

# Star of India Overnight Field Trip



**THURS., FEBRUARY 21, 2:00PM -**

**FRI., FEBRUARY 22, 9:45AM**

**Cost: \$74 per student**

# Star of India Information Sheet

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**WHEN:** Leaving MHA at 2pm on Thursday, Feb. 21 and returning around 9:45 on Friday, Feb. 22.

**COST:** Students: \$74  
Pre-selected chaperones: \$37  
Make checks payable to: Mt. Helix Academy

<p><u>Payment</u> <u>Due:</u> 2/1/17</p>
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## EXPECTATIONS:

- Students will come to school, in uniform like a regular day on Thursday. They will attend classes until 1:00.
- Students will bring everything they need (please see attached page for specific packing information) in a LABELED trash bag. They must be able to carry their own cargo. \*\*Safety Officers (chaperones) please pack your cargo separate from your child's.
- Students will be taken by bus from the school to the ship at 2:00pm.
- This is an overnight field trip. Students and Safety Officers (chaperones) will be sleeping in sleeping bags on deck. Students may not bring sleeping pads or pillows.
- Please do not send any food with your child. They will be eating the food provided on the ship. We will also provide them with a snack to eat after we get off the bus, before boarding the ship.
- Students will be brought back to school Friday morning at 9:45. Please arrange for pick up at 9:45. Students will not be attending classes nor will there be childcare for them on Friday.

 Please sign, detach and return to your child's homeroom teacher. Thanks!  
I have read and understand all expectations for the Star of India overnight field trip.

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

I am selected to be a chaperone.

## CLOTHING AND THINGS TO BRING

The overnight experience is intended to recreate the austere life of a working sailor in a past century. However, participants are twentieth century children and will be extremely uncomfortable if they do not bring adequate clothing, proper gear, etc. Remember, the crewmembers will be exposed to the elements onboard the ship. They must be prepared for all types of weather. A sunny, warm day can quickly turn into a cool, windy, wet evening.

All participants will require:

- ◆ 1 sleeping bag
- ◆ **2 bowls, 2 cups and 2 spoons**
- ◆ 1 set of rain gear including rain boots
- ◆ 2 sets of comfortable clothing, in case one gets wet
- ◆ 2 pairs of socks and closed-toed rubber soled shoes
- ◆ a knit cap for nightwatch
- ◆ 1 warm jacket or layers of clothing for night watch (1.5 hours up on deck during the night – even if it is raining)
- ◆ Adults only may bring a sleeping pad or cushion for the night.

All participants may **NOT** bring:

- ◆ shorts, skirts or sandals
  - ◆ pajamas
  - ◆ watches (except for adults to use during night watch only)
  - ◆ jewelry of any kind
  - ◆ games and toys
  - ◆ gum, food, candy, sodas, etc.
  - ◆ electrical anything
  - ◆ cameras (except one or two adults may have a camera or video)
  - ◆ weapons, matches or lighters
  - ◆ sunglasses (except adults)
  - ◆ cell phones or pagers
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- ◆ All gear is to be placed in large plastic trash bags so that it can withstand transit in all types of weather.
  - ◆ Please make sure that the students do not bring more gear than they can carry by themselves or will fit into one bag.
  - ◆ Safety Officers and students from the same family must pack gear separately.
  - ◆ **All bags should be labeled with the participant's first initial and last name so that the students and safety officers can easily identify their own gear.**

**ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY**

I understand that \_\_\_\_\_ (participant's name) will be participating in a San Diego Maritime Museum's *education program*. Programs are conducted in the outdoors, aboard one or more historic vessels. All vessels which leave the dock are Coast Guard certified vessels and adhere to all specifications regarding that qualification, including, but not limited to a licensed Captain and qualified Crew as well as outfitted with all fire and safety equipment specified by the Coast Guard. I further understand that he/she may be participating in a program that takes students out on the San Diego bay. Furthermore, I understand that all vessels have inherent dangers, including, but not limited to, irregular and unstable walking surfaces, slip and trip hazards, wet and slippery surfaces, ladders, and low and irregular lighting. I agree to indemnify and hold harmless from liability the Maritime Museum Association of San Diego, its officers, directors, staff and volunteers by reason of any accident, injury, or damage to persons or property, which I, my dependents, or any other persons under my custody, may suffer.

\_\_\_\_\_  
Participant's Full Name (please print) Date of Program

\_\_\_\_\_  
Parent(s)/Guardian(s) Name (please print)

\_\_\_\_\_  
Parent/Guardian Signature Date

**Photo Release**

I grant permission for my son/daughter to be photographed during San Diego Maritime Museum activities for promotion or education purposes.

Signature: \_\_\_\_\_  
Date

**STUDENT MEDICAL FORM****PLEASE PRINT CLEARLY**

I/We, the parent(s) or guardian(s) of the participant named below, wish to register my/our child in the Maritime Museum of San Diego Overnight Program. Dates attending \_\_\_\_\_ to \_\_\_\_\_.

Participant's Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Birth date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

In case of emergency, please notify: Parent(s)/Guardian(s)

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Daytime Phone Number (\_\_\_\_) \_\_\_\_\_ \*Business Number (\_\_\_\_) \_\_\_\_\_

\*Employer \_\_\_\_\_

Alternate Person in case of emergency, please notify: \_\_\_\_\_ at (\_\_\_\_) \_\_\_\_\_

Name/Phone number of Family Physician \_\_\_\_\_

Name/Number of family medical insurance carrier \_\_\_\_\_

\* For Medical Insurance Claims only

**PARTICIPANT HEALTH INFORMATION**

1. Does the participant have any physical or medical conditions or restrictions? Yes \_\_\_\_ No \_\_\_\_ Vegetarian \_\_\_\_

If so, please describe: \_\_\_\_\_

If your child has a special medical or physical condition, your physician should understand that the participant will be away from home for two full days. Please have your physician write a note indicating agreement that the participant is fit enough to fully participate in the program and to also include any special instructions.

2. Is your child subject to any of the following? Please circle:

Homesickness                  Sleepwalking                  Bed wetting (send extra bedding)                  Car sickness

3. Does your child have any dietary requirements or restrictions? Yes \_\_\_\_ No \_\_\_\_

If so, please describe: \_\_\_\_\_

4. Does your child have any allergies that may be of concern? Yes \_\_\_\_ No \_\_\_\_

If so, please describe the severity: \_\_\_\_\_

5. Has the participant recently been ill or exposed to any communicable diseases? Yes \_\_\_\_ No \_\_\_\_

If so, please explain: \_\_\_\_\_

6. MEDICATION

In order for your child to receive any prescription medication during the Overnight program, a parent or guardian and your child’s physician must complete an ADMINISTRATION OF MEDICATION form. For prescription medication, a form must be completed for each medication prescribed for the period you child will attend the program. The prescription container must be clearly labeled with the following information:

- a. Participant’s full name                      b. Physician’s name                      c. Physician’s phone number
  - d. Name of medication                      e. Dosage                      f. Expiration date of Rx.
- Each medication must be in a separate container.

In order for your child to **bring** and receive any non-prescription medication (headache remedies, upset stomach remedies) during the Overnight program, an **ADMINISTRATION OF MEDICATION** form must be completed by parent or guardian and your child’s physician. Any non-prescription medication you send with your child must be in the original container and clearly labeled with your child’s name. **No child will be allowed to take any non-prescription medication unless this form is completed, has a physician’s signature, and the medication is sent to the program with the teacher-in-charge.**

*If your child is under a doctor’s care for an acute or chronic condition, your physician should understand that the child will be away for two full days. Any special instructions should be attached to this form.*

AUTHORIZATION AND CONSENT FOR PARTICIPANT TREATMENT

1. The Maritime Museum of San Diego is located approximately 10 minutes from Scripps Mercy Hospital at 4077 5<sup>th</sup> Ave. Parents will be notified immediately when a child becomes injured or seriously ill, and aid will be according to the parent’s wishes. Arrangements will be made with the parent(s) to pick up their child if desired.
2. A child will not be released during the program to anyone other than parent or guardian except on written or verbal request by the parent or guardian.
3. I/We \_\_\_\_\_ do hereby authorize the Maritime Museum of San Diego staff as agents for the undersigned to consent to any x-ray examination, anesthetic, medical, or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provisions of the California Medical or Dental Practices Act on the medical staff of a licensed hospital, whether such diagnosis or treatment is rendered at office of said physician or said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of aforesaid agents to give specific consent to any and all such diagnosis, treatment, or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable. This authorization is given pursuant to the provisions of Section 25.8 of Civil Code of California. This authorization shall remain in effect until \_\_\_\_\_ (date) unless revoked sooner in writing and delivered to said agents.

\_\_\_\_\_  
Signature of Adult Participant or Parent/Legal Guardian of Child                      Date

If it is desired that no medical treatment be given to the participant please provide the necessary instruction and sign here.

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature of Adult Participant or Parents/Legal Guardian of Child                      Date

# Confidential: For Parents Eyes ONLY

During the evening “Dog Watch” the Captain will take the entire crew below decks. Here he will share nautical lore, sing sea chanteys, and discuss the history of the times. A great addition to this activity is the “letters to the sailors”. These letters are a very important aspect to the program and greatly enhance this “Dog Watch” time.

Parents, please write letters to your “lads” as if they were living in the year 1851. These should be secretly delivered to your child’s homeroom teacher who will bring them the day of the program and hand them over when checking in with the administrator. Imagine the amazement of the sailors when the Captain gives them their letter telling them of life back home or friends living in the gold fields!

The idea to incorporate news items of the times; developments in California, or the hardships of life at home or in the gold fields. These letters should help build upon the lessons the students have learned as well as provide some entertainment.

**These letters should not reflect modern times.** The year is 1851 and the students have signed aboard the *Eutrepe* as **male** sailors to pay for their passage to the gold country in central California. The letters can be from the “parents”, “children”, “wife”, “suitor”, “friend” or whomever, but should mainly attempt to recreate the atmosphere of the times. They can talk about tough times in San Diego, what is happening in California, new invention, etc. Here are some interesting facts from 1851:

- First prefabricated wooden structure arrives from Maine and is assembled in San Diego.
- First newspaper, *San Diego Herald*, is published.
- Local and Los Angeles Indians encouraged by Major General Joshua Bean revolted against property taxes.
- Isaac Singer invents sewing machine.
- Edwin J. DeHaven leads the first US expedition to the arctic.
- President Millard Fillmore enlarges the Capitol to accommodate additional representatives from new states.
- Herman Melville publishes *Moby Dick*.

Parents, please participate in this activity. While the Captain may make an excuse for students who do not receive a letter, it can be very disappointing for a child to be left out of the excitement. Our desire is that every student receives “news” from home.