/ Electronic devices/ Cell phone/ Flip-flops, sandals, or slip-on sneakers may be used during free-time only, not for class

HINTS FOR PACKING

- Use a large gym bag or a small suitcase and label it
- Students should bring used, but clean clothing. This is an outdoor adventure; no new clothing is needed!

Spruce Lake Outdoor School

Connie Wismer, Director
5389 Route 447
Canadensis, PA 18325
1-570-595-7505x136



CLOTHING MODESTY & SAFETY GUIDELINES

*For the respect of our guests, fellow classmates, and staff, we encourage students and adults to wear clothing that meets Spruce Lake's modesty standards – as described below. **Please look carefully through your clothes to honor this request.***

Also, please make sure your clothing addresses safety concerns.

- **Shirts** should be modest, not have thin straps or expose the back, and suitable for recreation. Form fitting shirts, and those that reveal bare skin when arms are raised are not appropriate. Make sure your shirts are long enough to cover bare skin when wearing a safety harness.
- Because of safety concerns, **shorts** are not allowed during SLOS-led classes or activities. It's the discretion of each school or group coordinator whether or not to allow shorts to be worn during free time. If allowed, they should be suitable for recreation, and not form fitting or overly short (length should extend past fingertips with arms at side).
- Please refrain from wearing form fitting pants such as **leggings or yoga pants** for modesty reasons.
- **Long skirts, dresses or jumpers** may be used during SLOS classes as long as they don't impede movement and/or participation and are not a safety hazard (tripping or tangling). We recommend wearing shorts or pants underneath for activities that require climbing or use of safety harnesses.
- **Short skirts or dresses** are not allowed during SLOS-led classes or activities. If worn during free time they should follow modesty standards regarding length and fit as described in previous "**Shorts**" and "**Shirts**" sections.
- Clothing with **wording or images** contrary to the Christian principles of the camp is not appropriate.
- **Swimsuits** should be modest; **no bikinis**. Two-pieces suits are allowed if top and bottom pieces meet/overlap. Dark t-shirts should be worn over suits not meeting previous guidelines.

We appreciate your cooperation!