

June 2018

Dear Fifth and Sixth Grade Parents,

We are excited to announce our annual trip to Frost Valley Environmental Center in Claryville, New York for the 2018-2019 school year. The fifth and sixth grade students will have the opportunity to attend the Frost Valley trip, which will be from **Wednesday, October 24th through Friday, October 26th**. Please read the following letter carefully. There is important information about forms that we need you to complete and return to us on the first day of school.

While they are at Frost Valley, students will work on team-building skills through project adventure games and low rope activities, which will help them improve their self-esteem and 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. This is a trip that is most enjoyable and frequently talked about years after the event.

Please see the [Harbor Backpack](#) (under the [Parent Tab](#) on the Harbor Country Day School website) for an example of a Frost Valley daily schedule and a suggested packing list for the trip. In the Harbor Backpack, you will also find the following forms that MUST be filled out and handed in on the first day of school (Wednesday, September 5th):

- [Frost Valley Behavior Contract](#)
- [Frost Valley School Representative Health Form](#)
- [Frost Valley Medication Permission Form](#) (includes both [Student Health Form](#) and [Written Physician and Parent Permission Form](#))

In addition, we ask that you please return a completed permission slip, which can be found at the end of this letter, on the first day of school.

Please note: The "Written Physician and Parent Permission Form" requires a physician's signature. If the Student Health Form, Written Physician and Parent Permission Form, and School Representative Health Form are not completed and signed by a parent or guardian, neither Harbor faculty nor the Frost Valley nurse will administer any medication to your child. This includes over-the-counter medication, as well as any prescription medication.

If your child requires specific medication, it must be given to me before the trip. The medication must be in a bag with clear instructions, and the medication and the bag must be clearly labeled with your child's name.. This is very important, as we have arranged for the nurse at Frost Valley to tend to our students' personal needs and we must make sure that all medications are identified for the nurse..

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.

In addition to the Frost Valley staff, Harbor faculty members will be with the students at all times. Also, E.M.T.s are on 24-hour call and in residence at Frost Valley.

Please have your child bring comfortable shoes to Frost Valley, which have been "broken in." Waterproof "hiking shoes" are recommended. It is important to bring extra socks.

All students are required to arrive at school at 5:30 a.m. on Wednesday, October 24th. Our bus will leave promptly at 6:00 a.m. We plan to arrive at Frost Valley at approximately 11:00 a.m., with one stop on the way at exit 17 off the New York Thruway so the students may use the restroom and/or purchase a snack. Harbor faculty will be present at all times during the drive to Frost Valley. The school will be called when we arrive at Frost Valley and an eBlast will be sent to all parents, notifying you of the group's arrival.

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. Students will not be able to call home from Frost Valley, but the faculty will have the ability to contact Harbor and/or parents if necessary.

The bus will return to Harbor at approximately 5:00 p.m. on Friday, October 26th. Faculty will contact Harbor when the group is clear of the Throgs Neck Bridge, and the school will send an eblast to you to notify you of the group's location and estimated arrival time.

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,

Dot Woo
Head of Lower School
Fifth Grade English and History
Curriculum Committee Tri-Chair
dwoo@hcdsny.org

*The permission slip below is to be completed by a parent or guardian.

2018 Frost Valley Permission Form

(Please Print)

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

to take part in a three day/two-night field trip to Frost Valley. The dates for this trip are Wednesday, October 24th to Friday, October 26th, 2018.

Home Address _____

Home Telephone

Emergency Telephone _____

Signature _____ Date _____

Please list any medication needed for any medical conditions. (All medications for any student should be given to Dot Woo prior to departure.)

