



HEARTLAND
Outdoor School
"Outdoor Education at its Finest"

Camp Planning Guide

WHAT WILL YOU DISCOVER?

2015-2016
School Calendar Year
Updated: Winter 2016



Outdoor School

"Outdoor Education at its Finest"

Dear Camp Coordinator,

We are anticipating your upcoming visit to Heartland Outdoor School with much enthusiasm and hope you are too! This camp experience could very well be the highlight of you and your students' school year. Heartland's outdoor classrooms present science and hands-on learning in ways that are hard to duplicate in your classroom. Be prepared to watch your students grow in leaps and bounds.

Our mission as an outdoor school is to encourage hands-on discovery, teamwork, personal growth and an appreciation for the environment through a fun, safe, quality program. We believe you have chosen an excellent program in the best interests of your students, and for that we are grateful!

Please read the Camp Planning Guide carefully and thoroughly as you begin to plan your trip. We have included essential documents, lists, forms and helpful hints to make sure this process goes as smoothly as possible. This packet has been designed primarily for a first-time trip to Heartland, but can serve as a tool for subsequent trips.

Please feel free to contact us with any questions you may have. It is our pleasure to work with you to provide the best experience possible. If you are new to the program we encourage you to schedule a tour of our facilities prior to your camp experience. We also highly recommend scheduling a parent meeting. One of our staff will travel to your school for this informative event. You can also schedule a time were one of our staff member can be available to sit down with you and your fellow teaching staff to offer any aid in choosing classes and activities as you customize your camp experience.

The Camp Planning Guide, as well as all of our camp planning information, is available on our website(www.heartlandoe.com). Most of the information can be downloaded for quick and easy distribution. At the end of the guide there is a checklist to help you make sure everything is complete.

Again, we are excited to see you and your students very soon! Thank you for allowing us to help you create one of the most meaningful and memorable learning adventures your students will ever experience.

Until the Next Adventure,

Adam Buzbee
Director of Programming and Outdoor Education

HEARTLAND OUTDOOR SCHOOL MISSION STATEMENT

To encourage hands-on discovery, teamwork, personal growth and an appreciation for the environment through a fun safe quality program.

CONTACT INFO

Address: Heartland Outdoor School
3201 County Road 225
Marengo, OH 43334

Phone: Adam Buzbee - Program Director
(740) 747-0220 ext. 107

Fax: (740) 747-0200

Email: oe@heartlandretreat.com

Website: www.heartlandoe.com

This guide and other information and resources about Heartland are available upon request or can be downloaded from our website.

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GENERAL OVERVIEW OF PLANNING A TRIP

	Steps	Notes
1	Tour Heartland	We would love to show you what we have to offer. This is a recommendation for schools planning their first visit to Heartland.
2	Select camp dates	Our dates fill up quickly. Let us know what dates would work best for you and we will do our best to fit you in.
3	Receive a contract	Once we have your information, we will generate a contract and send it to you. It will have estimated arrival times and departure times as well as numbers and meal times. A contract is needed to secure your dates.
4	Sign contract and return (w/ P.O. Number)	Be sure to read each page and sign or initial where appropriate. You can then either mail your signed contract or fax it to us. Remember to include your P.O. number.
5	Secure funding	See "Funding" section, pg. 2, for ideas.
6	Schedule transportation	Don't forget to include number of buses, dates, times, driving directions, etc.
7	Select cabin leaders	Ratio of 10:1. See "Choosing Cabin Leaders" section, pg. 2.
8	Schedule Parent/Planning meeting (Can be two separate meetings)	To take place sometime before camp. It usually lasts about 45 minutes. Call or email for availability.
9	Create info. packet for students & parents	See the "Packet for Students/Parents" section, pg. 3.
10	Attend the Parent/Planning meeting (Can be two separate meetings)	To take place sometime before camp. It usually lasts about 45 minutes.
11	Fill out "Camp Planning" form and return	This includes information such as number of students and leaders, class selections, and activity preferences.
12	Group students into cabins and travel groups	See the section entitled, "How to divide students into cabin and travel groups" for more information(pg.4).
13	Send completed health forms to Heartland	Heartland requires one for each student, teacher, and cabin leader attending camp.
14	Complete health screenings	Lice and illness check for each student.
15	Enjoy your stay at Heartland	Arrive, relax, and enjoy your experience.

DEADLINES FOR INFORMATION

All of the deadlines below exist to give you and your students an unforgettable, fun, safe experience. These are our deadlines for your camp experience. You may have other deadlines for your school.

Item	Deadline
Signed Contract	As soon as possible to secure your dates
Contact Heartland to schedule a Parent and/or Teacher Meeting	90 days prior to camp
Camp Planning Form	30 days prior to camp
Cabin Lists and Travel Groups	14 days prior to camp
Names of teachers and parents attending	14 days prior to camp
Health Forms (one for every person)	14 days prior to camp

CONTRACTS

Contracts provide two things. They secure your dates and provide a point of reference. Your P.O. number serves as your deposit payment. As schools request camp dates throughout the year, priority is given to those who have turned in a signed contract. We cannot hold your dates for camp without a signed contract. Returning schools will have the chance to keep their dates from year to year, as long as a signed contract has been received.

The number of students, teachers and cabin leaders on the contract is an estimate and not a guarantee of how many people you will bring. The total payment is also an estimate based on the number of estimated guests. Your final invoice amount will be based on your actual number of attendees.

FUNDING

There are many ways to fund camp. Some ideas include fundraisers, grants, corporate sponsors, parents, PTO or PTA, Title funds, and many more. Each school will need to evaluate what works best for them. Please contact us for more information on possible fundraising ideas.

BUSING

The teachers are responsible for making the busing arrangements. You will need to work with your busing department to arrange number of buses, drop off and pickup times, directions and funding. We ask that students arrive between 10:00am and 10:30am and no later than 11am. Your departure time can be arranged with the Program Director to fit your needs.

Each school funds the busing differently. In some cases the school pays for busing while others raise the funds through the PTO or a fundraiser. Still others charge the students a small amount extra on their camp fee to help offset busing cost.

Due to the rural nature of our camp, some of the roads near Heartland are not accessible to buses. For this reason, we recommend giving the provided driving directions to your school's transportation department. Up-to-date driving instructions can be found either in this packet (page 5), or on our website. **(PLEASE do not use Google Maps, MapQuest, or GPS devices for directions, as we have found them to be very inaccurate or misleading in guiding guests to Heartland.)**

CHOOSING CABIN LEADERS

Each school is responsible to bring adequate supervision for their students. Heartland recommends a ratio of at least 1 cabin leader per 10 students. There is a limit of 2 cabin leaders for every 10 students, unless otherwise approved by the Heartland Program Director(s).

The cabin leaders can be parents, high school students or teachers. We do recommend that no matter who the cabin leaders are, the school uses some kind of screening or application process when choosing cabin leaders. Heartland also recommends using state-certified background checks for any adult cabin leaders.

If your school uses high school students we recommend using National Honor Society students. This helps to ensure quality cabin leaders as well as giving students an opportunity to gain community service hours.

PARENT/PLANNING MEETING

We recommend that a meeting be scheduled for parents, whereby one of our staff member will make a presentation. This is a great way to inform parents of the camp experience and answer any questions they may have. The meeting typically requires about 45 minutes with a "Question and Answer" time at the end. We usually show a video or powerpoint of the camp and will need a DVD player or a way to present our powerpoint and video. We can bring our Heartland laptop to use as well. Please let us know which way works best for your school when you are scheduling your meeting.

Either before or after the meeting is a good time for a Heartland representative and school staff to meet and go over planning or questions about camp. (Schedule 90 days prior to camp)

PACKET FOR STUDENTS/PARENTS

We recommend that you put together a camp packet for students to take home to parents. If you would like to see some example packets, let us know. You will find recommended pages to copy at the end of this packet.

Here are some items you could include in each packet:

- A cover letter introducing camp
- Student Pickup and Drop-off times
- Cost of camp and payment info
- Permission slips
- Heartland Health Form (download from our website)
- Packing list for students (download from our website)
- Camp contact info
- Any school forms (e.g. release forms)

CAMP PLANNING FORM


This form includes information such as school contact information and number of students as well as class and activity choices. Please use this form as a tool to help with your planning. A copy can be found in this guide or downloaded from our website. If you have questions about the form, please contact us. (Due: 30 days prior to camp)

RECOMMENDATIONS AND TIPS FOR CHOOSING ACTIVITIES AND CLASSES

We offer a wide variety of classes. Each one is designed to meet or exceed state curriculum standards. We highly recommend calling or meeting with one of our Heartland staff member to help plan your classes. Please review the detailed class and activity descriptions found in this packet. You can also visit our website to find out which standards each class meets.

Our classes fit into either a 1-hour or 2-hour time block. The amount of class hours available varies based on the length of your camp experience. Typically a 3-day experience offers 6-8 class hours, a 4-day experience offers 10-12 class hours, and a 5-day experience offers 14-16 class hours.

Each evening, a 2-hour time block is allotted for evening activities. We offer activities ranging from a campfire, night hike, drama night or active large group games. Generally, it works best to do an active activity first, followed by a quieter activity. This helps the students to burn energy and then gets them in the mindset for going to bed. Some individual evening activities require 2 hours depending on the size of your group.

 If your school has chosen to participate in our Winter Program, please note that cold-weather adaptable classes and activities will be labeled with a snowflake graphic throughout the Camp Planning Guide. This is helpful to keep in mind as you customize your program. If you have any questions, please do not hesitate to call or email.

* Seasonal and weather restricted classes: Please call for availability

HOW TO DIVIDE STUDENTS INTO CABIN AND TRAVEL GROUPS

The first step is to divide the students into groups of about 10. There is not a “right” or “wrong” way to do this. You may, however, want to divide students in such a way to avoid behavioral issues. Each of these groups is then considered a cabin of students.

A travel group (or traveling tribe) is made up of 2 to 4 cabins of students. Each travel group stays together for all of their classes during the day. During meals, afternoon activities and evening programs, students may not necessarily be with their travel group, but will be with their cabin group.

We recommend traveling tribe numbers to be around 20-25, but can be more if necessary. This generally means putting together 2 large cabin groups or 3 to 4 smaller cabin groups. Depending on logistics your groups may need to be larger.

If you need help with dividing students into cabins and/or tribes, please contact us. Also, if you do not feel comfortable with this process, we would be happy to help.

PAYMENT

We do not require a deposit, however, a P.O. number is required at the time the contract is signed.

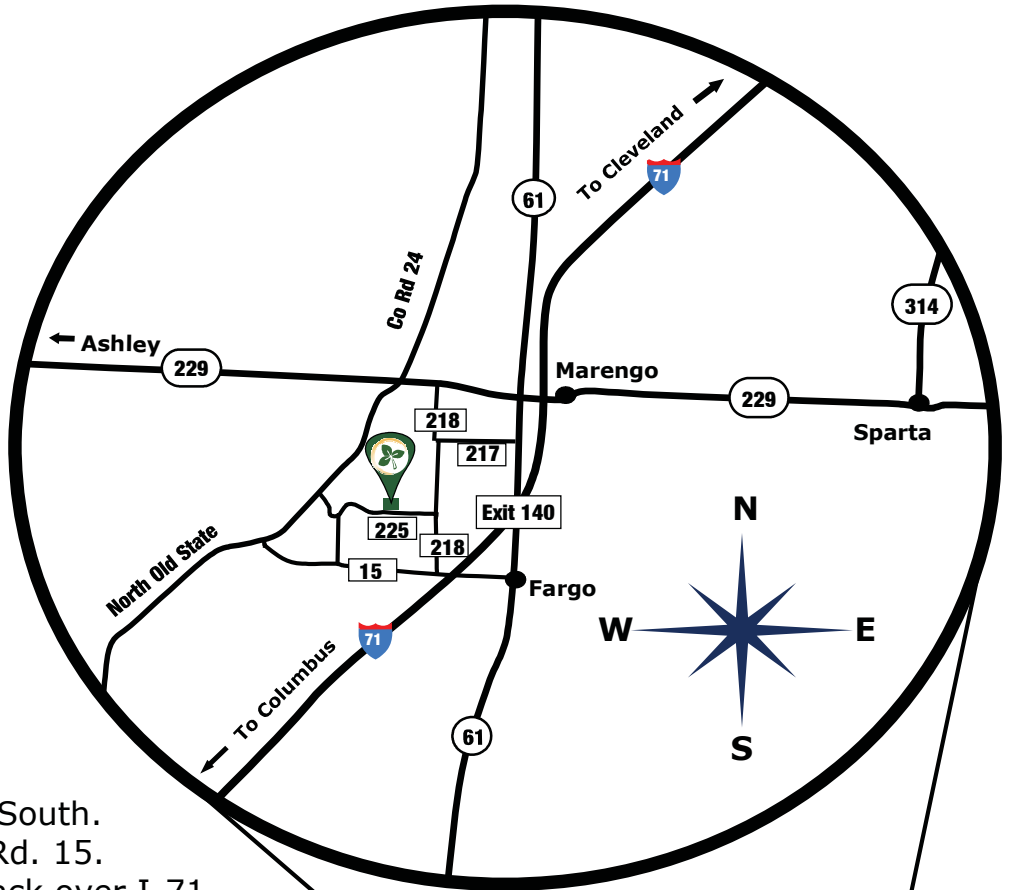
Near the end of your camp week, a representative from Heartland will meet with one or more of your school’s staff to confirm numbers of how many teachers, students, etc. attended camp. Students who only stay for a portion of the time due to illness will be prorated. Students sent home for behavior will be charged the full amount. We will adjust the total invoice amount based on these numbers and email an invoice to the school camp coordinator.

Payment is due 30 days after your camp experience.



HEARTLAND

Driving Directions



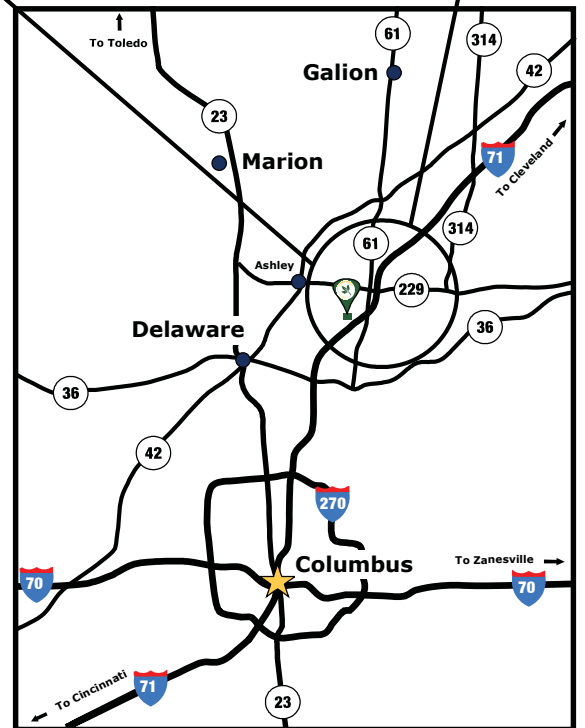
From I-71

Take Exit 140, St. Rt. 61 South. Turn right (west) on Co. Rd. 15. County Road 15 will go back over I-71. Turn right (north) on County Road 218. Turn left (west) on County Road 225. The entrance to Heartland is on the right.

From Route 23

Turn east on St. Rt. 229 and continue through the town of Ashley. Turn right (south) on Co. Rd. 24, then left (east) on Co. Rd. 225.* The entrance to Heartland is on the left.

***IMPORTANT: BUSES AND RVS CANNOT USE Co. Rd. 24 to Co. Rd. 225 DUE TO LOAD LIMITS.** For Buses and RVs: Instead of turning right (south) on Co. Rd. 24, continue to Co. Rd. 218 and then turn right (south). You will come to a sharp left curve. After the curve, turn right to stay on Co. Rd. 218. Go 1 mile and turn right (west) on Co. Rd. 225. The entrance to Heartland is on the right.



CAMP PLANNING CHECKLIST

✓	TO DO	NOTES
	Contact Heartland for dates (due: ASAP)	
	Receive contract from Heartland	
	Sign contract and return to Heartland (due: 14 days after you receive the contract)	
	Develop camp funding and payment plan	
	Schedule transportation	
	Schedule parent meeting (due: 90 days prior to camp)	
	Select cabin leaders	
	Packet for students and parents	
	Permission slips for students	
	Complete 'Camp Planning Form' and send to Heartland (due: 30 days prior to camp)	
	Communicate any special health needs to Heartland	
	Send cabin lists and travel groups to Heartland (due: 14 days prior to camp)	
	Health forms for students	
	Health forms for teachers	
	Health forms for cabin leaders / chaperones	
	Send completed health forms to Heartland (due: 14 days prior to camp)	
	Driving directions to bus drivers/transportation	
	Complete health screenings (due: 3 days prior to camp)	

SCHOOL NAME

**Heartland Outdoor School
BLANK CABIN LIST**

DATE:

MALE OR FEMALE	MALE OR FEMALE	MALE OR FEMALE	MALE OR FEMALE
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
CL	CL	CL	CL

MALE OR FEMALE	MALE OR FEMALE	MALE OR FEMALE	MALE OR FEMALE
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
CL	CL	CL	CL

CAMP PLANNING FORM HEARTLAND OUTDOOR SCHOOL

School _____ School Phone number (_____) _____
 Fax (_____) _____
 Principal _____
 Week Attending Camp _____ through _____
 Other Schools Attending Camp _____

Teachers Attending Camp:

Total Number of:

	Teachers	Students	Cabin Leaders
_____	_____ Male	_____ Male	_____ Male
_____	_____ Female	_____ Female	_____ Female
_____	_____ Total	_____ Total	_____ Total

Special Teacher and School Staff Arrangements: _____

Birthdays: _____

Special health concerns: _____

PROGRAM AREAS:

Class Choices (please list your top choices by preference):

- | | |
|----------|-----------|
| 1. _____ | 8. _____ |
| 2. _____ | 9. _____ |
| 3. _____ | 10. _____ |
| 4. _____ | 11. _____ |
| 5. _____ | 12. _____ |
| 6. _____ | 13. _____ |
| 7. _____ | 14. _____ |

Choose **14 class hours** if you have a **5-day week**.

Choose **8 class hours** if you have a **3-day week**.

Please Note: if you have **skit night**, one hour of class time is required for **drama** practice.

Afternoon activity preferences: _____

EVENING PROGRAM OPTIONS: (please list your top choices by preference)

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Additional Comments: _____

SAMPLE MEAL MENU

HEARTLAND OUTDOOR SCHOOL

Guests who visit our dining hall will enjoy a wide variety of nutritious food prepared by our excellent Food Service Staff. Each meal is “serve yourself” style with both hot and cold options available. We offer opportunities for seconds so that students never go hungry. Drinks are served at the tables and include water, juice and/or milk. Coffee and soda machines are available to cabin leaders and adults during camp. At each meal, it is “dinner and a show” with entertainment including songs, skits and games.

*We do our best to accommodate dietary requests and restrictions. Please contact Heartland to make arrangements in advance.

BREAKFAST

Eggs
Sausage
Hash browns
Bacon
Pancakes
French toast
Waffles
Dry cereal
Oatmeal
Coffee cake/cinnamon rolls
Muffins
Milk, juice, and water

DINNER

Ham
Spaghetti and meat sauce
Macaroni and cheese
Roast beef
Chicken nuggets
Hamburgers
Pork loin
Mashed potatoes
Carrots
Broccoli
Green beans
Corn
Rolls
Dessert
Juice and water
Salad bar

LUNCH

Ham and cheese subs
Turkey sandwiches
Tacos
Hot dogs
Corn dogs
Grilled cheese
French fries
Pizza
Hamburgers
Chicken fingers
Dessert
Juice and water
Salad bar

Food For Thought

We utilize a Food For Thought program in the Dining Hall, to promote education on healthy food choices, limiting food waste, and providing earth-friendly solutions for the waste that we do have. An emphasis will be placed on students and the impact their decisions can have on the environment, not only here at camp, but also at home. As we develop this program, we hope to continue implementing and educating students on the current techniques, facts, and ideas within this field.

SAMPLE WEEK SCHEDULE (3-DAY)

WEDNESDAY

10:30 A.M. Arrive, Orientation and Tours
 12:00 P.M. Lunch
 1:15 P.M. Class
 2:15 P.M. Travel Time
 2:30 P.M. Class
 3:30 P.M. Travel Time
 3:45 P.M. Afternoon Activities in the GYM

TEACHER/CABIN LEADER MTG.

5:00 P.M. Flag Pole
 5:15 P.M. Dinner
 6:00 P.M. Post Dinner Show
 6:30 P.M. Dorm Time
 7:15 P.M. Evening Program
 9:00 P.M. Back to Cabin
 10:00 P.M. Lights Out!

THURSDAY

7:45 A.M. Flag Pole
 8:00 A.M. Breakfast
 9:15 A.M. Class
 10:15 A.M. Travel Time
 10:30 A.M. Class
 11:30 A.M. Travel Time
 11:50 A.M. Line up for lunch (back patio)

12:00 P.M. Lunch

1:15 P.M. Class
 2:15 P.M. Travel Time
 2:30 P.M. Class
 3:30 P.M. Travel Time
 3:45 P.M. Afternoon Activities in the GYM

TEACHER/CABIN LEADER MTG.

5:00 P.M. Flag Pole
 5:15 P.M. Dinner
 6:00 P.M. Post Dinner Show
 6:30 P.M. Dorm Time
 7:15 P.M. Evening Program
 9:00 P.M. Back to Cabin
 10:00 P.M. Lights Out!

FRIDAY

7:30 A.M. Bring Luggage to Parking Lot
 7:45 A.M. Flag Pole
 8:00 A.M. Breakfast
 9:15 A.M. Class
 10:15 A.M. Travel Time
 10:30 A.M. Class
 11:30 A.M. Travel Time
 12:00 P.M. Lunch
 1:00 P.M. Leave Camp

CLASS OPTIONS

Heartland offers a customizable experience for you and your students when choosing classes and program activities. From the variety of classes listed below, teachers can build a unique experience tailored specifically for their school. Whether the focus is team-building, science, outdoor adventure or a combination of all three, we are confident you will find our selection excellent!

All of the classes offered at our outdoor school are designed to meet or exceed the Ohio State Standards for curriculum. Please visit our website www.heartlandoe.com to view detailed class descriptions and the matching standards.

Grades K-3 Classes

- * Animal Encounter
- Archery
- * Birds of a Feather
- Climbing Wall
- Creek Critters
- Discovery Hike
- * Green Sprouts
- Hidden
- Interesting Insects
- Making Tracks
- * Nature Craft
- Ohio Living History
(minimum of 75 students)
- * Sounds of Nature
- The Fantastic Five
- Under Your Feet
- * Wild Ohio

Grades 4-8 Classes

- Archery
- * Amazing Aviators
- * Arthropods
- * Backyard Buffet
- * Climbing Wall
- Construction Zone
- Critter Scene Investigation
- Earth ROCKS 102
- * Eco-Explorers
- * Eco-X-Stream
- Fantastic Fish
- Group Problem Solving
- * Mad About Mammals
- * Mad Scientist
- * Pathfinders
- * Poet- Tree
- Ohio Living History
[minium of 75 students]

- * Reps & Amps
- Team Challenge
- What's In A Name
- * Wilderness Survival
- Diversi-Tree
(7th & 8th only)
- *High Quality H2O
(7th & 8th only)

Additional Options

- High Ropes
- Sling Shot Paint Ball
- Tie Dye
- Zip Line
-
- **please call for activity minimums, pricing, and age requirements.

* Seasonal and weather restricted classes: Please call for availability

* If your school has chosen to participate in our Winter Program, please note that cold-weather adaptable classes and activities will be labeled with a snowflake graphic throughout this packet. This is helpful to keep in mind as you customize your program. If you have any questions, please do not hesitate to call or email.

CLASSES AND DESCRIPTIONS

In order to make a more informed choice in selecting the curriculum for your students at camp, descriptions of available classes for the school year are included. There are 6 to 8 hours of formal class time during a three-day week, 10 to 12 class hours during a four-day week, and 14 class hours during a five-day week.

All of the classes offered at Heartland Outdoor School meet and exceed the Ohio's Academic Content Standards for curriculum. Please visit our website (www.heartlandoe.com) to view the content statements for each class.

* *Denotes classes that can be adapted for use during the winter months.*

* *SEASONAL AND WEATHER RESTRICTED CLASSES: please call for availability*

* **Amazing Aviators (1 Hr.)**

Grades 4 and up

Abstract:

Amazing Aviators is designed to introduce students to the importance of bird species in Ohio and around the world. The students will use scientific inquiry to investigate their own questions regarding bird species found at Heartland Conference Retreat Center.

Objectives:

1. Students will learn about specific bird structures and their functions.
2. Using their understanding of the physical makeup of birds, students will use scientific inquiry to investigate questions of their own.
3. Students will gain an awareness for wildlife in their everyday life.

* **Archery (1 Hr.)**

Grades 3 and up

Abstract:

The archery class gives students a good introduction to the sport of archery. Students will learn basic form and shooting techniques. The class also develops student motor skills and safety awareness.

Objectives:

1. Students will develop coordination and motor skills.
2. Students will learn proper safety and shooting technique.
3. Students will learn how kinetic and potential energy apply to the sport of archery.
4. Students will learn how to properly encourage one another and build self-confidence.

***Arthropods (1 Hr.)**

Grades 5-6

Abstract:

This class uses scientific inquiry to teach students about the amazing arthropods native to Ohio. Students will use field interactive sampling techniques to capture arthropods and observe characteristics of the specimens caught. Dichotomous keys will help to identify the class and order of each specimen collected. Students will then compare similarities and differences between these classes and discuss how these characteristics affect survival of the arthropods.

Objectives:

1. Lead students through a guided scientific inquiry.
2. Examine arthropods native to central Ohio.
3. Identify and describe characteristics of 5 major types of arthropods, including similarities and differences.

***Backyard Buffet (1 Hr.)**

Grades 4-6

*Seasonal availability (early fall or late spring into summer only)

Abstract:

Discover unusual and unexpected edible plants as we embark on a guided nature hike. Nature is our "grocery store" as students learn to identify and safely sample native wild edible plants growing in and around our woods and fields.

Objectives:

1. Students will learn how to identify several types of edible plants according to their specific characteristics.
2. Students will have the opportunity to sample many wild edibles from nature.
3. Students will gain a better appreciation for plant life.

***Climbing Wall (1 Hr.)**

Grades K and up

Abstract:

Watch your students "climb to new heights" as they challenge themselves on our multi-pitch climbing wall or showcase their skill on our horizontal bouldering wall. Located indoors; this class is offered year-round with instruction from our trained and experienced staff members. Climbers of all levels, from beginner to advanced, will enjoy the thrill of the climb!

Objectives:

1. Each student will have the chance to make a personal goal and attempt to climb the wall.
2. Students will learn about proper safety procedures and equipment.
3. Students will learn climbing vocabulary and how to tie an appropriate climbing knot.
4. Students will gain an appreciation for the sport of climbing and the physical benefits of the activity.

***Constuction Zone(1 Hr.)**

Grades 4 and up

Abstract:

The Construction Zone class develops teamwork and cooperation skills by building giant “Tinker Toy” like structures through friendly competition. This class emphasizes communication as the groups competing overcome many challenges. The facilitators fluctuate in the use of these challenges in order to keep competition friendly and fair.

Objectives:

1. Students will learn to develop cooperation, communication and listening skills through collectively building giant “Tinker Toy” like structures.
2. Students will discuss cooperation, frustration and teamwork through facilitated discussion.

***Critter Scene Investigation (1 Hr.)**

Grades 5-6

Abstract:

We need your help! Our Heartland staff have stumbled across several “crime scenes” and we need YOU to aid us in our investigation! Predators run rampant all over Heartland property and their most recent activity has been behind our Beechnut Lodge (teachers beware!). So put on your investigator caps, brush up on Sherlock Holmes and exercise your critical thinking to help us solve these wildlife mysteries!

Objectives:

1. Students will evaluate measurements and observations made by other students and identify reasons for any discrepancies.
2. Students will work together using critical thinking skills in order to make inferences regarding the evidence.
3. Students will investigate predator/prey relationships through several interactive critter scenes.

***Earth ROCKS! 102 (1 Hr.)**

Grades 4-7

Abstract:

Building on prior geology knowledge, this interactive outdoor class will give students the opportunity to explore the banks of Alum Creek’s surrounding tributaries and observe rocks amidst Ohio’s terrain.

Objectives:

1. Students will review their knowledge of the rock cycle as well as types of rocks and mineral identification techniques, specifically for rocks/minerals found in Ohio.
2. Students will observe the effects of wind, water, and ice in the form of erosion, weathering and deposition in the surrounding landscape.
3. Through specimen collection, students will learn to differentiate between glacial deposits and naturally occurring Ohio rock, as well as learn and apply basic glacial concepts.

***Eco-Explorers (1 Hr.)**
Grades 4-6

Abstract:

This ecosystems class gives students a better understanding of the various relationships in the different ecosystems of Ohio. Hands-on exploration of forest, grassland and wetland ecosystems will further knowledge and understanding of the intricate balance between living organisms and their habitat.

Objectives:

1. Students will define an ecosystem and review various types of ecosystems.
2. Students will discover symbiosis and 3 specific relationships between organisms in an ecosystem.
3. Students will participate in hands-on activities and explorations which will actively connect the importance of ecosystems and the survival of plants, animals, and humans.
4. Students will understand the importance of the food chain and discover the different levels present within it.

*** Eco-X-Stream (1 Hr.)**
Grades 4-6

Abstract:

Hop on our wagons and hitch a ride down to the headwaters of Alum Creek for an exciting hour of creek-filled fun! We'll explore what lies underneath the surface of the water, how they relate to one another in the food chain and how they contribute to understanding stream health.

Objectives:

1. Students will understand the importance of the food chain and discover the different levels present within it.
2. Students will be given a brief introduction to stream ecology.
3. Students will participate in stream collection of fish and macroinvertebrates.

***Fantastic Fish(1 Hr.)**
Grades 3-8

Abstract:

Most students can visually identify a fish, but many do not know the basic characteristics of these unique animals. This class is designed to help students learn more about fish anatomy and characteristics through discussion and the hands-on experience of dissecting a fish!

Objectives:

1. Students will gain a better understanding of fish characteristics and anatomy through discussion and dissection of a fish.
2. Students will learn about different types of fish and some of their interesting characteristics.
3. Students will practice basic dissection techniques through a guided hands on experience.

***Mad About Mammals (1 Hr.)**

Grades 4-6

Abstract:

Close your eyes and think of an animal. What animal comes to mind? Does it have fur? If it does, you thought of a mammal! Did you know mammals are found in every continent of the world? They have different characteristics to help them live within their habitats. In this class, students will get to meet a few of our amazing animal ambassadors. As students handle the animals, they will make observations and try to guess each animal's habitat based on their characteristics.

Objectives:

1. Students will be able to list the characteristics of mammals.
2. Students will be able to list the requirements living things need to survive.
3. Students will recognize traits that mammals have which allow them to survive in their environment.

***Mad Scientist (1 Hr.)**

Grades 4-6

Abstract:

Students will enjoy creating a unique chemical reaction between a borax solution and glue during this scientific experiment class. The end result is a spec"gak"cular specimen! Observations will be recorded and students should conclude at the end of the experiemnt the uniqueness of a chemical reaction, and that the Law of Conservation of Mass is in fact true!

Objectives:

1. Students will understand the concepts of the Law of Conservation of Mass and a chemical reaction.
2. Students will gain experience in conducting a scientific experiment, observing and recording data and communicating the results to their peers.

***Ohio Living History (2 Hrs.)**

Grades 4-6

(minium of 75 student needed for the classes)

Abstract:

Students will gain a better understanding of historical life in Ohio through participating in a late 1700s reenactment. Time period clothing and a log cabin village set the stage as our staff reenact specific events in character roles. Students will interact and participate in history through everyday events and occurrences such as: building log cabin structures using 18th century carpenter tools, witnessing a blacksmith forge a variety of projects, smoking preserved meat, making apple cider, sampling food prepared on a open fire, making candles, crafting bracelets and rope belts, learning games from the Colonies and Native Americans, watching black powder demonstrations, and throwing tomahawks and knives. This participatory excercise will impress the historic perspective of early Ohio life into your student's minds forever.

Objectives:

1. Students will learn how early Ohioans lived from a first person perspective while they participate in everyday life events from the late 1700s.
2. Students will have an opportunity to interact and communicate as an 18th century pioneer.
3. Students will have the opportunity to shape logs for cabins, build, make and use wood tools, observe a blacksmith, smoke preserve meats, sample food prepared on open fires, make candles and apple cider, craft bracelets and rope belts, learn games from the Colonies and Native Americans, watch black powder demonstrations, and throw tomahawks and knives. This participatory excercise will impress the historic persepective of life lived by real people in early Ohio.

***Pathfinders (1 Hr.)**
Grades 5-7

Abstract:

Pathfinders introduces students to the purpose, parts and proper use of a compass. Students will have the opportunity to use a compass on a course to further their understanding of orienteering.

Objectives:

1. Students will be able to label and identify the different parts of a compass.
2. Students will use a direct learning experience to increase their understanding of distance and direction.
3. Students will learn how to properly use a compass to navigate.

***Poet-Tree (1Hr.)**
Grades 5-6

Abstract:

Students will learn about four different poetry styles that are used when writing about nature. These styles include: Diamante, Cinquain, Haiku and Impressionistic. As a class, students will work together to create one of each of the four different kinds of poems. Lastly, students will have an opportunity to write their own poetry. A nature hike may be incorporated depending on weather.

Objectives:

1. Students will become familiar with up to four poems used in environmental poetry.
2. Students will write their own poems about nature.

***Reptiles & Amphibians (1 Hr.)**
Grades 4-8

Abstract:

This class is designed to increase the students' knowledge and appreciation for both native and exotic reptiles and amphibians. Students will have the opportunity to participate in a discussion about the characteristics of reptiles and amphibians using a Venn diagram before getting to hold the animals.

Objectives:

1. Students will increase their knowledge and appreciation for native and exotic reptiles and amphibians
2. Students will distinguish between the characteristics of reptiles and amphibians
3. Students will learn the proper handling of animals and work in teams to observe different animals.

***Team Challenge/ Group Problem Solving (GPS) (1 or 2 Hrs.)**

Grades 4 and up

Abstract:

The **Group Problem Solving** class uses cooperative games and activities to help students develop teamwork, communication, cooperation and motor skills. Students will be given a variety of mental and physical obstacles that they must work together to successfully complete.

Our **Team Challenge Course** is a physical set of obstacles or problems within a sequence of activities that will physically and mentally challenge participants. This allows participants to move out of their comfort zone into a place where they can experience new ways to look at themselves and others.

We strive to lead people in building confidence, decision-making skills, positive interaction, cooperation, self-awareness and self-discovery.

Objectives:

1. To stimulate team building through cooperative activities, foster leadership skills, develop effective communication skills, demonstrate problem-solving skills, and to utilize conflict resolution skills.

***Tie-dye (1 Hr.)**

Grades 4 and up

Abstract:

Tie-dye is a restricted form of dyeing. This means that patterns are created by preventing color from penetrating the fabric. This is done by knotting, binding, folding, or sewing parts of the cloth in such a way that the dye cannot enter these parts of the fabric. Tie-dyeing is a very ancient art form that originated in several areas of the world and cannot be traced to one particular place. In some ancient countries, a tie-dyed garment was a sign of rank and were restricted to nobility and priests.

(Additional charge of \$6.00 per student.)

Objectives:

1. Students will show creativity in their tie-dye designs and patterns.

***What's In A Name (1 Hr.)**

Grades 4-6

Abstract:

3-2-1 Blastoff! Your students are adventurers and scientists tasked with the job of classifying and naming the life on a newly discovered distant planet. Leave Earth behind and step into this unexplored frontier (that looks suspiciously like Heartland's prairie) to uncover what new life awaits discovery.

Objectives:

1. In groups, students will collect plant specimens and use critical thinking skills to separate them into groups using their own observations of characteristics.
2. Students will explain the reasoning behind their classification choices.
3. Students will use the characteristics of the specimens to come up with a name for each.
4. Students will create a dichotomous key based on the classifications and names they created.

***Wilderness Survival (1 or 2 Hrs.)**
Grades 4 and up

Abstract:

Wilderness Survival gives students hands-on experience in dealing with survival situations. Students will practice building a shelter and/or igniting a fire.

Objectives:

1. Students will learn teamwork and group problem solving through practical experience.
2. Students will learn how to properly construct a shelter and/or build a fire.
3. Students will learn about basic preparedness in wilderness and everyday survival situations.

CLASSES FOR GRADES K-3

***Animal Encounter (1 Hr.)**

Abstract:

Young students will enjoy a trip to our nature center to discover different kinds of animals native and non-native to Ohio. We will learn about animal parts, adaptations and simple similarities as well as differences between reptiles and amphibians. Students will use their senses to observe these creatures hands-on and up close for an experience they will never forget in this simple version of our popular Reptiles and Amphibians class.

Objectives:

1. Differentiate between reptiles and amphibians.
2. Begin to understand features of animals that allow them to live in different places.
3. Animals can be alike, while very different at the same time.
4. Learn specific body parts: claws, scales, webbed feet, teeth.

***Birds Of A Feather (1 Hr.)**

Abstract:

This class allows students to discover birds they may see in the area and in their own backyards. Students will identify the different parts of a bird that makes it unique from other types of animals. Students will investigate how different birds are specially made to eat different foods.

Objectives:

1. Students will learn about characteristics of birds that make them different from other animals.
2. Students will learn about differences in beaks and feathers that help different types of birds gather food and survive in their own habitats.
3. Students will make bird feeders and observe wild birds in a wooded bird blind, gaining appreciation for nature and wildlife.

Creek Critters (1 Hr.)

*Seasonal availability (early fall or late spring into summer only)

Abstract:

Students will surely enjoy this safe and unique chance to discover the water and wildlife of Alum Creek. Working together in groups, they will participate in a scavenger hunt and use underwater viewers to observe beneath the surface of the creek. Students will also try to catch crayfish and aquatic insects using nets and even their hands!

Objectives:

1. Students will understand the difference between living and non-living things.
2. Students will explore Alum Creek and discover the animals that call it home.

***Discovery Hike (1 Hr.)**

Abstract:

Young students will enjoy making "nature scopes" and using those to take an exploratory hike through the woods. Nature will provide the schedule as we use our senses to discover plants, animals, rocks and other interesting things as we look for evidence of life in the forest.

Objectives:

1. Observe differences between living/non living things.
2. Observe evidence of animal/plant interaction.
3. Observe the natural world using four senses (sound, sight, smell, touch).

Green Sprouts (1 Hr.)

(Grade 2-3)

Abstract:

There are many ecosystems of various sizes on our planet. This class will help students understand interactions between living and nonliving things within an ecosystem. Students will play a food chain game, create their own home in a habitat and finally construct an ecosystem with craft supplies while working together in groups.

Objectives:

1. Students will be able to define ecosystem and food chain and describe how all living and nonliving things within an ecosystem interact with each other.
2. Students will play a game to discover food chain interactions.
3. Students will be able to identify ways organisms affect and are affected by their ecosystems.

***Hidden**

Natural Camouflage (1 Hr.)

Grades 2-3

Abstract:

During Hidden, students will enjoy learning about natural camouflage and different animals that benefit from that adaptation. After going on a hidden “wooly worm” hike, students will observe and reflect upon different characteristics that make camouflage successful. They will then play a game to experience how important camouflage is between predators and prey.

Objectives:

1. Students will understand the term camouflage and recognize several animals that use this adaptation for survival and protection
2. Students will understand the importance of camouflage in the predator-prey relationship
3. Students will begin to learn how to chart/record observations and then interpret their findings.

Interesting Insects (1 Hr.)

Abstract:

Insects are everywhere in the world around us. This class teaches students about the characteristics of insects through a variety of activities. By the end of the class, students will gain an appreciation for insects. They will be able to identify which arthropods they see in their everyday lives are insects and which are not.

Objectives:

1. Students will be able to identify an insect and the characteristics that make it different from other types of invertebrates.
2. Students will be able to describe characteristics that all insects share and characteristics that differ between insects.
3. Students will explore different ways various types of insects survive in their habitats by hiding from predators.
4. Students will discover how the sense of sight of insects are different from what we have.
5. Students will use their observation skills to try to find insects outside.

***Making Tracks (1 Hr.)**

Abstract:

A trek into the woods will show students evidence of animals that visit the forest. Students will then work in groups to discover animal tracks, the native Ohioan creatures that made the tracks, and a few different characteristics about each unique animal.

Objectives:

1. Differentiate between different animal tracks.
2. Successfully follow tracks to designated areas.
3. Identify characteristics of native animals.

*** Nature Crafts (1 Hr.)**

Abstract:

Students will enjoy crafting, creating and using simple items found in nature.

Objectives:

1. Foster a wonder and appreciation for the natural world.
2. Encourage creativity and art using nature.
3. Reading comprehension standards for indoor Nature Craft

*** Sounds Of Nature (1 Hr.)**

Abstract:

Young students will discover that everything makes a characteristic sound or sounds through a form of vibration. Using age appropriate objects and senses the student will discover the various methods of sound production and then categorize them. Students will also learn about animals that use these same methods to create sounds in nature.

Objectives:

1. Students will identify four methods of sound production: plucking/sliding, blowing, striking, shaking.
2. Students will identify three kinds of things that produce sound: vibration of string, vibration of air column within a hollow tube, vibrations of a solid substance.

*** The Fantastic Five (1 Hr.)**

Abstract:

Young children will enjoy learning about their five senses through hands-on activities singling out each sense. We will compare our senses to a few animals that share those same senses and then test each one through listening, smelling, tasting, feeling and seeing activities.

Objectives:

1. Help children become aware of their five senses.
2. Learn about animals who share the same senses.
3. Participate in hands-on activities promoting each sense separately.

Under Your Feet (1 Hr.)

Abstract:

Students will explore the forest floor as we use tools to dig into the dirt and see what we can find. We will discover both living and non-living things, as well as plant parts and what they need to survive. Be prepared for excitement and fun as we learn what interesting things are underneath our feet!

Objectives:

1. Work in small groups.
2. Carefully examine different things in the soil and encourage curiosity of nature.
3. Students will use their senses to observe nature.
4. Students will identify plant parts and see tangible differences in living and non-living things.

*Wild Ohio (1 Hr.)

Abstract:

Students will explore the different facets of a mammal's life through playing games, holding live specimens and investigating animal pelts.

Objectives:

1. Identify different types of mammals.
2. Identify characteristics of mammals.

CLASSES FOR GRADES 7-12

Diversi-Tree (1 Hr.)

Abstract:

Trees are an important resource all around us. They are easily overlooked and taken for granted. In this class, students will investigate the importance of trees in our lives and the ecosystem. They will study the tree diversity in Heartland's woodlot and draw conclusions about the biodiversity based on their observations, results, and past experiences.

Objectives:

1. Students will identify trees using a dichotomous key
2. Students will understand the importance of trees: ecosystem services, economic benefits, and practical purposes
3. Students will practice observation, critical thinking, and inquiry skills to investigate the tree populations of the Heartland woodlot
4. Students will investigate tree rings and discover how scientists use trees to tell us about the past

***High Quality H2O (2 Hr.)**

Stream Quality Testing

Abstract:

The stream study class gives students a better understanding of how to conduct an investigation within a stream ecosystem. Through the use of the appropriate tools and hands-on exploration, the students will discover the importance of water quality and the water quality status of Alum Creek along with the many organisms living within it.

Objectives:

1. Students will participate in stream collection and will complete a stream quality survey for Alum Creek.
2. Students will investigate the positive and negative impacts of human activity and technology on the environment.
3. Students will select and safely use the appropriate tools to collect their data when conducting an investigation and communicating the data to each other.
4. Students will discuss and compare collected data.
5. Students will be able to identify potential hazards and precautions involved in an investigation.

EVENING PROGRAM OPTIONS

Each evening, your school can choose from a variety of activities offered at Heartland. Typically, two programs are chosen per night, each lasting about an hour in length.

Campfire

Join us around a blazing fire underneath the evening sky in our cozy outdoor amphitheater. Follow the lantern-lit path down to the cove, where our staff will tell stories, sing songs, and provide the quintessential camp experience around the campfire for you and your students.

Dance Night

Come and dance the night away at Heartland's Dance Party! Students will learn new and old line dances like the Cupid Shuffle and Electric Slide and have fun doing silly (or impressive) dance moves with their peers to modern pop music. So, put on your dancing shoes and boogey!

Evening Hikes (Grades 4th and up)

Do you know what kind of animals come out just as the sun is setting? Come explore the dusk hours with our staff as we take nature hikes through the woods exploring the world just before nightfall. Very similar to our night hike activity, evening hikes are offered during the late spring, summer and early fall months when days are longest.

Extreme Nature Charades ✨ (Grades 4th and up)

Get ready to put your brains and brawn to the test! Gathering together in the gym, students will be placed into cabin teams for an extreme relay race charade showdown. Students will sprint to get their action cards and hastily act out their actions. It could be a person, place, thing or natural event. Which team will be the first to complete their charade gauntlet? Help us find out!

Gold Rush (Grades 4th and up Minimum group size: 50)

Get out your face paint and be ready to run in this action-packed, exciting game that is a combination between Capture the Flag and Freeze Tag. Students (and any leaders that wish to play) will be placed on one of two teams, identified with washable face paint. At the whistle, teams will try and race across the 100 foot long field to the stash of "gold" on the opposite side, without getting tagged by the opposing team. The team who collects the most gold wins! A favorite of many groups.

Living History (Running time: 1 hour 45 minutes. Grades 4th and up. Minimum group size: 75 Maximum group size: 150)

Step back in time while visiting our late 1700s historic village, Alum Creek Settlement. At the village, students will enjoy interacting with historic characters and participating in several activities typical of that times period. These might include: candle making, crafts, games, tomahawk throwing, sewing, blacksmithing, carpentry, and cooking over the fire. After learning about apprenticeships, the village bell is rung to muster the militia. The students will enjoy taking part in a festival that boasts seasonal attractions, such as: cider making, dice games and cooking meat in the smokehouse. History comes to life as your students experience what life was like in 1700's Ohio!

[This evening program is limited by group size. Please contact OE Administrator for availability]

Movie Night ✨

Enjoy a relaxing evening indoors as we transform the gymnasium into our very own big screen cinema! Teachers can choose from entertainment or science-based movies based on their preference. Running time: 1 hour 45 min.

Night Hikes ✨*

In the early spring and late fall months, students can join our staff members as we explore nature trails at night. After the sun goes down, we will introduce activities that encourage students to use their senses just like the nocturnal animals that are active all around us. Hiking through the fields and forest, we will potentially discover the creatures, sights and sounds of the nighttime hours. If the skies are cloudless, we will no doubt enjoy spectacular star gazing. Running Time: 50 minutes.

[This evening program is limited by seasons and group size. Please contact O.E. Administrator for availability]

Relay Races ✨

On your mark, get set, GO! Students will enjoy an evening filled with classic and unique relays alike. Our focus will be more on creativity and fun, rather than who wins these relays. Expect silly smiles and rounds of cheers and laughter as we participate in zany relays.

Theatrics ✨ (Running time: Choice of 1 or 2 hours)

Come one, come all to the grand Oakwood stage for a night of theater performances by the Heartland staff, students, teachers and cabin leaders of your group. Skits, songs, stories and a few audience games will debut on stage as we gather for an evening of laughter and entertainment. For those students who want to participate, we will provide a drama workshop during free time to learn a few skits. This is a great option for schools that would like a drama-oriented event, but do not want to give up an hour of class time during the week. .

Wacky Olympics ✨ (Grades 4th and up Minimum group size: 75)

Let the games begin! This program is chock-full of individual and team competitions. Students will out-shoot- the competition in "knockout", strive to be the King in "9 square in the Air", survive until the end in "Gaga" and team up in groups of 4 for a fast-paced game of "Extreme Dodgeball." Winners enter their names into a drawing for the "Final Showdown." A special prize awaits the last student standing!

SAMPLE EVENING PROGRAM SELECTIONS

5-Day Program	
Monday	Campfire/ Night Hike
Tuesday	Gold Rush / Wacky Olympics
Wednesday	Movie Night
Thursday	Theatrics / Dance Night

3-Day Program	
Wednesday	Campfire/ Night Hike
Thursday	Theatrics/ Dance Night

HELPFUL HINTS

DAILY SCHEDULE

Each day's format is consistent throughout the week. A typical day looks like: breakfast, 2 class hours, lunch, 2 class hours, 1 hour of activity time, dinner and evening program. The first and last days of camp are a bit different but still follow this pattern. There is a more detailed sample schedule in this packet. (page 10)

LUGGAGE

We recommend that all luggage is labeled with the student's name to help with sorting. Each student can bring 2 bags of luggage. When you arrive, we will unload your luggage in the parking lot. If it's raining, we will unload your luggage to an indoor location.

ARRIVAL

On the first day, we recommend schools arrive at camp between 10:00-10:30am, but no later than 11:00am. This allows us to give you the best experience possible. We understand you may need to arrive later because of travel time and other factors. If you need to arrive later than 11:00am, please notify Heartland so that plans can be made accordingly.

THE FIRST DAY OF CAMP

When you arrive at camp, you can expect the following things to happen:

1. All staff of Heartland will give you a warm welcome
2. Heartland staff help to unload luggage and students
3. The students will then be given their cabin assignments
4. Students will take their luggage to their cabin
5. Orientation and tour of camp
6. Lunch

The rest of the day continues on as a normal camp day.

THE LAST DAY OF CAMP

Students will need to have their luggage packed and ready to go before breakfast. Teachers will also need to have all of their belongings out of their rooms before breakfast. This allows Heartland to prepare the facilities for our next guest group(s).

Departure times can be customized to fit your needs. Some schools leave after breakfast on the last day of camp, while others leave after lunch.

LODGING

We have three lodges available for students, each with beds for 196 people. Each lodge has two bathrooms, heat, air-conditioning and a common area in the middle. Generally, we put boys in one lodge and girls in another lodge, with an empty lodge between which separates the genders. Within each lodge, there are a total of 17 rooms, most with 12 beds, some with 10.

MEALS

We serve three meals a day and a snack in the evening. Each meal is “serve yourself” style with both hot and cold options available. We offer opportunities for seconds so that students never go hungry. Drinks are served on the tables and include water, juice and milk. Coffee and soda machines are available to adults and cabin leaders. At each meal, it is “dinner and a show” with entertainment including songs, skits and games.

HEALTH ISSUES

We provide certified Health Officers to handle any and all medical issues. This includes issues from bumps and bruises to the distribution of medication and taking care of special dietary needs. The Health Officer(s) remains on the grounds during your entire stay, day and night, and carries a radio. They can be reached by phone through the on-call number.

HEALTH FORM

The purpose of the health form is to protect both our guests and Heartland. It contains information such as allergies, medications and emergency contact information.

Every person that attends camp will need to fill out and sign a health form. This includes every student, cabin leader, parent, teacher and school staff member.

You can obtain our health form either in the teacher packet or by downloading a copy from our website. **All health forms are due 14 days prior to your camp stay.**

MEDICATIONS

All medication needs to be at camp upon your arrival. It needs to be in the original container it came in and have a clearly printed, valid prescription label with the student’s name and instructions. Parents do not need to send over-the-counter medications unless it is something very specific (i.e. Zyrtec, Allegra, Claritin, etc.). Heartland provides any generic over-the-counter medication a student might need during their stay at camp.

We strongly recommend that each student have a zip-lock bag with their name on the outside and all of their medication(s) on the inside. This helps to keep track of each medication. Also, it is good to remind parents to only send the amount of medication needed for the camp trip. We count all medications upon check-in and also during check-out. It makes our process much more efficient if we only have 20 pills to count versus 100.

GUIDELINES FOR TEACHERS

In case you are wondering what type of role you may play while your students are here at our Outdoor School, we have put together some suggestions that will guide you in the right direction. We look forward to partnering with you as fellow educators to offer your students the best learning experience possible!

- We appreciate your overall availability during your stay with us. This allows better communication and awareness between our staff and yours throughout the week.
- We strongly encourage you to visit different classes each day and experience what your students are learning and how they may be growing as a young person.
- We also ask that you would be present at each meal time, as this is very helpful with crowd control and encouraging kids to participate in after-meal programming.
- Please be prepared to volunteer your help with the evening activities offered each night. (e.g., Dance Night, Camp Fire, Wacky Olympics, etc)
- We appreciate any help during the "lights out" period of the evening. Our staff will make rounds each night, but it would be very helpful if a few teachers are doing the same.
- Please promptly inform Heartland Staff of any important or emergency issues that may arise during the week.
- We encourage you to keep in fairly constant communication with the Cabin Leaders for the week, as this lets them know you are both supporting and supervising their leadership.
- Please be present at the daily 3:45 p.m. cabin leader and teacher meeting.
- Have fun! Enjoy the week! Take pictures to capture the moments.

Most importantly, we are all striving together to give the children a learning experience of a lifetime. We value your input, assistance and support while you are here! Please know that we as a staff are always willing to listen to your questions or concerns and hope you feel comfortable expressing those. Thank you so much for bringing your students to Heartland!

FURTHER EXPECTATIONS

SMOKING: Heartland enforces a no smoking policy on its premises.

ALCOHOL: Possession and consumption are strictly prohibited on Heartland property.

LEAVING CAMP DURING THE WEEK: Your participation in the program is vital and greatly appreciated. However, if you must leave the grounds, please let the Heartland Program Director know you are leaving camp.

PETS: Heartland prohibits guests bringing pets.

CHILDREN: Heartland discourages teachers from bringing their own children with them due to housing limitations. Exceptions will only be made with prior approval of the school AND the Heartland Program Director.

SENDING CHILDREN HOME: Sending a student home for illness or misbehavior is a joint decision made by the classroom teacher and the Heartland Program Director. In the teacher's absence, the Heartland Program Director will make this decision and inform the principal. For the protection of all campers, a child will be sent home if he/she: 1) has lice or nits or 2) has a temperature at or above 100.0 F (or the school's temperature threshold, whichever is lower). Heartland requires that schools conduct a health screening prior to departure for camp.



HEARTLAND
 3201 County Road 225
 Marengo, Ohio 43334
 740.747.0220
 information@heartlandretreat.com
 www.heartlandretreat.com



Legend	
	Trails
	Road
	Sidewalk
	Picnic Area
	Campfire Pit
	Property Line
	Distance (miles)
	Beechnut .3
	Big Oak .5
	Blue Stem .9
	Bunker Run .8
	Fawn Hollow .7
	Rocky Run .5
	Shale Ridge .6
	Timber Hollow .2
	Whitetail .7
	Wild Flower Loop .3

← TO CR24 COUNTY ROAD 225 TO I-71 →

STUDENT PACKET



Outdoor School

"Outdoor Education at its Finest"

Dear Parent or Guardian,

The staff at Heartland are anticipating a wonderful upcoming camp experience for your child. A learning adventure awaits the students as they prepare to visit our several hundred scenic acres, complete with creeks, grasslands and serene forest trails.

Our mission as an outdoor school is to encourage hands-on discovery, teamwork, personal growth and an appreciation for the environment through a fun, safe, quality program. We are committed to excellence in everything we do and know that your child will have the experience of a lifetime while at Heartland Outdoor School!

Here are a few reminders and helpful hints as you prepare to send your child to Heartland.

Appropriate Clothing: Because we offer hands-on science and team building classes, we spend most of our time in the great outdoors, even in the rain and cold. At times we may be out for several hours, and we ask that you help your child be prepared with appropriate clothing, as indicated on the "Packing List". In truly inclement weather, we have ample indoor teaching space.

Student Health Form: For your child's well-being, please complete the Student Health form and return it to your child's teacher on time. *Any student without a complete, signed Health Form may not attend our Program.* Thank you for helping Heartland provide a safe and quality program!

Medications: Please follow the instructions for sending medications (found on the Health Form) and do not send unlabeled medication(s). *For any special concerns or questions, please contact the Health Officers at Heartland at 740-747-0220.*

Before your child's camp stay, your school will provide an informational camp meeting. We highly recommend you attend this helpful presentation! A camp representative will be present and any questions you have can be answered during that time. For further questions, please do not hesitate to contact your child's teacher or visit our website (www.heartlandoe.com).

This could possibly be the most exciting and memorable trip of the school year for your student! Thank you for your dedication and valuable help in preparing your child for camp.

Until the Next Adventure,

Adam Buzbee
Director of Programming and Outdoor Education

Heartland Outdoor School • County Road 225 Marengo, OH 43334

phone: 740.747.0220 • fax: 740.747.0200 • web: www.heartlandOE.com • e-mail: oe@heartlandretreat.com

COPY THIS PAGE



Outdoor School

"Outdoor Education at its Finest"

Dear Student,

How would you like to shoot a bow and arrow during a P.E. class? Or hold live lizards and snakes during science class? Perhaps you might enjoy a social studies class where you visit a pioneer village and make candles?

If any of this sounds interesting to you, then hold on to your socks! You are going to love your upcoming visit to Heartland Outdoor School, where learning is fun! Here at camp, our staff will take you on adventures through fields, streams, and forest trails. We love teaching students like YOU about the great outdoors!

At Heartland, you will be part of a community of people living and working together. You will be in a cabin with around 9 of your classmates and one adult cabin leader from your school. In your classes you will be working together with other students from your school. You may eat and enjoy recreation activities with other schools. A large responsibility for you will be to get along with the other members of the community at camp.

During your visit we will have certain expectations of you and your classmates. First, you should follow all of the rules of your school, and also those of Heartland. Heartland guidelines include RESPECT for others, yourself, and the environment. Second, you should help with group responsibilities such as cleaning your cabin each day and setting up the dining hall as a "hopper". Third, you should have fun while you are here! If you are curious as to what Heartland looks like, check out our website at (www.heartlandoe.com).

Bring along a notebook to write down your memories and a camera to capture your great adventures! See you soon!

Your Heartland friend,

Adam Buzbee
Director of Programming and Outdoor Education

PACKING LIST FOR CAMP

Student and Chaperone List



Remember to pack carefully and don't forget your rain gear!

Packing Tips:

1. A raincoat or poncho is necessary for camp, as all classes are held outdoors rain or shine!
2. Bring OLD clothes and shoes. We will get muddy!
3. Please limit your belongings to one suitcase and one bag for bedding (a black trash bag works well) and label each with your name and school on them. Place your sleeping gear in plastic to prevent it from getting wet during arrival/departure.

Required Items

- Poncho or Rain gear
- 2 pairs of old shoes or waterproof boots (1 pair will get WET!)
- Water bottle
- Daily change of socks and under clothing
- Heavy and light shirts
- 1 Heavy jacket
- 1 or 2 sweatshirt or fleece
- Shorts (weather permitting) appropriate length
- 2-3 pairs of pants
- Bath towel and washcloth
- Pajamas
- Toiletries
- Sleeping Bag (or sheets and 2-3 blankets) and Pillow
- In Season: sun screen, lip balm, insect repellent

Optional Items:

- Camera (disposable preferred, we recommend 2)
- Notebook and pen (with your name on it)
- Sandals- shower use only!
- Stationary and stamps
- Travel-size Hand sanitizer

In Colder Months....

(Wool or synthetic materials work best, layering clothing is a MUST!)

- Gloves
- Warm Hat
- Heavy Coat
- Warm Boots
- Extra Socks
- Long Underwear

Leave at Home:

- Money
- Knives/Weapons
- Food*, gum and candy
- Cell Phones (students)
- Firearms/fireworks/matches
- iPod/Mp3 player/radio
- Electronic Video Games

*Unless needed for dietary or medical restrictions. Please contact the Outdoor Environmental School staff at Heartland.



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SCHOOL NAME: _____ Dates coming: _____ Student _____ Cabin Leader _____ Teacher _____

HEARTLAND EMERGENCY MEDICAL AUTHORIZATION AND INFORMATION FORM

First Name: _____ Date of Birth: _____ Age: _____ Gender (circle one): M F
 Address: _____ City: _____ State: _____ Zip: _____ Home Phone: _____
 Parent or Legal Guardian(s) Name(s): _____ Work Phone Number (Mom): _____
 Work Phone Number (Dad): _____ Cell Phone Number (Mom): _____
 Cell Phone Number (Dad): _____ Relation: _____ Phone: _____
 Emergency Contact (If Parent or Guardian cannot be reached) Name: _____ Policy Number: _____
 Medical Insurance Company: _____

Heartland provides many generic over-the-counter medications a student might need during their stay at camp. We will provide Tylenol, Advil, Benadryl, Tums. Please do not send over-the-counter medications unless it is something very specific (i.e. Zyrtec, Claritin, etc.)

Due to Federal and State Law ALL medications must have the current prescription label, be in the name of the student taking the medication, and in their original bottle (prescriptions in the prescription bottle, supplements in their original bottle). All medication will be given according to the dosing instructions. If they have changed, we must have a note with the changes and the doctor's signature. We cannot give a medication unless it meets the criteria listed above.

Please list any medications that your child will be taking while at camp. Please send only the amount of medication needed for the camp trip.

Name Of Medication	Dose	Reason for Medication	When Taken
Example: Erythromycin	1 pill, 4 times a day	Asthma	Breakfast, Lunch, Dinner, Bedtime

I give permission for my child to self-carry their emergency medication(s): ___ Yes ___ No (If yes, please send a copy of the school's self-carry form)

If you need more room for the medications or health history, please use the back side. Thanks!

Health History (please check if applicable) _____
 ___ Convulsions/Seizures _____ Bedwetting _____ Diabetes _____
 ___ Bleeding/Clotting disorders _____ Sleepwalking _____ Asthma _____
Other potential health problems (please list) _____

Allergies (please check if applicable) _____
 ___ Bee stings _____ Allergies to medication (please list) _____

FOOD ALLERGIES (please list) _____

FOOD RESTRICTIONS (please list) _____

REQUIRED FOR EACH YOUTH CAMPER: I HEREBY GIVE PERMISSION TO HEARTLAND, LICENSED BY THE STATE OF OHIO AND MORROW COUNTY, TO SECURE EMERGENCY MEDICAL AND SURGICAL TREATMENT. ALSO TO PROVIDE ROUTINE, NON-SURGICAL MEDICAL CARE FOR THE MINOR CHILD NAMED ABOVE WHILE ATTENDING CAMP. I RELEASE ALL PHOTOS, VIDEO AND AUDIO TAPES OF MY CHILD TO HEARTLAND FOR PROMOTIONAL PURPOSES SUCH AS BROCHURES, VIDEO, WEB PAGES, ETC. I HEREBY GRANT PERMISSION FOR MY CHILD TO PARTICIPATE IN THE ACTIVITIES INCLUDED IN THE OUTDOOR ENVIRONMENTAL EDUCATION EXPERIENCE AND ACCEPT ANY RISKS INVOLVED IN HIS OR HER PARTICIPATION AS WELL AS PERSONAL FINANCIAL RESPONSIBILITY FOR ANY INJURY OR LOSS SUSTAINED DURING THE ACTIVITIES AND HOLD HEARTLAND OUTDOOR ENVIRONMENTAL SCHOOL HARMLESS FOR SUCH INJURY OR LOSS ARISING DIRECTLY OR INDIRECTLY FROM SAID ACTIVITIES.

I certify that this information is true to the best of my knowledge.

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Parent or Legal Guardian Signature _____

Date _____
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Medication Reminder

for Parents

- All medication and first aid supplies coming to Heartland Outdoor Education School are to be turned in and will be administered by our Health Officers.
- ALL medications, prescription or non-prescription, are to be in their **original containers** and sent in a Ziploc bag with the student's name on it.
- Prescription medicines MUST be in their original containers and have the following information on the prescription label:
 1. Student Name
 2. Name of Prescription Drug
 3. Administration directions (dose, time & route)
- Please send only the amount of medication needed for the camp trip.

Heartland provides many generic over-the-counter medications a student might need during their stay at camp, like Tylenol, Advil, Band-aids etc. Please do not send over-the-counter medications unless it is something very specific (i.e. Zyrtec, Allegra, Claritin, etc).

If you have questions or concerns related to your child's food allergies or dietary restrictions please call 740.747.0220 to discuss.

Thanks!

Heartland Outdoor School's Health Officers



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Thanks!

Heartland Outdoor School's Health Officers

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FREQUENTLY ASKED QUESTIONS

- **HOW ARE CABIN LEADERS SELECTED?** The cabin leaders are selected by a school representative and all screening is done by the school.
- **HOW ARE CABINS ASSIGNED?** Cabins are assigned by the teachers and they typically make sure that your child is with at least one friend.
- **DO GIRLS AND BOYS STAY IN THE SAME AREA?** No. There is a separate dorm area for each gender.
- **IS THERE SECURITY THAT PATROLS THE GROUNDS?** There are several staff that stay on call during both the day and nighttime hours and help maintain a secure campground.
- **WHAT KIND OF DOWN TIME DO THE CAMPERS HAVE?** We fill their day and allow for very little down time. After dinner the campers have a little time just to hang out in their cabins or play a game as a small group. The general rule is that if the camper is not with an adult, they are in the wrong place.
- **WHAT TYPES OF MEALS ARE SERVED?** Our meals are served with students in mind. The teachers have been given a list of sample meals served which they can share with you. There is cereal at every breakfast and a fruit and salad bar at lunch and dinner.
- **WHAT IF MY CHILD IS A VEGETARIAN OR HAS SPECIAL DIETARY NEEDS?** We do our best to accommodate special dietary needs and restrictions. Please make sure your child's teacher is aware of any dietary needs at least 2 weeks prior to your child's camp stay, in order that Heartland may be prepared with specific meal-time options. In some cases, we may suggest that your child bring along a few food items depending on the situation.
- **WHAT IS THE BEST WAY TO LABEL BELONGINGS?** The best thing to do is to write on the tag of clothing with a permanent marker. For other items, such as cameras and flashlights, please write your child's name with a permanent marker on an area that is visible. If they pack their sleeping bag/blankets in a plastic garbage bag, make sure that it is clearly labeled and/or decorated so they can locate it easily. Pack an extra bag for them to store their sleeping bag/blankets for the trip home since the first one often tears on the first day.
- **WHAT DOES A TYPICAL DAY LOOK LIKE?** The campers wake up at about 6:45 a.m. and get ready for the day. They also have to clean their cabins before flag raising at 7:45 a.m. They eat breakfast and then go to two classes before lunch. After lunch at 12:00 p.m. they go to two more classes. After the second class in the afternoon, the campers have afternoon activity time where they pick from a variety of activities led by the staff. Dinner is served at 5:15 p.m., followed by two evening program hours which may include Campfire, Relays, Wacky Olympics, Dance Night or Theatrics. Campers return to the cabins at 9:00 p.m. to get ready for bed; lights out is at 10:00 p.m. The Heartland staff will rove the cabin area around that time to make sure that everyone is quiet for the night.
- **WHAT TYPES OF CLASSES WILL THEY BE ATTENDING?** The classes are not typical school classes. Teachers select the classes from a variety of science-based and team-building class options. Some of the most popular options include: Reptiles and Amphibians, Aquatic Ecosystems, Team Challenge, Wilderness Survival, Archery and Ohio Living History.

If you have any further questions, please ask your child's teacher or the camp coordinator at your school. Feel free to visit our website, www.heartlandoe.com, for further details as well. Don't forget to attend the parent meeting before the camp experience to hear valuable information and helpful hints in preparing your child for camp!

As a reminder, children love to get mail. Please send it to 3201 County Road 225 Marengo, OH 43334. Be sure to put your child's name on the outside of the envelope along with the school name. Alternatively, you may visit our website and use the "Email a Camper" feature to send e-mail to your child. No faxes, candy or food.

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