

TCA 8th Grade Mountain Lab at Ponderosa - Sept 8-9, 2022

Dear Parents,

Each year, our 8th grade class has a unique opportunity to attend Mountain Lab. It is a two day, one night camp that is designed to give our students the ability to participate in things like: engineering; high ropes; leatherworking; orienteering; hiking with survival skills; fire mitigation; etc. The location is at Ponderosa Retreat and Conference Center just north of Monument off Furrow Road. There is a map with directions attached to this packet in addition to other information that you will need. **Because this is a local camp, parents will drop off their student at Ponderosa on the morning of camp (September 8th between 6:45-7:15 am) and then pick up their student after camp (September 9th between 5:45-6:30 PM).** If you have scheduling issues, please arrange your own carpool. There will be no bus transportation from school.

Traditionally, this camp has been the highlight of many graduating TCA students when reflecting on their entire K-12 experience. They are able to experience “hands on” science and outdoor education, as well as participate in team building and character activities. We would like every student to be able to participate in this unique experience. It will be a highlight of 8th grade!

- ❖ Read the Rules and Guidelines for Mountain Lab School and Checklist. **Keep this packet for your information**
- ❖ Return the **Ponderosa Release Form** to your English teacher by **Monday, August 22nd**
 - Payment is \$150.00. Please make this payment online through payschoolevents.com. If you have trouble accessing [payschoolevents](https://payschoolevents.com), please contact our finance office. This should also be accomplished by: **Monday, August 22nd**.
- ❖ Students will have the opportunity to choose one friend to be in their cabin group and in their activity group. They will be filling their preference sheets in their English class during the first week of school along with their t-shirt size.

Parent assistance is also needed on for this trip. Our biggest need is for **chaperones**. We also have needs in the check-in, preparation for camp, service project, and photography. If you are able to help please return the parent volunteer form to the junior high front office. Copies of the volunteer forms can be accessed on the 8th grade website as well as hard copies available in the junior high office. It is important to start the process early! Background checks and fingerprinting require appointments and cannot be completed at the last minute.

The chaperone fee is \$100.00. If you need financial help with the cost of camp or chaperone fees, please fill out a free and reduced lunch form and e-mail a request to Mr. DiPreto directly at hdipretore@asd20.org.

We look forward to hearing from you. Thank you for your support!

Sincerely,

Kristi Grannis, Mountain Lab at Ponderosa Coordinator

kgrannis@asd20.org

Mountain Lab School – Checklist

You are allowed to bring 1 suitcase/duffle with clothing, bag w/ sleeping bag & pillow and 1 bag such as a school backpack or purse. Please pack wisely!

What to Bring

Mark all clothing and items if you don't want to risk losing them. Bring items you can get dirty. Clothing must be TCA appropriate. **You will have a group color; you must be always wearing a shirt in the color of your group (one will be provided)**, you may also wear bandanas or other items in your group color.

UNIFORMS ARE NOT REQUIRED. As you pack, keep in mind that warmth and dryness will help you enjoy camp more. Remember, Colorado weather can change at a moment's notice. The temperature can vary greatly. We could have snow, rain, or sunshine during our stay at Camp. We will be outside, even if it rains, snows, or is cold. **Be prepared!**

- Sleeping Bag and Pillow – place in a laundry bag
- Backpack
- Hat and gloves
- Jeans, Pants, Zip offs or Sweatpants- (2)
- T shirts (3-4) Long/short sleeved (In group color)
- Sport Shoes (good for walking)
- Flip Flops (good for showering)
- PJs or Sweats to sleep in
- Jackets (1 heavy, 1 light)
- Rain poncho/waterproof jacket/raincoat
- Underclothes (think layers, if it is cold)
- Flannel shirt or Hoodie/Sweatshirt
- Towel
- Kleenex
- Toiletries: soap, comb/brush, deodorant, shampoo, toothbrush/toothpaste
- Water Bottle** (This is so important!)
- Pencil and pen
- Flashlight/batteries

Other items (optional)

- Shorts (TCA Appropriate)
- Sunglasses
- Spending money (soda, snacks, gifts, if available)
- Travel alarm or watch
- Camera
- Hiking boots
- hairdryer

What NOT to Bring

- Cell Phones
- Knives
- Music/Electronics
- Alcohol, cigarettes, tobacco, and other drugs are prohibited. **Failure to comply with this policy is grounds for being sent home and further disciplinary action just as you would have if you were on school grounds.**

SPENDING MONEY

Soda, candy, T shirts, and other items can be purchased at the General Store and Snack Shack (if available)

If you would like to buy a large ticket item like a sweatshirt, you may bring a check made out to Ponderosa.

You are responsible for keeping track of your own money. Please bring a limit of \$25 cash.

Mt. Lab Info and Activities

Where is Mountain at Ponderosa?

Mountain Lab is about 20 minutes north of TCA. Take I-25 North; Exit on County Line Road make a right (travelling East); Make a left on Furrow Road; Travel a short distance until you see Ponderosa on the left and side of the road.

What if my camper has dietary concerns?

All meals are served buffet style in the cafeteria. If your student has a dietary concern such as food allergies or sensitivities, you need to notify Mrs. Grannis, **at least 3 weeks in advance**. Ponderosa will be able to accommodate common food issues (nut allergies; gluten intolerance; etc.) You may wish to provide some of your own food items; however, it probably will not be necessary. **If you do not notify Kristi Grannis (kgrannis@asd20.org) 3 weeks in advance, we will not be able to accommodate specialty diets.**

What about prescriptions, over-the-counter medicine, and vitamins?

According to State Law, no camper is allowed to keep any of these items in his or her possession. The state considers vitamins, herbs (**including melatonin**), and homeopathic items to be medications; therefore, these **MUST** be distributed by TCA trained staff or a registered nurse, along with all other medications. Remember that all items must remain in original labeled containers. You must have filled out the D20 Medical form and received a signature from your doctor. This **must** be done in advance. **We will not take new prescriptions or over the counter medicines just before or during camp.**

Who will dispense medications? Will there be a nurse on this trip?

At camp we have a trained nurse (RN) on call or on-site for emergencies or injuries.

How will my student be assigned to a cabin?

TCA Campers will be divided into 2 groups. The first group is their cabin group (where they will sleep at night). The second group is their activity group (the group they go to "class" with). TCA staff will make those assignments. Once assignments are made, **NO CHANGES CAN BE MADE**. Please remember this is an opportunity for your child to make new friends. **Your child will be given the opportunity to suggest a few friends they would like to be with.** **Preference sheets will be filled out during the first week of school through the English classes.** However, we cannot guarantee any assignments. Please remember, this is a very complicated process that is determined by number/type of students and number/ type of chaperones. Regardless, your child **WILL HAVE FUN!** Please encourage your student to be respectful of the process. Your student will have the opportunity to see his/her friends each day at meals and other activities.

T-Shirts! This year there are twelve activity groups, and each will be assigned a color (mostly for organization and keeping groups together). Each camper will receive a T-shirt in the color of his/her activity group upon arrival to camp. Groups will be posted the Friday before camp, so you will know the group color. However, they probably do not want to wear one t-shirt the whole time we are at camp. We are asking all campers to wear their group color each day. If campers would also like to pack some other items with the same color (baseball cap; bandana; extra T-shirt, etc.) it would be fun and helpful! Thanks!

Can I contact my student while he/she is at camp?

Your student will not be allowed to use their own phone, except for picture taking during his/her stay. Should you have an emergency, please contact the TCA Staff Member in charge of your camp. This info will be given to you via email prior to departure. Additionally, you may leave messages at Ponderosa 719.481.2482. Please use this only for true emergencies. If your child is having a problem, we will make sure they will be able to call you.

Why do I have to pay to be a chaperone?

TCA must pay the camp for everyone who attends for both overnight accommodations and meals. If you cannot attend, but would like to "sponsor" a chaperone, please contact Kristi Grannis.

What activities will my child get to participate in at Mountain Lab?

We have several over two packed days; It includes Archery; Tomahawk; High Ropes; Leatherworking; Fire Mitigation and Prevention; Active Games; Orienteering; Nature Hike to the top of Mt. Baldy with survival skills; Orienteering; Low Ropes, etc. In addition to evening programs that encourage character, humor, and team building.

MTN. LAB SCHOOL Camper Rules

RESPECT FOR AUTHORITY	RESPECT FOR OTHERS
<ul style="list-style-type: none">❖ I will pay attention during classes, and if I have a question or comment, I will raise my hand and wait to be called on. I will bring my camp book and a pen or pencil to each class.❖ I will obey my teachers, my chaperones, and the camp staff.❖ I will let an adult know if I must leave the group to use the bathroom, etc.❖ I will not bring medications that have not been cleared by the nurse's office at TCA before camp begins.❖ I understand that if I disobey the camp rules, I may be asked to leave camp early.❖ I will report any dangerous activity or problems I know about, either with myself or others.	<ul style="list-style-type: none">❖ I will stay out of other students' dorm rooms. The only dorm room/cabin I will be in is the one I am assigned. I will not mess with other's belongings.❖ I will not prank others.❖ I will not wander off. I will be in the main area of camp and listen to instructions about the boundaries that are in place.❖ I will look for ways to encourage other students while attending the Mtn. Lab School.❖ I will use good table manners while in the dining room.❖ I will not make a mess for anyone else to clean up. If I make a mess, I will clean it up. I will respect the camp and the employees of Ponderosa.
RESPECT FOR THE OUTDOORS	RESPECT FOR SELF
<ul style="list-style-type: none">❖ I will stay on marked trails when hiking and exploring.❖ I will not pick flowers or damage plants and trees.❖ I will observe the wildlife at camp and will not try to hurt or scare them. I will understand this is their home.❖ I will not throw rocks, pine cones, or sticks.	<ul style="list-style-type: none">❖ I will keep my body pure from drugs, alcohol, and cigarettes.❖ I will wear appropriate clothing at camp.❖ I will get sleep and eat properly, to keep myself ready to experience Mountain Lab to the fullest.

Please sign on the Emergency form that you have read and affirm your intention to live by these rules and guidelines while at Mountain Lab School.

Additional Information

What if I want my child to attend, but am unable to pay the expected fee?

Please contact Mr. DiPretore to make arrangements. We want EVERY 8th grade student to attend if they choose.

What if I do not want my child to attend?

If your child chooses not to attend, then they will be expected to make up the school they miss at home. We have an alternate assignment that will replace the 50 points that normally they would be awarded for the booklet that is filled out at Ponderosa for each class. The assignment can be obtained from your student's science teacher.

DUE DATES-Please note the due dates for information to be turned in; it will be a great help in organizing camp!

STUDENT Mt. Lab information DUE to English teacher by Monday, August 22nd:

1. Student Information Form
2. Permission to Administer Medications Form
3. *Actual medications should be turned into TCA health room by Fri., Sept. 2nd at 3:00 pm at the latest!*

Chaperone Mt. Lab Information DUE the junior high office by Monday, August 22nd

1. Parent Volunteer form
2. Payment: \$100.00 check made out to TCA attached to Volunteer Form
3. Further information will be sent by HR for background checks and fingerprinting once the parent Volunteer Form has been completed and returned.

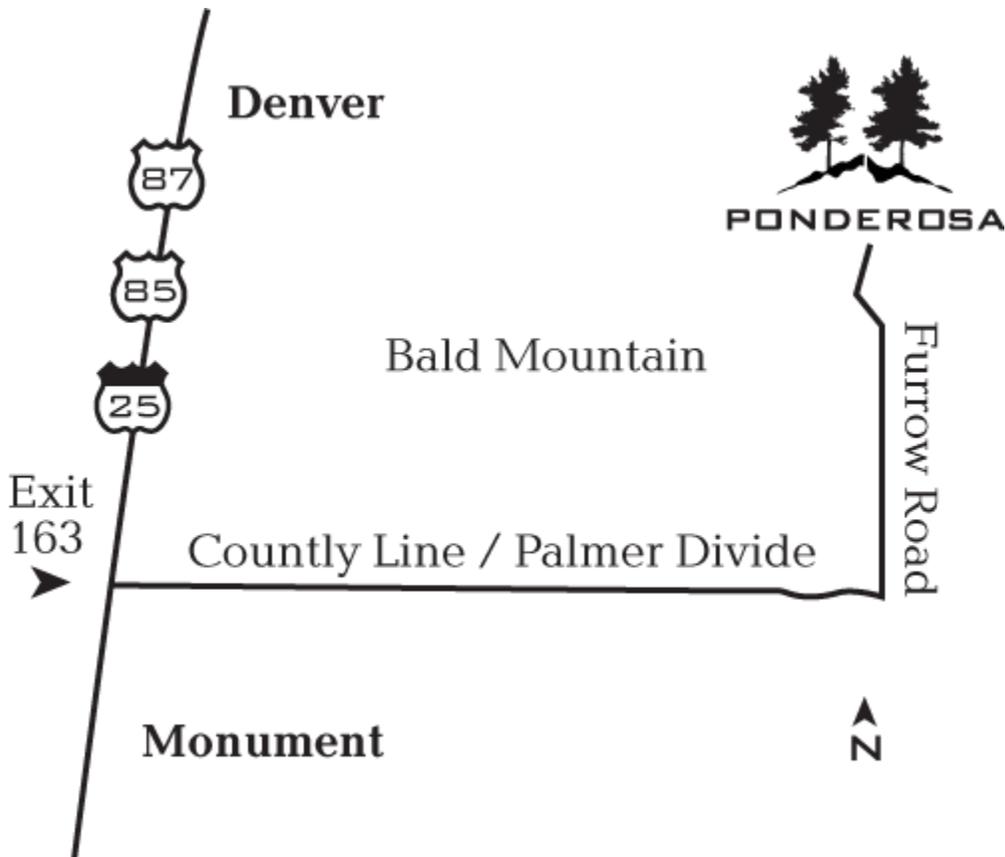
Important Notes on Medications:

- If medications are already on file with TCA (meaning you've filled out a D20 **Permission to Administer Medication** form), there is no need to fill out the medical form again. Instead, you will only need to write "ON FILE" in large print directly on that permission form.
- Please turn in medications as early as possible to the TCA health room. You must take those meds directly to the TCA nurse, students are not allowed to bring them in. We would like to have all the meds in the care of the TCA health room by Friday, Sept. 2nd.
- Keep in mind that there is only one **Permission to Administer Medication** form in the Mt. Lab packet, but you must fill out one med form per medication. So, if your student requires three different meds, you must fill out three separate med forms. *See the letter from the TCA nurse for how to access the med form online.*

Directions

Ponderosa Retreat and Conference Center
15235 Furrow Road
Larkspur, CO 80118-5703

Getting here is easy: Take I-25 to just north of Monument. Exit at Exit 163, County Line Road/Palmer Divide. Go east about 2 miles until you see the Ponderosa sign at Furrow Road. Turn north at the intersection and travel a little over one-half mile until you see the entrance to Ponderosa on your left.



The Camp is 12 miles from TCA North. Alternate routes: From Hwy 105 in Woodmoor, take Furrow Road North all the way to camp. You could also go Hwy 83 to County Line Road and then make a right onto Furrow Road. We will be guiding you through camp in one direction to help with traffic flow on drop off and pick up. You will enter at the large Ponderosa (main entrance) and will exit out the back of the camp by the baseball fields.