



Dear Parent / Guardian,

Your child's class is preparing for a field trip to the [Echo Pond Environmental Education Centre](#).

The Centre is located near Deer Park, off of Salmonier Line. It is in a wonderful wilderness location and has comfortable bunk rooms and friendly staff who prepare good, home-cooked meals. The class visit is subsidized by the NLSchools and is presented by enthusiastic environmental educators. The programs are fun, active, and directly related to your child's school curriculum. They also aim to immerse students in environmentally sound living while they learn about the boreal forest, bogs and ponds. For many students, this fun field trip is the highlight of their school years.

Attached are a medical/permission form, and a list of items that students need to bring

Your child's class will travel by school bus, which will depart from the school on:

Day _____ Date _____ at _____ a.m. and return on

Day _____ Date _____ at approximately _____ p.m.

The total cost will be \$ _____. Please return the medical / permission form and money to your child's school by _____.

School Name: _____

School Principal: _____

Contact Teacher at School: _____

ECHO POND ENVIRONMENTAL EDUCATION CENTRE

KIT LIST

Students will be outdoors for much of the time, so it is essential to pack according to the weather forecast for Placentia (e.g. go to www.weather.gc.ca).

Each student should take the following (labeling your child's belongings is encouraged):

- Sleeping bag, or sheets and blankets, small pillow, slippers or warm socks
- Warm pajamas
- Any medication (please refer to medical form)
- Small towel, toothbrush & toothpaste, soap, brush/comb
- Extra socks, underwear, shirt, pants and warm sweater
- Sneakers or hiking boots
- Rubber boots or snow boots (weather dependant)
- Warm jacket or rain jacket or both
- Snow pants or rain pants (weather dependant)
- Sun hat, sunscreen, bug spray and water bottle (weather dependant)
- Warm hat and mittens (often needed for the campfire all year round)
- Flashlight for evening hike (preferred, but optional)
- Students are encouraged to bring items such as board games and musical instruments. The Centre has balls, Frisbees etc. for free time
- Small backpack

Please do not bring any food or drinks because of concerns with allergic reactions.

Students with diabetes may pack peanut-free and nut-free snacks and those with celiac disease can bring their own bread products.

Students can bring cell phones if you and their teacher give permission. This year we will be asking teachers to collect phones when students arrive at Echo Pond and give them back when they leave or if they need to make a quick check in at home in the evening. Over the years, we've found that when students leave their phones at home, the whole group enjoys a richer, more connected experience. Plus, it helps avoid privacy concerns, especially in spaces where students are sleeping or changing. While cell service at camp is spotty, phones can still be a distraction. They can also be easily lost in the woods during activities, which can cause unnecessary stress and disrupt the fun.

Echo Pond Environmental Education Centre
Field Trip Medical/Permission Form

Student Information:

Grade: _____

Student's Name: _____ Date _____
of Birth (M/D/Y): _____

School: _____ MCP: _____

Parent / Guardian Contact Information:

Name (s) : (1) _____
(2) _____

Address (es):(1) _____
(2) _____

Phone #: Home (1) _____ Work (1) _____ Cell (1) _____
(2) _____ (2) _____ (2) _____

Emergency Contact Name(s) & #: _____

Medical Information:

Diagnosis/Medical Concerns: _____

Current Medications (include dosage and time of administering it): _____

Emergency Treatment: _____

Dietary Concerns: _____

Family Doctor: _____ Doctor's Phone Number: _____

Other Relevant Information: _____

Notes:

- Food allergies must be indicated well in advance, so that dietary concerns can be accommodated.
- If your child needs medications – follow your school protocol/school board policy
- The remote location of the Centre means that it takes at least one hour and fifteen minutes to reach the Janeway Children's hospital. Echo Pond staff have First-Aid training but parents must ensure that the medical needs of their child can be met in a wilderness location. **If your child carries an epi-pen, please read and sign the form on Page 4 before deciding to send your child to the Centre.**

Permission:

I give permission for my child, _____,
to participate in the program offered at the Echo Pond Environmental Education Centre from

(date) _____ to _____.

Parent/Guardian Signature _____ Date _____

Echo Pond Environmental Education Centre Information for Parents/ Guardians of Students with Epi-Pens

Dear Parents/ Guardians of students with Epi-Pens,

As you know your child's class is preparing for a trip to Echo Pond Environmental Education Centre. It is an exciting and worthwhile educational experience. However, before you decide to send your child you must be well aware of the remoteness of the Centre's location and therefore the delay in receiving medical attention should they have a serious allergic reaction while there. You should know:

- The Centre is at least 1 hour and 15 minutes away from the Janeway Children's Hospital. 30 minutes of that drive is on a dirt road where there is an increased risk of getting a flat tire or breakdown which would cause an extra time delay.
- The nearest ambulance (Holyrood) is at least 50 minutes away.
- The staff at the Centre will provide as safe an environment as they can for people with food allergies, but they have little control over the food (and therefore potential contaminants) that rental groups bring on the weekends.
- A member of staff at the Centre is willing, in an emergency, to drive a child to the Janeway Children's Hospital or to drive to meet an incoming ambulance.
- The Centre's cooks are experienced at serving children with food allergies. Many children with epi-pens have safely stayed at the Centre.
- The Centre's food is generally peanut and nut-free. Students are welcome to ask to read food labels.
- The phone number of the Centre 709-687-8593. You can call there should you need to discuss the menu/food ingredients with the chief cook.
- A copy of the School Anaphylaxis Emergency Plan for your child and a copy of the school photo will be posted in the kitchen at the Echo Pond Centre. Please ensure the Plan is up to date.
- The child should have at least two epi-pens (the second could be the epi-pen kept at school) and carry an epi-pen at all times. If the allergy is very severe consider sending a third or fourth epi-pen.
- If your child has severe insect allergies please send insect repellent and ensure they have clothing that properly covers arms, legs and feet as well as their two epi-pens.

Based on your knowledge of your child's allergy and the above information, you and the principal should decide whether or not to send your child. If your child has frequent serious allergic reactions or reacts to unknown substances, then it is recommended that you do not send your child.

have read and understood all of the above.

have discussed this with the school principal and still wish to send my child

(name) _____ to the Echo Pond Environmental Education Centre on the following dates _____.

Signed (parent)

Date _____

Signed (principal)

Date _____