Society of Sisters
Prestonwood Christian Academy

Dear 7TH Grade Girls' Parents,

In a few short weeks we will be headed to Frontier Camp in Grapeland, TX with 52 7th grade girls! The four women chaperons and myself are excited about the opportunity we have to help every girl learn more about themselves and to begin to become the young women God would have them to be.

I want you to know we love our partnership and would love for you to be a small part of our trip as well. On Thursday evening of the trip we will be having a time of reflection and affirmation. One aspect of this evening will include a time when we will give each girl a letter written by either their mother or an influential woman in their lives. The letter is an opportunity for a woman to share their heart with your daughter regarding them moving from being a girl to becoming a godly woman.

Aspects of the letter we ask you to include:

- The past blessings of your relationship
- Shared memories
- Proud moments of her
- God's plan/expectation for her as a woman
- Your prayer/blessing
- Your commitment to her

Please either drop your letter off at our front desk, mail, or email to me by Monday, February 25th, 2019. We will make sure all the girls receive their letter on Thursday night. It will be a memorable and sweet experience for them as they read this letter. Please let me know if you have any questions.

Blessings sweet sisters,

Denise Thornton
dthornton@prestonwoodchristian.org

6801 W. Park Blvd.
Plano, TX 75093

7th Grade Girls Minimester Trip
March 11-15, 2019
Frontier Camp Itinerary

Monday

9:00 Load Buses
9:30 Depart
11:30 Lunch on our own
2:00 Arrive at Frontier Camps/Move into Cabins
2:45 Introductions/Rules/Large Group Games
3:15 Expectations/Focus for the week
4:00 Lake Activity – find your cabin game
5:00 Dinner
5:45 **Worship & Evening Session - False Selves**
7:00 "Carry your Burden"
7:45 Cabin – Put on PJ's - Snack & Game Night
8:30 Game Room - Kingdoms
10:00 Back to Cabins

Tuesday

8:00 Breakfast
8:30 **Worship/Devotional** – How to study the Bible Spiritual Discipline- open mic.
9:30 Morning Chore/Service
12:00 Lunch
1:00 Recreation
High Ropes, Air Rifles
4:00 Activity Time
5:30 Dinner
6:30 **Worship & Evening Session – Fear & Lies**
7:45 Grab Snacks from Cabin
8:00 Line Dancing & Snack
9:30 Back to Cabins

Wednesday

8:00 Breakfast
8:30 **Worship/Devotional** - Group discussion/challenge/alone time
9:30 Morning Chores/Service
Stick Pick up
12:00 Lunch
1:00 Recreation
Trail Rides, Laser Tag, Archery Class
4:00 Activity Time
5:30 Dinner & High/Low
6:15 **Worship & Evening Session - Image of Christ- Staff panel, decision time**
8:00 Games/Snacks
9:45 Back to cabins

Thursday

8:00 Breakfast
8:30 **Worship/Devotional**- Group discussion
9:30 Morning chores/Service
12:00 Lunch
1:00 Recreation
Trail rides, arrow tag, crate stacking
4:00 Teambuilding – Intro Activity
Wall of Affirmation
5:30 Dinner & High/Low
6:30 **Worship & Evening Session - True Self**
8:00 Worship, Letter, Decision Time
8:30 Campfire with S'mores/Open Mic
9:30 Cabins
Debrief
(Pack up and Clean up)

Friday

7:30 Pack Up and take bags to breakfast
8:00 Breakfast
8:30 **Devotional- week wrap up**
10:00 Load Buses
12:00 Lunch on our own
1:30 Arrive at PCA

PACKING LIST

What to bring:
Luggage is restricted to one suitcase and a backpack. Money for lunch on trip down and trip back. Money for the gift shop at camp if desired.

Students will wear blue jeans with the Society of Sisters shirt on Monday on all other days, students will wear blue jeans or long shorts (for comfort in wearing a seat harness on the high ropes course). **Dress in layers! It can be cool and damp.**

Bible for nightly devotions
Pen or pencil
A small notebook for journaling is recommended but not required
Camera (not a cell phone)
Comfortable and weather appropriate clothing
Winter coat (if weather is cold); sweatshirts or "hoodies"
A rain poncho or small umbrella
Blue jeans–no rips, tears, holes or frayed at the ends
Nike shorts or long shorts and must have leggings or yoga pants underneath when doing activities- no leggings without shorts over them
Shoes – tennis shoes or outdoor, closed toe shoes are required
No dangling or excessive jewelry (safety hazard)
Sleepwear- pajamas, robe, and slippers
Sunscreen
Sweats/athletic shorts may be worn in the rooms at night.
No shirts with suggestive sayings, alcohol, tobacco or liquor products.
Personal toiletries and grooming items – bring the toothbrush & deodorant and shampoo and conditioner!
Water Bottle
Flashlight
Towel and washcloth
Bedding (twin sheets with blanket and pillow or sleeping bag)
Snacks for evenings
Board Games

Cell phones may be carried with the following guidelines:
Phones will not be used during the duration of the trip. If she would like to bring a phone, she must pack it in her suitcase that will be under the bus and turn it in to her chaperone once we arrive at camp. Phones will be returned on the trip back home so she can communicate with you about our arrival time. A chaperone can be contacted at anytime in case of an emergency.

Meals / Communication Information

Daily Meals:

- Breakfast:
  - Students will be served breakfast at the camp Tuesday through Friday morning of the trip.
  - Monday-Travel Day: Students should plan on eating breakfast before arriving at school.
- Lunch:
  - Students will have lunch Monday on the road to camp (please send money for your student)
  - Tuesday through Thursday lunch will be provided by the camp.
  - Friday students will eat on the road on our return home (please send money for your student)
- Dinner:
  - All dinners Monday through Thursday evening are provided by the camp.
- Snacks:
  - Monday – Thursday snacks will be provided for students while at the camp. They may purchase snacks at the camp during limited break times.
- Spending Money:
  - Students will not need spending money other than lunch money for our trip to and from camp.
- Food Allergies:
  - Please email dthornton@prestonwoodchristian.org

    And I will contact the camp to ensure we have food for our girls with special dietary needs.

Communication:

Internet and Cell phone coverage is very limited at Frontier Camp. Please use the emergency contact information sheet as needed. While at camp it is our intention to do our best to provide pictures of activities and updates of daily adventures via social media. We have created a new group for the parents of girls going on the 7th grade girls minimester trip. This is where we will post updates, pictures, live videos, and stories of the week. It's going to be great! We are already praying for a fun, safe week and for God to do great things in and through the girls. The group is titled: 2019 PCA 7th grade girls minimester trip on Facebook.

Medication & Emergency Numbers

Medication Needs

All medicines, prescriptions or over the counter, will be administered by PCA staff.

On the day of departure:

- All morning dosages must be given at home prior to coming to the departure site.
- Medications that need to be administered at lunch time need to be given directly to the chaperone at the departure site.
- Any medication that does not need to be administered until the end of the day needs to remain in the student's luggage (not the backpack) until we arrive at camp. At our group meeting that evening in the camp, the medication needs to be given to the student's chaperone. We will remind students of this in the meeting and chaperones will check again with students at "lights out" time.

All prescription medicines must be in the original containers with the student's name and in a Ziploc bag with the "Parent/Physician Request for Administration of Medication" form. Each medication must have its own "Parent/Physician Request for Administration of Medication" form. If your student requires daily dosages of Advil or Tylenol for an injury, you must supply this.

A small supply of over-the-counter medications will be on hand with the PCA staff. Students can see any of the 7th grade teachers for OTC medications.

Emergency Contact Number

Denise Thornton 214-707-7730

We will check in with the Upper School receptionist, as time permits during the trip. You may leave a message for one of us to return your call. The PCA Upper School receptionist direct number is: 972-930-4056.

Emergency Plan – 7th Grade Girls Frontier Camps

Information Tree:

- Teachers, chaperones and administration will keep a listing of students with them at all times. The administrator on the trip and the trip coordinator will have copies of the emergency forms for students with all student contact numbers.
- For day-to-day questions during the trip, students will go to their chaperones for instructions.
- Chaperones will direct any larger issues to the Mrs. Thornton
- Any information from the Head of School Office regarding situations involving PCA or the surrounding communities will be reported first to Mrs. Thornton
- Mrs. Thornton will then contact the chaperones. Students will be given information only if it is determined that they need to know. This determination will be made by the Head of School Office and administration.

In the event of an emergency and/or evacuation is necessary, this procedure will be followed:

In the event of an evacuation, all students and chaperones will meet at the: Dinning Room

Chaperones will conduct a head count to make sure all students in their group are accounted for and will report result to Mrs. Thornton.

Once all groups are accounted for and the group is in a secured location, Mrs. Thornton will contact the Head of School Office to inform them of the situation, she will maintain contact with the Head of School Office throughout any evacuation or emergency process.

Throughout the emergency or evacuation process, Mrs. Thornton will provide necessary information to the chaperones.

In the event of a medical emergency, travelers will be transported to:

Houston County Medical Center
1100 E Loop 304
Crockett, TX 75835
(936) 546-3862

Emergency Contact Tree 7th Grade Girls Frontier Camps

Assistant Head of School - John Klingstedt	972-930-4101
Middle School Counselor- Denise Thornton	214-707-7730

PCA Chaperones Emergency Contact Numbers:

Heather Stewart	972-814-9319
Angela Lee	469-358-4024
Tanya Miller	972.679.4366
Tamara Addis	972-467-1846
Lisa Gervig	615-260-8610

Bus Company: Wynne Motor Coaches (972) 915-7350

Frontier Camps: 131 Frontier Camp Rd, Grapeland, TX 75844 **Phone:** (936) 544-3206

STUDENT CODE OF CONDUCT

7th Grade Girls- Frontier Camp

March 11-15, 2019

- Prestonwood Christian Academy rules, guidelines and discipline policy, as described in the PCA Handbook, will be enforced on this trip just as they are on the school campus.
- Students are expected to follow instructions of **all** adult sponsors on school trips.
- Any student misbehaving on a trip will be subject to loss of privileges on the trip.
- Any student who repeatedly violates trip procedures or commits a serious violation will be sent home immediately.
- The decision to have the student return home will be made by a school administrator.
- Any expenses required to return the student will be the responsibility of the parents.
- Any expenses for damage of property to any and all parts of the camp, ranch or other attractions visited on the trip, or to vehicles, will be the responsibility of the parents.

THIS CODE OF CONDUCT MUST BE SIGNED BY BOTH THE STUDENT AND THE PARENT AND RETURNED TO Mrs. Lee BY FRIDAY, FEBRUARY 22nd, 2019

_____

Printed Name of Student

_____ _____

Student Signature Date

_____ _____

Parent Signature Date

PARENT/GUARDIAN AUTHORIZATION, LIMITED RELEASE, COVENANT NOT TO EXECUTE, AND MEDICAL RELEASE

Frontier Camp, Inc. requires a parent or guardian of all minor guests or campers to sign this form before the minor participates in **any GENERAL CAMP ACTIVITIES or PROGRAMS, HORSE/EQUINE ACTIVITIES, WAKEBOARD/CABLE PARK ACTIVITIES, BOATING/AQUATIC ACTIVITIES, LAKE SWIMMING ACTIVITIES, SKATEPARK ACTIVITIES, or ROPES COURSE/CHALLENGE ACTIVITIES.**

The undersigned acknowledges that, while minors attend Frontier Camp and participate in the camp's activities and programs, certain risks and dangers may occur. The undersigned further recognizes that these risks may include physical, emotional or psychological damage or injury, not excluding fatality, due to accidents or disease that may occur or result from any general camp activities or programs, horse/equine activities, wakeboard/cable park activities, boating/aquatic activities, lake swimming activities, skatepark activities, and ropes course/challenge activities. (The undersigned acknowledges that Frontier Camp, Inc. may take photographs or video of the minor named below to be used in promotional materials.) The undersigned parent/guardian and minor understand and assume all risk of participating in the above activities, and agree to abide by all policies and procedures of Frontier Camp, Inc., in order to maintain the utmost level of safety. With respect to horse/equine activities, House Bill 280 took effect on September 1, 1995, and contains the following warning:

Warning

UNDER TEXAS LAW (CHAPTER 87, CIVIL PRACTICE & REMEDIES CODE) A FARM ANIMAL PROFESSIONAL IS NOT LIABLE FOR AN INJURY TO OR THE DEATH OF A PARTICIPANT IN FARM ANIMAL ACTIVITIES RESULTING FROM THE INHERENT RISKS OF FARM ANIMAL ACTIVITIES.

In consideration of the above, the undersigned, for himself or herself and on behalf of the below-named minor in any capacity, WAIVES LIABILITY and RELEASES the directors, officers, employees, and agents of Frontier Camp, Inc. in their individual capacities from any claim or judgment based on negligence or other ground of liability, whether for bodily injury, property damage or loss, or otherwise.

In further consideration of the above, the undersigned, for himself or herself and on behalf of the below-named minor in any capacity, COVENANTS NOT TO EXECUTE on any asset of Frontier Camp, Inc. or of its directors, officers, employees, or agents for any judgment or claim for negligence or otherwise. Instead, the undersigned agrees to limit the satisfaction of any judgment to the available proceeds of any applicable insurance policy of and covering Frontier Camp, Inc.

The undersigned also gives permission to the staff of Frontier Camp, Inc. to administer or obtain any **MEDICAL** attention or treatment of the minor named below for any illness, accident or injury occurring or identified during the minor's stay at Frontier Camp.

The undersigned fully understands this form, and has the capacity to sign on behalf of the minor named below.

PARENT OR GUARDIAN HAVING CUSTODY OR CONTROL:

Parent/Guardian Name printed:_____ Signature: _____

Minor's name: _____ Date: _____