



International Community School Camp 2011

Get ready for Camp Cispus 2011! The curriculum has been designed for ICS, and will build upon last year's experiences. The camp experience is customized for 7th-9th graders, and it includes outdoor education and classes on teenage issues taught with the help of a district approved psychologist.

Location	Cispus Learning Center 2142 Cispus Road Randle, WA 98377 Phone: (360) 497-7131
Leaving	8:00AM Wednesday, September 7
Returning	3:00 PM Friday, September 9
Cost	\$170 per camper
Parent Information Night	Please join us on Friday, September 2 nd at 7:00 pm for an overview of the camp experience and to meet the counselors.

THE FOLLOWING MUST BE MAILED TO ICS BY AUGUST 15TH:

- 1. Camper Info Form, completed and signed by parent/guardian**
- 2. Field Trip Consent Form, completed and signed by parent/guardian, and**
- 3. \$170 check, made payable to ICS**

Mail to: ICS Camp Information, 11133 N.E. 65th Street, Kirkland, WA 98033

For further information contact Victoria Castaneda at vcastaneda@lwsd.org.

For information regarding scholarships, please contact the ICS PTSA.



7th—9th Grade ICS Camp Cispus Information

Student Name

SUBMIT CAMP FORMS TO ICS BY AUGUST 15, 2011

4. This form, completed and signed by parent/guardian
5. Field Trip Consent Form, completed and signed by parent/guardian
6. \$170 check, made payable to ICS*

Mail to: ICS Camp Information, 11133 N.E. 65th Street, Kirkland, WA 98033

T-Shirt Size: *Don't miss out on the annual camp T-shirt!* Please indicate a size:

T-Shirt Size	<input checked="" type="checkbox"/>
Youth Large	<input type="checkbox"/>
Adult Small	<input type="checkbox"/>
Adult Medium	<input type="checkbox"/>
Adult Large	<input type="checkbox"/>
Adult X-Large	<input type="checkbox"/>

Food Allergies/Restrictions: Please list food allergies or dietary restrictions.

Parents: For life-threatening concerns we can put you in touch with the kitchen staff at Camp Cispus to discuss the menu. Please note that Cispus is not able to accommodate a vegan diet. If your student is vegan, please plan on sending supplementary snacks with him/her. Vegetarian options will be available at every meal.

Other information: List any concerns (i.e. first time away, sleep disorder, etc.) about attending camp that we should know.

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Parent Signature

Date

* **Scholarship information available from ICS PTSA**



June 1, 2011

Dear Parent/Guardian:

In response to the growing threat of HIV to our population, the 1988 Washington State Legislature mandated that a program of prevention education be presented to students yearly beginning with the fifth grade. The LakeWashington School District has adopted an appropriate program for HIV/AIDS prevention education with the advice of educators, parents, and community members.

The curriculum provides a science-based understanding of the AIDS virus, how it is transmitted, diagnosed and prevented. Students will also be taught the meaning of abstinence and risk behavior. These lessons will be taught by district teachers at your child's school.

HIV/AIDS curriculum will be taught to all 7-9th grade students at camp and subsequently throughout the school year in 7th grade biology.

In addition the district adopted FLASH (Family Life and Sexual Health) curriculum will be taught to 9th grade students at camp.

In accordance with the AIDS Omnibus Bill (E2SSB 6221), no student may be required to participate in AIDS prevention education if the student's parent(s) or guardian, having previewed the materials, excuses their child from participation. If you wish to preview HIV/AIDS and FLASH materials you may contact us here at the school to set an appointment between August 18th and 27th. Additionally, you may schedule a time at any point during the summer to preview the material with our Curriculum Library Secretary at the Resource Center. If you choose to excuse your child from this instruction, you will need to complete a request form that is available once you have previewed the materials. The form needs to be returned to ICS by August 15, 2011.

Sincerely,

Cindy Duenas

Camp Itinerary

Students will arrive at Cispus Monday, September 7, at approximately 11AM. During the next three days they will participate in health and community classes, Drug & Alcohol Awareness night, games, team-building activities and challenge courses. The classes are developed and taught by the juniors and seniors under the supervision of a district-approved psychologist. The seventh and eighth graders take classes in self-esteem, relationships and ICS crash courses on the social and academic aspects of school, while the ninth grade students will be in classes concerning psychology, high school preparedness and the district-adopted Family Life and Sexual Health curriculum (FLASH). There will be debrief and discussion time to conclude each day's learning. The students return to ICS at approximately 3:00 pm on Friday September 9.

Bring:

- Clothing for three days (appropriate clothes and shoes for an outdoor environment and unpredictable weather. Some activities are outdoors—**rain or shine.**)
 - Long pants or jeans
 - Two or more pairs of shoes (**at least one with closed toes**)
 - **Warm, water-repellant jacket** (this is important— more rain or shine activities)
 - Sleepwear
- Sleeping bag or bed linens/pillow
- Towels
- Toiletries
 - Toothbrush and toothpaste
 - Shampoo
 - Comb or brush
 - Soap
- Water bottle labeled with student name
- Insect repellent
- Sunscreen
- Watch

Optional:

- Camera
- Batteries
- Flashlight
- Music player
- Books (for down time)
- Exercise clothes and shoes (there will be an opportunity to run before breakfast)
- Blankets

Phones: There are two pay phones on campus; there is **no cell phone** service. If you wish to bring one as an alarm clock, you may.