



September 2017

Dear Fifth and Sixth Grade Parents,

Here we go again! We are pleased and excited to announce our annual trip to Frost Valley Environmental Center in Claryville, New York. The fifth and sixth grade students will have the opportunity to attend the Frost Valley trip this year, which will be from Monday, October 16 through Wednesday, October 18.

In addition to experiencing the outdoors and learning about the environment, students will work on team building skills through project adventure games and low rope activities, which will help them to improve their self-esteem and to build a sense of trust with their classmates and teachers. Students new to the Upper School will find this to be a great opportunity to develop friendships. If the past is any indication, this is a trip that is most enjoyable and frequently talked about years after the event. In addition to the Frost Valley staff, Harbor faculty members will be with the students at all times.

An optional packing list, Frost Valley medical forms, and a sample schedule and behavior contract are on the HCDS website. Due to Frost Valley regulations, medical forms for Frost Valley must be submitted by Wednesday, September 6. Harbor also requires that a current physical (not older than one year) be on file in our nurse's office at the time of the trip.

Please have your child bring comfortable shoes, which have been "broken in." Waterproof "hiking shoes" are recommended. It is important to bring extra socks. Students will be given a journal. Please bring a pencil or pen.

All students are required to arrive at school at 5:45 a.m. on Monday, October 16. Our bus will leave promptly at 6:00 a.m. We plan on arriving at Frost Valley at 11:00 a.m., with one stop on the way up at exit 17 off the New York Thruway for the students to use the bathroom and/or purchase a snack. Harbor faculty will be present at all times. Harbor will be called when we arrive at Frost Valley and an eBlast will go out to parents, notifying them of the group's arrival.

All medications must be given to Mrs. Woo prior to departure. Please have all medications and directions in a Zip-lock or clear plastic bag with your child's name in permanent marker on the bag. This is very important, as we have arranged for the nurse at Frost Valley to tend to our students' personal needs. E.M.T.s are on 24-hour call and in residence at Frost Valley.

Please provide your child with a breakfast or healthy snack to eat on the bus (please, nothing in glass!). Radios, electronic games, CD players, and cell phones are not allowed. Please encourage books, cards, and quiet travel games. There are no phone calls made by students from Frost Valley. They have found if one makes a phone call, everyone wants to make one! Believe me, from hard experience, it works the best. Also, there is no cell phone reception at Frost Valley itself.

The bus will return to Harbor at approximately 5:00 p.m. on Wednesday, October 18. Harbor will be called when we are clear of the Throgs Neck Bridge and an eBlast will go out to notify parents of the group's location.

Kindly return the enclosed permission slip and medical forms to school no later than Wednesday, September 6.

Please feel free to visit the Frost Valley website (www.frostvalley.org), and if you have any questions, feel free to contact me. We are looking forward to yet another great trip!

Sincerely,

Mrs. Debbie Decker
Dean of Students
Director of Athletics
ddecker@hcdsny.org
631-584-5555 ext. 120

2017 Frost Valley Permission Form

(Please Print)

I, _____, give permission to my child, _____,
(Parent or Guardian's name)

to take part in a 3 day/2 night field trip to Frost Valley. The dates for this trip are Monday, October 17th to Wednesday, October 19, 2015.

Home Address _____

Home Telephone _____

Emergency Telephone _____

Signature _____ Date _____

Please list any medication or specific drugs for any medical conditions. (All medications for any student should be given to the chaperones for safekeeping)

