

PARENT LETTER

Dear Guardian,

McDowell Farm School's goal is to reintroduce students to their food systems through hands-on, inquiry-based learning. From feeding a chicken, to collecting an egg, to making a frittata, students become ingrained in our food system. By guiding students to be active participants on the farm, they will make connections between their choices at home and the large-scale systems that work to feed us every day.



Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing our farm experiences with students and adults. We would like to mention a few important items worth emphasizing about your child's upcoming visit to ensure their safety and comfort while away from home.

Appropriate Clothing: We offer hands-on science and team building classes, so we spend most of our time outdoors, even in the rain and cold. Please help your child be prepared with appropriate clothing, as indicated on the Packing List." In truly inclement weather, we have indoor teaching spaces.

Student Health and Release Form: We have a full time onsite RN here to help keep your child safe and healthy. For your child's well-being, please complete the **online** Health and Release Form once you receive the link from your teacher. Paper copies may be available from your teacher if preferred or needed. *Any student without a completed form may not attend our program or participate.*

Dietary Needs: Our Kitchen Staff can accommodate a wide range of dietary needs and we are a nut free facility. Our food receives the highest reviews, however if your student has a special diet (i.e. vegetarian, gluten free, dairy allergy, etc.) please note it on their health form as indicated.

Medications: All medicines must be in their **original containers**. Please remember that you must provide any over-the-counter medicines you anticipate your child may need. Please **ONLY** send the amount needed for the trip. Please include the [Medication Packing Sheet](#) for the nurse.

If your child requires an Epi-pen or other injection, please notify the Farm Nurse at farmnurse@campmcdowell.org.

Your child's school teacher will send home all the information. The teachers from your school will select chaperones for the trip. If you have any questions regarding our program, staff, or facilities, please feel free to call us or [visit our website](#).

Scotty Feltman, Director
farmschooldirector@campmcdowell.org
205.387.1806 ext. 106

Kelly Baker, Program Coordinator
farmschool@campmcdowell.org
205.387.1806 ext. 105

PACKING LIST

Please carefully look over the following checklist and check each item as it is packed. When arriving at McDowell Farm School, participants should come prepared to spend the day outside.

Helpful hints for packing:

- Limit packing to one suitcase or duffel bag and a rolled up sleeping bag
- You will carry your belongings from the bus to your cabin
- Put your name on everything!
- Bring OLD clothes and shoes as you may get wet and muddy
- Pack a raincoat or poncho (and warm clothes if applicable)
- Classes are held outdoors rain or shine

REQUIRED

- 2 water bottles (20 oz or larger)
- raincoat or poncho
- 4 pairs of socks
- 2 pairs of closed-toe shoes**
- 3 pairs of underwear
- 3 shirts
- 2 pairs of long pants
- 3 pairs of shorts
- sweatshirt or fleece
- pajamas
- towel & wash cloth
- soap, toothbrush & other toiletries
- sleeping bag (or sheets & blankets - single bed)
- pillow
- sunscreen
- pen or pencil
- small backpack

OPTIONAL

- hat & sunglasses
- flashlight & extra batteries
- camera
- souvenir money
- sandals for shower
- journal
- bug repellent (non-Deet **only**)
- chapstick

COOL WEATHER ADDITIONS

Wool and synthetic clothing work best!

- warm knit hat
- warm gloves
- thick socks
- long underwear/thick tights
- heavy jacket

DO NOT BRING: food, gum, candy or knives

MEDICATION: Medications must be turned into the Nurse (in original container) in a bag with the [medication packing sheet](#) (see below)

VERY IMPORTANT! Medicine Reminder

PLEASE READ!

for Parents

- Medicines at McDowell Farm School are subject to the same rules as medicines brought to school for administration by the school nurse.
- Scheduled medicine times are: Before Breakfast, After Breakfast, After Lunch, Canteen, After Dinner and at Evening Snack.
- Prescription medicines **MUST** be in their original containers and have a label containing:
 - Student Name
 - Name of Prescription Drug
 - Strength of Prescription Drug
 - Administration directions (“give as directed” is **NOT** acceptable)
 - Parents must indicate what time medication is to be taken
- Please remember that parents **must provide any over-the-counter medicines** they anticipate their child may need.

***If your child requires an Epi-pen or other injection, please contact the Farm Nurse at farmnurse@campmcdowell.org*

McDowell Farm School Nurse

Medication Packing Sheet *for Parents*

Please place this sheet in a bag with your child’s medicine. All information must be completed by a parent or legal guardian. Please fill out the information for prescription and over the counter medicines.

Student’s Name: _____ School: _____

PRESCRIPTION MEDICATIONS:

Circle the time(s) to administer this medicine to the child, choosing from the following:

B*= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
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OVER THE COUNTER (OTC) MEDICATIONS: ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT. Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
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