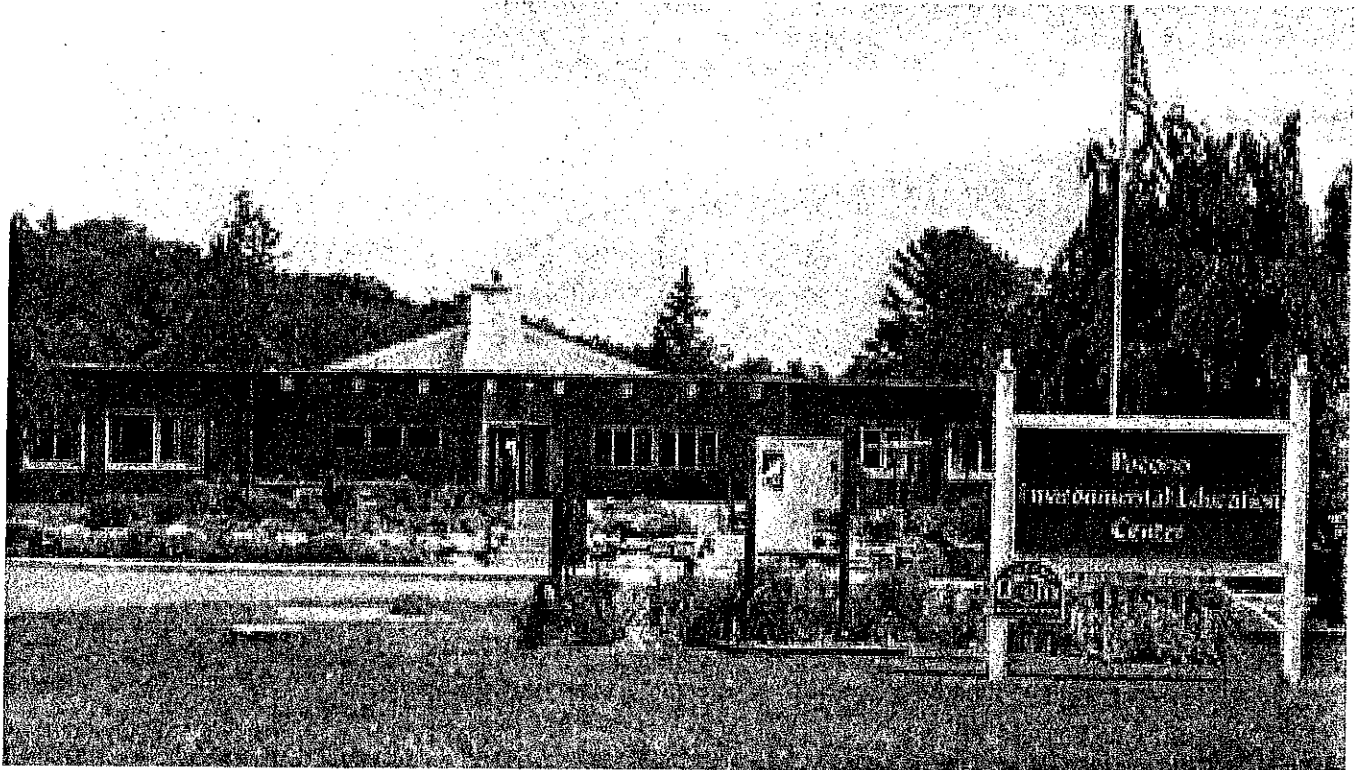


PAXON HOLLOW MIDDLE SCHOOL 7th GRADE TRIP TO



PEEC

Pocono Environmental
Education Center



PAXON HOLLOW MIDDLE SCHOOL

November 1, 2019

Dear Parent or Guardian,

Plans for the twenty-third annual seventh grade trip to the Pocono Environmental Education Center (PEEC) in Dingman's Ferry, Pennsylvania, are underway. This trip will be an exciting and educationally beneficial experience for students, their teachers and parent chaperones.

Some of the goals of the PEEC program are:

1. To create an awareness of and a concern for the environment.
2. To help individuals acquire a better understanding of his/her involvement in and responsibility for the environment.
3. To improve individual attitudes in the area of social values through group interaction.
4. To help individuals and groups to develop skills for problem solving and to put decisions into action.

This is a professionally staffed facility. The students sleep in heated modern cabins accompanied by a chaperone. The meals are nutritious and delicious. All activities are supervised. Full and active days are planned.

The current plan is to have our students leave Paxon Hollow on Wednesday morning, May 13th, and return late afternoon on Friday, May 15th.

The cost to each student for bus transportation, lodging, meals and programs is \$270.00. A commitment by each student planning to go must be made at this time. A \$100.00 **nonrefundable** deposit and the form on the next page are to be given to the homeroom teacher no later than *Wednesday, November 27, 2019*. The balance must be paid on or before *Friday, February 7, 2020*. **NO LATE PAYMENTS WILL BE ACCEPTED.** If your child is not going, please fill out the form on the next page and return it to the homeroom teacher.

There will be a special meeting for seventh grade parents interested in knowing more about this trip on Thursday evening, November 7, 2019 at 6:00 p.m., in the auditorium. A video of PEEC will be shown and there will be an opportunity for questions.

Please seriously consider this unique and worthwhile experience, which we are offering to your child. We feel it will be a life-long benefit.

Sincerely,

Michele Lunn
Holly Dunleavy

*** All students must return this form even if they don't attend the trip***

PEEC FORM - due **11/27/19**

CHILD'S NAME _____ HR# _____

_____ YES, I want my child to go to PEEC. The \$100.00 **nonrefundable** deposit is enclosed. Please make checks out to PAXON HOLLOW PTO/PEEC.

_____ YES, I want my child to go to PEEC. The entire payment, \$270.00 is enclosed. (\$100.00 of this payment is **nonrefundable**.) Please make checks out to PAXON HOLLOW PTO/PEEC.

_____ NO, I do not want my child to go to PEEC.

Parent/Guardian Signature

COMMENTS:

PEEC PAYMENT FORM #2 – due **2/7/2020**

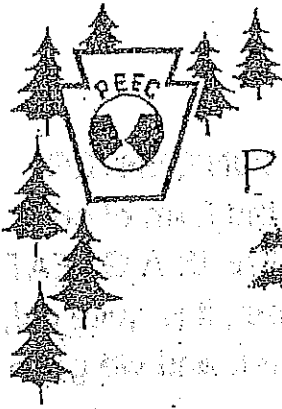
CHILD'S NAME _____ HR# _____

_____ The ~~\$170.00~~ payment is enclosed. Please make checks out to PAXON
HOLLOW PTO/PEEC.

PEEC INTRODUCTION

Why go to the POCONO ENVIRONMENTAL EDUCATION CENTER (PEEC)? The answer to this question can be given in the form of one simple sentence: WE GO TO PEEC BECAUSE NATURE IS A GREAT TEACHER. Now this is not an original statement. In fact, it is quite old, but age does not make it less true. Nature is a great teacher, and we go to PEEC to learn from her.

In school we do not get much of an opportunity to relate to nature except through books and films. The reason for this outdoor education program therefore, is to expose our students to this other important world of education. The facts and methods learned in the classroom will be applied in the field to emphasize the fact that what you have learned does not have its beginning and end in the classroom. Each thing that you learned is not a separate item in itself, but actually an important part of a greater whole called KNOWLEDGE



PEEC's Educational Goals

PEEC's Environmental Study Goals

- A. To develop in people an awareness of the concern about the environment through formal and non-formal education.
- B. To help people acquire the knowledge, skills, attitudes, motivation, and commitment to enhance the quality of the environment.

PEEC's Environmental Education (EE) Objectives

- A. **Awareness:** To help individuals and social groups acquire a strong feeling of concern for the environment and the motivation for actively participating in its protection and improvement.
- B. **Knowledge:** To help individuals and social groups acquire a basic understanding of the total environment, its associated problems, and humanity's critically responsible presence and role in it.
- C. **Attitude:** To help individuals and social groups acquire social values and the ability to make sound choices while developing in them a sensitivity to the environment.
- D. **Skills:** To help individuals and social groups acquire the skills for solving environmental problems.
- E. **Evaluation:** To help individuals and social groups evaluate environmental measures and education programs in terms of ecological, political, economic, social, and educational factors.
- F. **Participation:** To help individuals and social groups move toward taking the necessary action to resolve environmental problems.

PEEC's Environmental Education (EE) Guidelines

- A. EE is total education in a total environment - natural and man-made, ecological, technological, social, cultural, and aesthetic.
- B. EE is a continuous life-long process both formally in school and non-formally out of school.
- C. EE is interdisciplinary.
- D. EE emphasizes people's direct involvement to prevent and solve problems.
- E. EE examines issues from a global perspective while accommodating for regional differences.
- F. EE focuses on current and future environmental situations.
- G. EE examines all development and growth from an ecological perspective.
- H. EE promotes local, national, and international cooperation to help solve environmental problems.

PEEC Activity Descriptions

(E= Elementary ~ M= Middle School ~ H= High School ~ A= All)
(Most lessons run 1.5 hrs. Optimum group size is 12-15 student participants.)

SCIENCE/NATURAL HISTORY

Astronomy (M,H) – Students study the stars, the moon, and the planets in the night sky during this indoor/outdoor class. Topics of interest may also include constellations, the Milky Way, and moon phases.

Bat Study (E,M) – This lesson will cover the myths and misconceptions about bats and show students how important these creatures are to humans. The lesson also includes information on White Nose Syndrome. Activities will explore the beneficial aspects of bats, adaptations, predator/prey relationships, and life histories.

Beaver Study (E,M) - An exploration into the world of beaver adaptations and life-styles. Students learn the importance of beaver presence in wetland habitats and the effects of human interaction on beaver survival. Field studies allow students the opportunity to observe signs of beaver at PEEC.

Birds (E) – An introductory class on what special characteristics birds have, what we can know about birds based on their characteristics, and why birds can fly. Students will observe common birds at our feeders or outside on a trail.

Eco Zone (A) – Explore and discover this unique “hands-on” room that is filled with different life-sized animal habitats (including a bat cave, a beaver lodge and eagle’s nest), sustainable living ideas, and interesting animal displays. What was once the indoor pool at PEEC’s Main Building has been totally transformed! Eco Zone is perfect for any age, any time of year.

Environmental Promise Tree (M) – This is a nice finishing activity that will help with carrying your PEEC experience back to home and school. Participants will learn about and select an action they can take to reduce their impact on the environment. The environmental “promise” will be written on a “leaf” to be attached to a mural of a tree. This mural can be displayed at school to help share the PEEC experience with other students.

Forest Ecology (M,H) – PEEC’s campus provides an ideal outdoor classroom for students to observe different forest communities. Students will learn about common trees in this region, the structure of forests, concepts of forest succession, and forest dynamics.

Geology (M,H) – Students will learn about the geologic history and processes that have shaped this region. Students will also learn about plate tectonics and the formation of fossils. Emphasis will be placed on understanding glacial processes and the landscapes glaciers leave behind them. For an additional charge, add a trip to a local Quarry to search for fossils. See Quarry under Field Trips.

Habitat Study (E) – Intimately explore the four basic categories of habitats; field, forest, edge, and aquatic. Compare their ecological, geological, and organic characteristics.

Interpretive Hikes (A) – The PEEC campus contains 6 hiking trails ranging in length and difficulty. All trails have corresponding interpretive brochures. Hikes can be led by your staff or a PEEC instructor.

- **Two Ponds**— Students can become familiar with the aquatic aspects of PEEC along the 1.4 mile Two Ponds trail.
- **Scenic Gorge**— Explore the 1.5 mile Scenic Gorge trail for a tour of a beautiful hemlock ravine.
- **Fossil Trail**— The 1.03 mile Fossil Trail provides a geological journey with a look into a fossil bed containing ancient marine life forms.
- **Tumbling Waters**— The most scenic of trails is the 3.01 mile Tumbling Waters trail which follows various terrains and leads hikers to a gorgeous waterfall. (2 Class Time Blocks)
- **Ridgeline Trail**— The longest trail at PEEC is the 3.63 mile Ridgeline Trail, which provides hikers with views of many different habitats. (2 Class Time Blocks)
- **Violet Trail for Everyone**— The wheelchair and stroller-friendly Trail for Everyone (Violet Trail) meanders around PEEC's lower campus wetland with easy access to both pavilions and the outdoor fireplace. Benches along the trail provide spots to rest & reflect.

Night Hike (A) – Students will take a walk in the darkness and learn through activities about night vision, human and nocturnal animals' nighttime adaptations and will experience the woods at night without flashlights.

Pond Ecology (A) – This hands-on class focuses on a pond as a unique habitat and the creatures adapted to living in a lentic water system. Students will also be able to learn how pond creatures can be used as biotic indicators in determining pond water quality.

Stream Ecology (A) – This lesson focuses on the ecological study of one of the PEEC streams, its organisms, adaptations, metamorphosis, food webs, stream flow, riparian ecology, and water quality. This lesson can be extended to include water testing kits.

Sustainable Design (M,H) – Join us for a tour of the sustainable practices on the PEEC campus and a discussion of what sustainability means for individuals and communities.

Town Meeting (M,H) – Students simulate a meeting of community members with different interests in a piece of public land and try to convince the 'panel' that their interest in the land's use is the best use of the property. Develops individual opinions, personal values, and an understanding of how land-use decisions can be made.

Tracking and Stalking (M,H) – Students learn about tracks and signs of many different animals through observation and investigation. They will also learn how to control one's breathing, balance, and patience in order to get a closer look at animals.

Watershed Study (M,H) – Students will gain an understanding of the concept of a watershed through hands-on activities. Focus is on how the characteristics of, and activities in, a watershed affect stream life and water quality and on the importance of watersheds in environmental issues and land management. Discussion will include consideration of the watershed where you live.

Wildlife Study (A) – Students will learn to identify wildlife and signs of wildlife through hands-on learning inside and outside of the classroom. Focus is placed on understanding habitat, human impacts, and relationships between wildlife and their environment. Up-close examination of skins and skulls may be included.

Winter Ecology (A) – Students learn about the adaptations that plants and animals have developed in order to stay alive in the winter. An exploration into topics such as hibernation, dormancy, and migration allows students the chance to understand what happens to the natural world in the winter. Other topics may include winter tree identification and snow studies.



RECREATION AND ART ACTIVITIES

Campfire (A) – A PEEC staff person will prepare a fire for your group. With advance notice, this time can include a fire-building lesson and/or a discussion of “Leave No Trace” responsible fire practices. Bring your own campfire song book! S’mores available upon request for a small fee.

Canoeing (M,H) – An introduction to canoeing basics (equipment, safety, and paddling techniques) followed by a paddling outing on one of PEEC’s ponds. Available May through October, weather permitting.

Confidence Course (M,H) – Our low rope elements are personal challenge-based while our teambuilding courses are group-challenge based. They build trust, self confidence, and accomplishment within students as their peers keep them safe through proper “spotting.” Ages 10+

Discover PEEC Scavenger Hunt (A) – Get to know PEEC by going on a scavenger hunt. A great way for visitors to become familiar with their new surroundings!

Digital Scavenger Hunt (A) – A new spin on the traditional scavenger hunt! By using digital cameras or cell phone cameras to capture the finding of scavenger hunt articles, we can reduce the use of paper for this activity.

Intro to Camping (M,H) – The focus of this session is on how to plan and prepare for spending time outdoors, such as factors to consider if you plan to do a day hike or an overnight trip. Topics/ activities may include Leave No Trace Principles, fire building, knot tying, setting up a tarp, cooking outdoors, how to read a trail map and use a guide book.

Map Reading (E) – Learn the basics of map reading by interpreting different colors and symbols, understanding the four cardinal directions, and finding one’s way from one place to another. This activity will utilize the PEEC Campus map and students will find their way to landmarks on campus by using the map.

Nature Journaling (M,H) – Participants are encouraged to write or draw about their experiences in nature through a sequence of guided activities. Students can make or bring journals and use them to record observations, explorations, and values about the natural world. Journaling can be linked into many of the other program offerings.

New Games (A) – Students will run, laugh, roll, and expend energy with active, noncompetitive games. This session provides students with a fun way to work on group cooperation, coordination, and concentration! This can be done as one large group (for example, upon arrival at PEEC) or in smaller learning groups.

Orienteering (M,H) – Students are taught how to use a map and compass to find orienteering markers on one of PEEC's 3 orienteering courses. This is an empowering lesson for anyone who wants to spend time hiking or traveling outdoors. Students increase confidence within themselves and their group.

Sensory Awareness (E,M) – Various activities help students understand the importance of using the senses they typically do not rely on, as well as building confidence and trust.

Team Building (M,H) – A series of challenges which promote team building, cooperation and decision making within a group. Students need to work together in order to accomplish the task with minimal help from teachers or staff. Ages 10+. To extend your team building experience, or for younger students, group initiatives are available.



PEEC Store (A)- Don't forget to schedule a time for your students to stop at our store to pick up PEEC t-shirts, hats, bags, stuffed animals, field guides, and natural history books, as well as toiletries that may have been forgotten.

Medication Policy for PEEC

In order to assure that medications are safely administered during PEEC, the following medications procedures must be strictly followed.

Parent/Guardian must bring all medications to school the morning of PEEC, not the student. All medication must be administered by the PEEC nurse. Students are not permitted to self-medicate with the exceptions of EpiPens and asthma inhalers.

1. All prescription medication is to be provided in the **original pharmacy prescription** container. A **signed medication order** from the health care provider **MUST** accompany all medications. The label does not suffice.

2. OTC (over the counter) medications must be in **original** containers.

3. A note from the parent must accompany all medications and include the following information:

*Name of student *Name of medication *Instructions for administration *Parent/Guardian signature.

4. Parents must pick up prescription medications from the PEEC nurse upon return to school. They will not be given to the student.

The following OTC medications will be available to your student if needed and do not need to be sent from home. Parent/guardian must give permission on the PEEC medical form for these medications to be given:

Acetaminophen (generic Tylenol) - chewable, liquid, and tabs

Ibuprofen (generic Advil, Motrin) – chewable, liquid, and tabs

Tums

Cough drops

Benadryl – liquid and capsules

Bactine

Caladryl

EpiPens and Asthma Inhalers

It is preferred that EpiPens and inhalers are with the students at all times. These medications may be self-administered. Please make sure that they are securely labeled with your child's name and that they are not expired. Please register them with the nurse the morning of PEEC and she will make sure that they stay with your child. If possible please provide the nurse with a back up in the event of loss. A suggestion would be to have a fanny pack that can be carried by your child around their waist during activities. This could be carried by the student at all times.

PLEASE NOTE THAT MEDICATIONS WHICH ARE NORMALLY KEPT IN THE HEALTH OFFICE WILL NOT BE DISPENSED FROM THE HEALTH OFFICE FOR THIS TRIP.

ELIGIBILITY REGULATIONS

Any student who has failed 2 or more subjects for the first semester will not be permitted to attend the PEEC trip. If it is found that a student is in danger of failing the school year he/she will not be permitted to attend this trip.

Any student who has accumulated 10 or more disciplinary points will not be permitted to attend this trip.

A student will not be permitted to attend this trip if he/she has an attendance problem.

***** The initial deposit for the PEEC trip is nonrefundable *****

Suggested Packing List for PEEC

Comfortable, practical footgear is essential. Shoes should be sturdy. Sneakers can be useful for recreation, but are not recommended for outdoor wear.

A complete set of waterproof gear is recommended, especially water and mud proof boots.

Label all personal items.

Valuables such as jewelry, radios, cell phones and large sums of money should be left at home.

- sleeping bag or bed-roll (1 blanket/2 sheets)
- pillow and pillow case
- 1 bath towel/1 wash cloth
- toothbrush/toothpaste
- soap
- shampoo - conditioner
- deodorant
- comb - brush
- pajamas
- underwear (several changes)
- 2 pair of pants
- 3 shirts
- 6 pairs of socks
- 2 pairs of shoes -- 1 for hiking
- 1 pair of shower shoes (flip flops)
- raingear: boots, raincoat, poncho
- jacket
- sweatshirt or sweater
- hat, gloves
- laundry bag
- chapstick
- kleenex
- disposable camera
- water bottle
- lunch (including drink) for Wednesday

You will discuss who brings the following items with your cabin chaperone

- alarm clock (1 per cabin)
- hair dryer
- trash bags
- bug spray - (off)

PEEC MENU

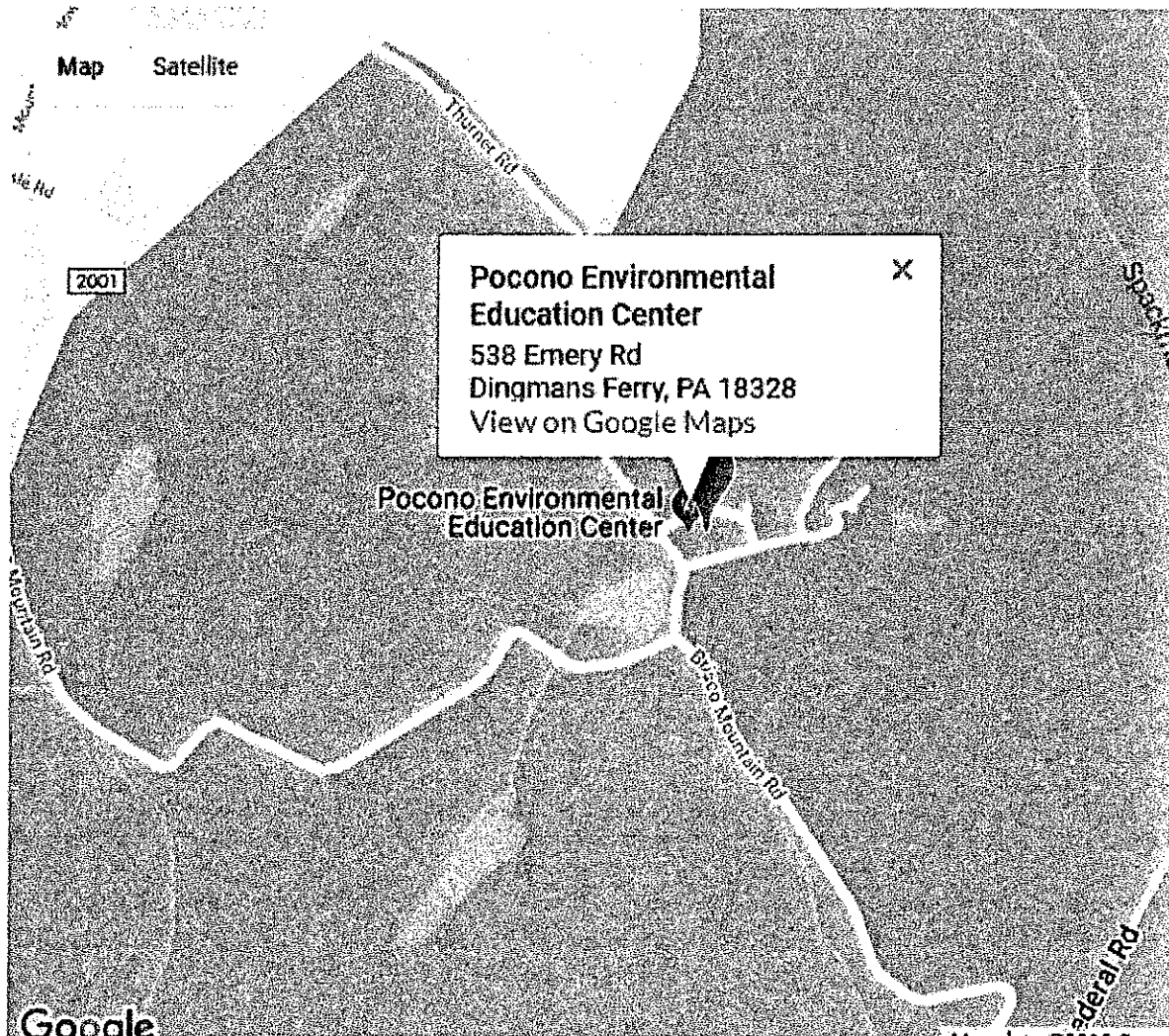
	BREAKFAST	LUNCH	DINNER
W E D			Chicken Fingers Curly Fries Veggie Fruit Dirt Cups
T H U R S	Pancakes Sausage Cold Cereal Fresh Fruit	Hamburgers Chips Fruit Salad	Pasta Meatballs Dinner Rolls Salad Ice Cream Sandwiches
F R I	Scrambled Eggs Bacon Bagels Cold Cereal Fresh Fruit	Pizza Homemade Soup Salad Fruit	

Assorted beverages available at all meals.

DRIVING DIRECTIONS

The Pocono Environmental Education Center is located in northeastern Pennsylvania, approximately 20 miles from the junction of Pennsylvania, New York, and New Jersey, near the town of Dingmans Ferry. PEEC is within the borders of the Delaware Water Gap National Recreation Area.

GPS Users: Please note that GPS navigation can be unreliable in this area. Our street address is 538 Emery Road, Dingmans Ferry, PA 18328. We are located at the intersection of Emery Road and Brisco Mountain Road. For best results, please make certain that your GPS route follows the driving directions below.



FROM PHILADELPHIA, PA:

Take the Blue Route (476) to NE Extension; look for Exit 56 to Route 22 E. Take 22 E to Route 33 N toward the Poconos and Stroudsburg. Route 33 will merge with Route 209. Follow signs for Interstate 80 E. Take Route 80 E to PA Exit 309 for Marshalls Creek/Route 209. Follow Route 209 N for approximately 17 miles. You will see the sign for PEEC between mile marker 8 & 9 on Route 209 directly across from the turn. Turn left onto Brisco Mountain Road. At the top of the hill, bear right at the stop sign and PEEC will be on your right. (Approximate 2 hour travel time)