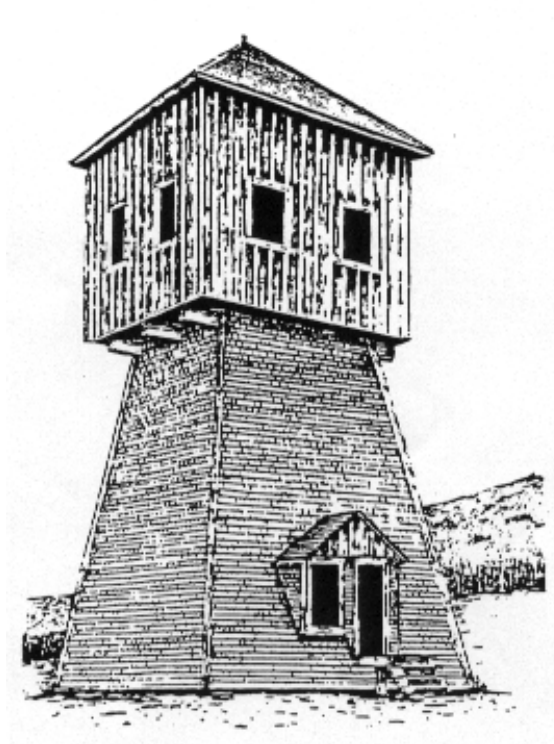


FORT STEELE HISTORY LAB 2018



PARENT BOOKLET

Grade 5

CONNECT CHARTER SCHOOL

MAY 2 - MAY 14, 2018

FORT STEELE HISTORY LAB

FORT STEELE, BC

EMERGENCY CONTACTS:

FORT STEELE (OFFICE HOURS) - (250) 417-6000

SITE SUPERVISOR – ROBERT PEGG (403) 608-2731

TRIP # 1

May 3 - 6

Grade 5.1
Administrator

Kevin Sonico
John Cadman

TRIP # 2

May 6 - 9

Grade 5.2
Administrator

Margaret Leland
Shashi Shergill

TRIP # 3

May 9 - 12

Grade 5.3
Administrator

Erin Piper
Chris Hooper

TRIP # 4

May 12 - 15

Grade 5.4
Administrator

Gail Stevenson
Phil Butterfield

Fort Steele History Lab General Information

The Fort Steele History Lab was developed by Ron Sweet in 1975 as a Social Studies immersion activity. Since its inception, the History Lab has introduced students to the challenges faced by indigenous people, early settlers, and the North West Mounted Police as they all sought to meet their diverse needs. Park interpreters deliver the programs for the Pioneer Home, Horse Study, and Blacksmithing components of the History Lab. Connect staff and parent volunteers administer all other aspects of the program.

COST

The cost of the Fort Steele History Lab experience is generally borne by parents. Board policy states "...no eligible student may be denied participation solely on the basis of inability to pay the cost." If a problem exists in this area, please contact the school administration. **The cost of the 2018 program is \$340 per student.** Payment should be made on line through the Family Zone of the Connect website. Alternatively, cheques should be made payable to Connect Charter School. On the final day of the experience, students will be able to go shopping at the Fort Steele gift shop. We suggest that their spending money not exceed \$20.00.

TRANSPORTATION

Transportation to and from Fort Steele is via washroom-equipped chartered highway coaches. For each trip the bus will be ready for loading at the school at 7:00 am and will depart at 7:30 am. The bus will return to the school at approximately 5:15 pm on the final day.

FOOD

We ask each student to bring:

- 2 dozen cookies (see snack suggestions following menu);
- a hearty bag lunch and snack for the first day (to be eaten on arrival at the Fort).

HEALTH INFORMATION, MEDICATIONS AND FIRST AID

Parents should access the student health information in the *Family Zone* on the Connect website (<http://connectcharter.ca>) to ensure all details relating to medical or health conditions are current and accurate. Any medication that your child is taking during the History Lab must be clearly marked with their full name and be accompanied by a completed medical administration form, at the back of this booklet. These items can be given directly to the teacher on the morning of the trip. The staff is equipped and trained to handle minor ailments and injuries. In the unlikely event of serious illness or injury, an emergency vehicle is available for transportation to the nearest hospital located 14 km away in Cranbrook, BC. Parents will be notified immediately. Please note emergency contact numbers at the front of this booklet.

INFORMED CONSENT

Please print, read and sign the informed consent at the back of this parent booklet and return it to your child homeroom teacher.

What To Take

Please review this list with your child so that they know what they are taking. **Please label everything** and pack all items into a large duffle bag or suitcase. **Please do not use plastic bags.** Other than possibly a digital camera, please do not bring electronics (iPods, handheld gaming systems, cell phones etc.), or knives of any kind.

Clothing & Sleeping Items

1. ____ 3 t-shirts
2. ____ 2 long sleeved shirts
3. ____ 4 pairs of underwear
4. ____ 1 pair of long johns
5. ____ 3 pairs of pants
6. ____ 1 pair of shorts
7. ____ 1 sweater
8. ____ 1 light jacket
9. ____ 1 winter jacket
10. ____ 1 hat or cap
11. ____ 1 toque
12. ____ 1 pair of gloves or mitts
13. ____ 4 pairs of socks
14. ____ 1 set of pajamas
15. ____ 1 swimsuit
16. ____ 1 pair of runners
17. ____ 1 raincoat or poncho
18. ____ 1 winter weight sleeping bag (or 2 summer weight bags)
19. ____ 1 pillow
20. ____ 1 flashlight (with extra batteries)



Personal Hygiene Items

21. ____ toothbrush & toothpaste
22. ____ 1 bar of soap in a container
23. ____ 2 towels (one small, one large)
24. ____ comb or brush
25. ____ Chapstick
26. ____ plastic cup for brushing teeth

Optional It

32. ____ camera
33. ____ book(s)
34. ____ blanket
35. ____ spending money

Food & Other

27. ____ two dozen cookies (no nuts please)
28. ____ hearty bag lunch & reusable water bottle (for the first day)
29. ____ backpack (that can be carried, not wheeled)

**FORT STEELE HISTORY LAB GRADE 5
FORT STEELE APPRENTICESHIP PROGRAM GRADE 7
MENU: SPRING 2018**

ATTN: PARENTS OF STUDENTS WITH DIETARY RESTRICTIONS
PLEASE USE THIS PAGE TO INDICATE MENU SUBSTITUTIONS & RETURN TO YOUR CHILD'S TEACHER

	Day 1	Day 2	Day 3	Day 4
Breakfast	Please provide a snack for the bus ride to Fort Steele	<u>Barracks Breakfast</u> Pancakes Syrup Margarine Sausage (turkey) Orange slices Orange Juice Milk	<u>Gr. 5 Barracks Breakfast</u> Scrambled Eggs Bacon Hashbrowns Cantaloupe Orange Juice Milk	<u>Gr. 5 Barracks Breakfast</u> French Toast Syrup Orange Juice Milk Strawberries Sausages (turkey)
			<u>Gr. 7 Hotel Breakfast</u> meal provided by FSAP	<u>Gr. 7 Hotel Breakfast</u> meal provided by FSAP
Lunch	<u>Bagged Lunch from home</u>	<u>Barracks Lunch</u> Hot Dogs (beef) Veggie Dogs Buns Bean in tomato sauce Ketchup, Relish, Mustard Cookies, Bananas Juice Boxes	<u>Barracks Lunch</u> Grilled Cheese sandwiches Tomato Soup Pickles Raw veggies Ranch Dressing Milk/Chocolate Milk Fresh Fruit	<u>Barracks Lunch</u> Sub Sandwiches Roast Beef, Ham, Chicken (deli) Cheese slices Lettuce, Tomatoes Mayo, Mustard Pickles Milk/ Chocolate Milk Fresh Fruit
Dinner	<u>Barracks Dinner</u> Hamburgers Veggie burgers Buns Cheese Lettuce, tomato, Ketchup, relish, mustard Tortilla chips Salsa Milk/Chocolate Milk Fruit salad	<u>Gr. 5 & 7 Hotel Dinner</u> meal provided by FSAP, Grade 7's cook and serve	<u>Gr. 5 & 7 Hotel Dinner</u> meal provided by FSAP, Grade 7's cook and serve	

Parent Volunteers

Each class requires 5-7 parent volunteers to accompany the group and fulfill specific duties. If you wish to volunteer for the Ft. Steele History Lab, please be aware of the following requirements and expectations:

Requirements

- Valid security clearance check on file with Connect.
- Experience in administering to minor injuries; ideally first aid training.
- Physical ability to walk several kilometers and lift moderate weights (e.g. - pails of water).
- Commitment to long, (but rewarding) days that occasionally require independent thinking and action to ensure student safety or to meet program requirements.

Expectations

- Food preparation and cooking for breakfast, lunch, and dinner as required. You may be asked to assume responsibility for ensuring specific students have their dietary needs met aside from the regular food preparation procedures.
- Supervise and participate in post-meal clean up and ensure all food and equipment is properly stored for future use.
- As required, and only within your levels of confidence and competency, chop wood for the stove in the mess hall. NOTE: Only those who are experienced and knowledgeable in the safe use of an axe will be permitted to chop wood.
- Enthusiastic participation in activities while leading and supervising students.
- Supervise groups of students during History Lab activities as directed by the classroom teacher. This will include, but is not restricted to, a hike around Echo lake, activities in various fort buildings, accompanying students to the recreation center in Cranbrook, and sleeping in the Barracks to assist in supervising either male or female students at night and ensuring that 'quiet time' is respected.
- Administer minor first aid treatments to students as required and become familiar with those students who may require further immediate attention due to potential reactions to allergens, bee or wasp stings, and pollen.
- Fulfill further duties as requested by the classroom teacher, Mr. Scott Petronech, or Mr. Ron Sweet.

Transportation Note:

The coaches that transport students and teachers to Fort Steele can usually not accommodate parent volunteers. It is therefore necessary for one or two parents to drive their own vehicles and take one or two other parents with them. Connect will reimburse fuel expenses, upon submission of receipts, for the designated parents driving vehicles going to Ft. Steele. Once the volunteers for each trip have been identified, we rely on the parents to make arrangements accordingly.

Snack Suggestions

Students have usually been asked to bring 2 dozen cookies along to camp, to provide a mix of treats for snacks and dessert. Over time, the mix of cookies has slowly changed from almost always homemade to almost never homemade. At the same time, there's been an increase in the general level of awareness around healthy eating. There's also been an increase in the number of students with severe allergies and food intolerances.

If you are interested in some 'new' recipes, please feel free to read or download the "Simple Snack Recipes" document, put together by the parent volunteer committee.
visit: <http://connectenvoe.weebly.com/winter-camp.html>

TO HELP ENSURE THE SAFETY OF OUR STUDENTS WITH ALLERGIES, PLEASE INCLUDE AN INGREDIENT LIST WITH YOUR HOMEMADE GOODIES

Helping your child make homemade cookies, mini muffins or snack loaf is a great way to spend time together and build some kitchen skills.

If you don't have time to do some pre-camp baking, here are some suggestions for snacks from the grocery store:

Dried fruit (prunes, figs, raisins, Craisins, 100% fruit bars)

Nut-free granola bars

Unsweetened fruit purée cups (such as applesauce)

Fruit cups (such as peaches or mandarin oranges) packed in fruit juice or water

**** Please DO NOT SEND juice boxes, candy, chocolate bars or chips ****

GRADE 5 FORT STEELE HISTORY LAB SCHEDULE 2018

Day 1: May 3, 6, 9, 12					Day 2: May 4, 7, 10, 13					Day 3: May 5, 8, 11, 14					Day 4: May 6, 9, 12, 15										
Troop A		Troop B		Troop C		Troop D		Troop A		Troop B		Troop C		Troop D		Troop A		Troop B		Troop C		Troop D			
7:00	DEPARTURE 7:30am								Reveille/Wash-Up				Reveille/Wash-Up				Reveille/Wash-Up				7:00				
							Chores				Chores				PACK-UP				Chores						
8:00	TRAVEL TO FORT STEELE								BREAKFAST (programming starts at 9:15)				BREAKFAST (programming starts at 9:00)				BREAKFAST				8:00				
9:00													Chores						Animals @ Fort Steele (9:00-10:30)		Store (9:00-9:30)		Chores		9:00
10:00									Travel				Fisherville (9:15 - 12:30)				Railway (9:00-10:30)				Schoolhouse (9:30-11:00)				10:00
11:00																	Animals @ Fort Steele (10:30-12:15)				Railway (10:30-12:15)				Store visits
	ARRIVAL 11:45												Clean Barracks				BARRACKS LUNCH (12:00)				12:00				
12:00	BAG LUNCH (12:00 - 1:00)								BARRACKS LUNCH (12:30 - 1:30)				BARRACKS LUNCH (12:30-1:30)				T-Shirts / Drills				1:00				
1:00	Forming-Up / Moving In								Travel		Fisherville (1:30 - 4:00)				Blacksmith demo (1:30-3:00)		Pioneer Home (1:30-3:00)		DEPARTURE 1:15				2:00		
2:00	Site Tour / Orientation (1:30 start)														travel to next activity				TRAVEL TO CALGARY				3:00		
3:00	Cemetary Hike (3:00 start)								Gold Panning (at the Fort) (2:00 - 4:00)				Pioneer Home (3:15-4:45)				Blacksmith Demo (3:15-4:45)						4:00		
4:00													Travel				Pioneer Games / Clean for supper						Arrival approx. 5:15pm		
5:00	Chores		Pioneer Games						Clean Up				HOTEL SUPPER (5:15 - 6:00)				HOTEL SUPPER (5:15 - 6:00)								
6:00	BARRACKS SUPPER (6:00 - 7:00)								SWIM (Cranbrook - travel at 6:45)				Square Dancing (6:30 - 8:30)				ROBERT PEGG CELL: (403) 608-2731								
7:00	Chores		Pioneer Games						Fort Steele Follies 8:30				Fort Steele Follies 8:30				FORT STEELE: (250) 417 - 6000								
8:00	Lake Hike (7:30 start)								CAMPFIRE / Snack / Wash-up				CAMPFIRE / Snack / Wash-up												
9:00	Campfire (8:30ish)								Taps - Lights Out				Taps - Lights Out												
10:00	Snack/Wash-up								Taps - Lights Out				Taps - Lights Out												

CONNECT CHARTER SCHOOL
INFORMED CONSENT AND ACKNOWLEDGEMENT OF RISK FORM
FORT STEELE HISTORY LAB AND APPRENTICESHIP PROGRAMS

**THIS CONSENT AND ACKNOWLEDGEMENT OF RISK FORM MUST BE READ AND SIGNED BY
A PARENT OR GUARDIAN OF ANY STUDENT PARTICIPATING IN THIS OFF SITE ACTIVITY.**

ACTIVITY DETAILS

DESTINATION / ACTIVITY:	Ft. Steele, Cranbrook, BC	DATES:	May 2-15, 2018
CURRICULAR OUTCOMES:	Humanities, Science, Environmental & Outdoor Education, Physical Education, Health		
ITINERARY / ACTIVITIES:	See parent information booklet		
PER STUDENT COST:	\$340		
WHAT STUDENTS NEED TO BRING:	See parent information booklet		
METHOD OF TRANSPORTATION:	Coach Bus by Southland Transportation		
SCHOOL CONTACT:	Phil Butterfield	RATIO:	Approx. 1:8
# PARENT VOLUNTEERS REQUIRED:	5 per class		
ADDITIONAL INFORMATION:	Fort Steele, Cranbrook, BC		

Connect Charter School will make every reasonable effort to ensure that:

1. Staff, volunteers, and/or service providers are suitably trained and qualified to lead this activity/program.
2. Students will be adequately supervised during all aspects of the program / activity.
3. The location(s) used for this activity/program are appropriate for the planned itinerary and group.
4. Equipment used for this activity/program has/have been inspected and deemed safe.
5. A Safety Plan has been developed to identify and manage known potential risks.
6. An Emergency Plan is in place to deal with an injury or illness to any student.

**POTENTIAL RISKS AND PERILS ASSOCIATED WITH PARTICIPATION IN THIS ACTIVITY
INCLUDE BUT ARE NOT LIMITED TO:**

Transportation

- Traffic accidents, incidents, and mishaps while a passenger on a highway coach or leased school bus
- Traffic accidents, incidents, and mishaps while a passenger in a 15-passenger van driven by an employee of Connect Charter School.
- Being struck by a moving vehicle

Environmental

- Weather related causes, including but not limited to: hypothermia, lightning strike, heat stroke, heat exhaustion, and dehydration.
- Interaction with wildlife, including but not limited to encounters with bears, cougars, elk, wolves, coyotes, moose, porcupine, badgers, spiders, snakes, insects.
- Contact with, or ingestion of, plants, berries, roots, or bark.

Food

- Choking during planned or unplanned meal times.
- Allergic responses, including anaphylactic shock, as a result of direct or indirect contact with food products, byproducts, or waste.

Pre-existing medical conditions

- As identified on the student health information form.

Activity related perils at Fort Steele

- Unexpected movement of railway cars
- Burns suffered as a result of exposure to wood stove
- Drowning while participating in activities at the Cranbrook Recreation Centre swimming pool.
- Cuts, scrapes, wounds, or death from injuries received while using, or being in the vicinity of someone using, an axe.
- Head trauma, broken bones, and/or soft tissue damage resulting from activities including running over uneven ground or walking through wooded areas during day or night hours.
- Interaction with wildlife, including but not limited to encounters with bears, cougars, elk, wolves, coyotes, moose, porcupine, badgers, spiders, snakes, insects.

ACKNOWLEDGEMENT OF RISKS:

I HAVE READ THE ABOVE, AND UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED HEREIN, I AM ASSUMING THE RISKS ASSOCIATED WITH DOING SO ON BEHALF OF THE STUDENT NAMED ON THIS FORM. THE RISK OF SUSTAINING AN INJURY OR DEATH MAY OCCUR FROM THE NATURE OF THE ACTIVITY AND CAN OCCUR WITHOUT FAULT OF EITHER THE STUDENT, OR THE SCHOOL BOARD, ITS' EMPLOYEES/AGENTS. BY CHOOSING TO TAKE PART IN THIS ACTIVITY, YOU ARE ACCEPTING THE RISK THAT YOUR CHILD MAY BE INJURED OR KILLED.

Please sign this form online after April 17, 2018 (look for "Field Trips" in menu after signing into <https://fz.connectcharter.ca/myhome>).

The below information can be sent to supplement information you have already provided online when registering your child each year. Please ensure that information is up to date.

If your child requires scheduled medication to be given while at camp, please send it in a clearly marked container with the child's name and complete this medication schedule. Medication and printed medication schedule must be given to your child's homeroom teacher.

Medication Schedule for: _____ **Class:** _____ **Date:** _____

Created by: _____ Verified by at drop off: _____ Picked up by: _____

Medication Name	Dose and Frequency	Reason for taking	Time	Time	Time	Time

I give permission for my son/daughter to receive light over the counter medications as needed for comfort: _____
(signature of parent or legal guardian).

ALLERGIES: _____

Child has epinephrine pen (yes / no) _____ **Emergency Contact number:** _____

Food intolerances (**different from allergies**): _____

Anything else important to care for your child: _____

This information is collected under the authority of Alberta's *Freedom of Information and Protection of Privacy Act* (FOIP) and the *School Act*. The information will be used to respond to the identified medical or physical needs of the student named above. It will be treated in accordance with the privacy protection provisions of the FOIP Act. If you have any questions about the collection and/or its intended use, please contact the school FOIP Coordinator, phone (403) 282-2890, 5915 Lewis Drive SW, Calgary, AB T3E 5Z4.