

NINTH GRADE PROJECT WEEK 2017

ITINERARY FOR CAPE COD TRIP SEPTEMBER 5-7

TO: Ninth Grade Students & Parents

FROM: The Ninth Grade Team (Liam Considine, Deb Riding & Megan Williams)

We are looking forward to our trip to Cape Cod! We are certain that you will find the trip an exciting and rewarding start to what promises to be a very special year. This letter provides important information for our Project Week experience, notably the itinerary, packing list, trip rules and contact information. Please review it carefully as you prepare for the trip.

Tuesday, September 5

9:00 a.m.	Departure by coach bus and travel to Cape Cod (with a stop for lunch)
2:00 p.m.	Arrival at Cape Cod Sea Camps in Brewster, MA; unload bus and set up in cabins
2:30 p.m.	Depart for Provincetown, MA for whale watch
4:00-7:00 p.m.	Whale watch
7:30 p.m.	Dinner in Provincetown
9:00 p.m.	Return to Cape Cod Sea Camps
10:00-10:30 p.m.	Get ready for bed
10:30 p.m.	Lights out

Wednesday, September 6

7:30 a.m.	Breakfast at camp
8:00-9:00 a.m.	Preparation for bike trip
9:30 a.m.-3:30 p.m.	25-mile bike trip on the Cape Cod Rail Trail from Brewster to Eastham <i>rain or shine</i> (begin in Brewster, with a stop at the National Cape Cod National Seashore Visitor Center, lunch at The Lobster Shanty, and a swim at Coast Guard Beach before returning to Brewster and the camp)
4:00 – 6:00 p.m.	Pool Time
6:30 – 7:30 p.m.	BBQ dinner at camp
7:30 – 9:30 p.m.	Class meeting and group activities, followed by campfire on the beach
10:00 – 10:30 p.m.	Get ready for bed
10:30 p.m.	Lights out

Thursday, September 7

7:00 a.m.	Breakfast at camp
8:00 a.m.	Depart for kayaking in Nauset Marsh
11:00 a.m.	Return to camp and pack
12:00 p.m.	Depart for New Haven
3:30 p.m.	Arrive at Foote

(PLEASE TURN OVER)

NINTH GRADE PROJECT WEEK 2017

CHECK LIST FOR CAPE COD TRIP SEPTEMBER 5-7

What to bring:

- Money for snacks and perhaps a few souvenirs (\$10 - \$20)
- Sleeping bag (pillows and pillowcases are provided)
- Towels (beach and bath towel) and toiletries
- Clothing – be prepared for all sorts of weather. We recommend an extra pair of shoes, a sweater or sweatshirt, rain jacket, shorts and long pants, sleeping attire and swimsuit.
- Small backpack to use when biking (helmets and bicycles are provided by Brewster Bike Rental)
- Water bottle
- Sunscreen and bug repellent
- Flashlight
- Optional: binoculars, camera, cell phones are ok

Please do *not* bring iPods or similar electronic devices. iPhones are allowed.

***Please note that your child's Emergency Consent Form, Medical Information Form and Student Health Office Treatment Form (with parent and physician's signatures) must be received for your child to participate in Project Week. These forms were sent to you in May. If you need additional copies of these forms, please go to our website.**

***Students may carry emergency Epipens and inhalers with the approval from both physician and parent indicated on the Authorization to Administer Medication Form. All other medications your child may need MUST be given to your child's advisor along with the appropriate medication authorization form.**

Contact Info:

Foote School: (203) 777-3464

Megan Williams' cell: (609) 424-2712

Liam Considine's cell: (203) 645-5118

Deb Riding's cell: (203) 645-2663

Eric Einbinder's cell: (856) 313-8302

Cape Cod Sea Camps: (508) 896-3451