

We are in desperate need of parent volunteers!!

We need parents during the DAY time and the NIGHT time for both session.

If you can help us out and volunteer, send in the blue parent volunteer form in the OE packet. Finger printing & Child Abuse and Neglect online training must be completed ASAP! For more information, look at the OE section of the Rocky Hill website.

Contact Mrs. Quinn if you have any questions.

All parent volunteers **MUST COMPLETE** the form below and send it back to Rocky Hill to help us with scheduling.

Please check all areas for which you would like to volunteer. Return this form to Mrs. Quinn by **February 1, 2020**. A staff member will contact you to confirm arrangements. All parent volunteers **MUST complete the online Child Abuse & Neglect Training sessions and be fingerprinted no later than February 1st**!

_____ I would like to assist at Camp Letts for an entire **DAY**. Please check your preferences. Must complete the online training and the fingerprinting by February 1st. Send the Child Abuse & Neglect confirmation # and fingerprinting receipt to Mrs. Quinn.

Session 1

___ Monday 1:30 pm - 5:00 pm

___ Tuesday 9:00 am - 5:00 pm

Session 2

___ Wednesday 1:30 pm - 5:00 pm

___ Thursday 9:00 am - 5:00 pm

_____ I would like to chaperone students in cabins at Camp Letts **OVERNIGHT**. (6:00 pm - 7:30 am) Must complete the online training and the fingerprinting by February 1st. Send Child Abuse & Neglect confirmation # and fingerprinting receipt to Mrs. Quinn.

Session 1

___ Monday

___ Tuesday

Session 2

___ Wednesday

___ Thursday

_____ I would like to help photocopy materials or collate student journals at Rocky Hill prior to camp. (Child Abuse & Neglect Training Required)

Print Student's Name _____ Parent Email _____

Parent Volunteer's Name _____ Phone # _____

Child Abuse & Neglect Training Confirmation # _____ Date Completed _____

Finger printing completion date _____ (send in copy of receipt if possible)

Parent Volunteer Date of Birth _____

Elementary School your child attended when fingerprinting was completed _____

MCPS Employee - School Name & Employee ID # _____

Law Enforcement Branch - send in a copy of ID and/or badge # _____

Make A Difference





Meals & Meds
Camp Letts – Outdoor Education



Meals

We eat at 8:00, 12:30, and 6:00. Meals are buffet style. This means that students come up to the buffet and select only the food they want to eat.

Each cabin is assigned KP Duty (Kitchen Patrol) at least once. Duties include setting and clearing the table, being the errand person, and cleaning up any spills. KP's must report 30 minutes prior to meal time.

Which table will be awarded the Silver Spoon & Ursa for the best table manners?





**These are the
typical kinds of
meals served at
Camp Letts.**

(subject to change)



**Camp Letts is a peanut
& nut free facility



Breakfast

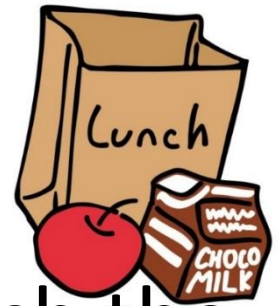
Day 1 – Eat at home before coming to RH at 9 am! Breakfast will NOT be available at school.

Day 2 - Scrambled eggs, turkey bacon, pancakes, oatmeal, yogurt & granola, cereal, fruit, milk, OJ

Day 3 – Scrambled eggs, sausage, French toast, yogurt & granola, oatmeal, cereal, fruit



Lunch



- Day 1 - You must bring your own lunch the first day!! We will collect it upon your arrival. Put your name on it!
- Day 2 – Hot dogs, salad, pasta salad, fruit
- Day 3 – Taco Bar (chicken, rice, beans, salsa, guacamole, cheese, sour cream, nacho chips), fruit

Dinner

- Day 1 – Pasta w/red sauce, meatballs, green beans, garlic bread, cookies
- Day 2 – Baked chicken, salad, steamed vegetables, assorted rolls, brownies



Bedtime snack:

- 1st night - Smores' & water
- 2nd night – popcorn, pretzels, chips, fruit snacks, granola bar



- *vegan marshmallows available

To continue with our goal to be environmentally friendly, even during meal times:

- ✓ we encourage each student to bring a water bottle (with their name), or even better, purchase one of our OE water bottles 😊 for \$6.00
- ✓ we will be separating our trash after each meal into liquids, compost items, and throw away food/trash. Food & trash that is being thrown away will be weighed by our KPs. Data will be kept and analyzed during camp and back at Rocky Hill.



ECO-FRIENDLY



PLEASE NOTICE:

- **IF THERE ARE ANY DIETARY ISSUES or RESTRICTIONS (this includes vegetarians) PLEASE LET MRS. QUINN KNOW ASAP. THERE IS A PLACE ON THE PERMISSION SLIP TO NOTE THIS.** If you have any dietary restrictions, it is your responsibility to let the teacher in charge and your KP know. Students w/dietary restrictions may provide replacement meals...this arrangement must be made in advance w/Mrs. Quinn.
- On the day that you leave (Mon or Wed) you must bring a lunch to school in a bag (don't use an insulated cooler) with a drink in a non-breakable container. Make sure your name is on the bag!! All food will be thrown away after lunch. No food will be taken back to the cabins!



PLEASE NOTICE:

- **NO FOOD IS ALLOWED IN THE CABIN!!** We don't want to attract critters with lots of legs!! We have students with various food allergies & we don't want to put them at risk.
- **NO GUM!!!** We are here to preserve our environment and animals, not litter! The wrappers will be dropped on the ground 😞. Then you will spit out your gum on the ground (gross) then some little creature comes and eats it and their digestive systems can't deal with it.

Medications



- All medicine and forms must be turned in together to the RH health room prior to **February 21st** by a parent. Do not wait till the last minute!! Any medications turned after **February 21st** may not be accepted!!
- You may NOT pack any medication in your luggage.
- Parents must bring in the medication & the paperwork at the same time to the health room!!
- Students with meds already at school do not have to do anything. The meds and the orders will be sent to camp.
- Inhalers and epi pens will be carried by teachers during instructional classes unless a student has a self carry order from their pediatrician. The meds will be kept in the nurses office at all other times.

Meds... continued

- Drawstring back packs are strongly encouraged for all students, but especially those with self carry orders for epi pens or inhalers, so they will not fall out of your pockets while running around.
- Over the counter medicine must be in a new and unopened package!
- One medicine per form.
- Forms are very specific – must be filled out correctly or we can not take it to camp! Please ask for help if needed and see samples in the informational packet.
- Any questions about medications at camp, please contact the Rocky Hill health room. (301-601-3188)
- There is a nurse on site during the day. At night, teachers will take on night nurse duties.