

# **SOUND TO SEA**

**Trinity Environmental Education Program**



# **Day Program Planning Guide**

[www.trinityctr.com/soundtosea](http://www.trinityctr.com/soundtosea)

## **About this Planning Guide**

This Trinity Sound to Sea Environmental Education Day Program Planning Guide will no doubt answer most (but not all) of your questions about your school's upcoming trip to Sound to Sea. Please call us with any questions you might have and we'll be glad to help. Phone us at (252) 247-5600 or (888) 874-6287 8am to 5pm Monday-Friday.

The Trinity Center and Sound To Sea would like to thank Barrier Island Environmental Education Program, Betsy-Jeff Penn 4-H Educational Center Environmental Education Program and Nature's Classroom, Inc. who have provided invaluable information, some of which has been adapted and incorporated into this Sound to Sea Planning Guide.

The Trinity Center would also like to express thanks to the late Bishop, The Rt. Rev. Sidney Sanders, D.D. former Executive Director F. Michael Morgan and former Program Director Barbara Jo White who worked tirelessly to create the Sound to Sea Environmental Education Program. We would also like to express appreciation to Bishop, The Rt. Rev. Clifton Daniel 3<sup>rd</sup> and the Executive Council of the Episcopal Diocese of East Carolina with whose support and assistance the Sound to Sea Environmental Education Program continues to educate thousands of youth annually.

# Contents

## **Sound to Sea Program Information**

Goals.....	1
Organization .....	2
Curriculum.....	2-5

## **Guidelines for Teachers**

Getting Your Students for their Learning Experience.....	6
Distributing Information to Students and Parents .....	6
Mandatory Pages to be Photocopied .....	6
Recommended Pages to be Photocopied .....	6
Dividing Students into Groups .....	6
Habitat Study Groups .....	6
Finding Chaperons.....	6
Medical Care .....	7
Emergencies.....	7
Special Dietary Needs and Birthdays .....	7
Planning Timeline and Deadline Checklist .....	8
Form - Habitat Study Group Assignments .....	9
<b>REQUIRED FOR PARTICIPATION:</b> Emergency Contact Form .....	10

## **Information and Responsibilities for Teacher and Chaperons**

Transition Time .....	11
Large Group Control .....	11
Picnic Lunch.....	11
Class Supervision .....	12
Being on Time .....	12
Discipline Policy .....	12

## **Information for Students**

Dear Student (letter) .....	13
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## **Information for Parents**

Dear Parents (letter).....	14
Information for Parents.....	15
Preparing for the Trip (packing list).....	16

## **Trinity Center Sound to Sea Map.....**

## **Directions to Trinity Center.....**

# Sound to Sea Program Goals

The Sound to Sea Program will help students understand why and how we are tied to the earth. Through the Biology, Cultural or Current Events Program options, students will have the opportunity to learn about the unique adaptations of the plants and animals that live on a barrier island, how man has used these plants and animals throughout history, or how the loss of this amazing biodiversity is harmful to human health. Baba Dioum, an African Naturalist, explains the situation most elegantly “In the end, we will only conserve what we love. We will only love what we understand. We will only understand what we are taught.” We want the Sound to Sea Program to be the first step in this chain.

## **To increase awareness of the human community**

In addition to recognizing the ecological communities across the island, students and teachers further explore their human community. By interacting with groups at the dining table and in cabins or classes, students begin to value their place within a community and realize how one individual affects others.

## **To introduce students and teachers to a variety of habitats typical of a North Carolina Barrier Island**

Many students have never seen the sound, salt marsh, freshwater pond, maritime forest or beach habitats. Being able to walk from the sound to the sea, in a matter of minutes, and see the complex ecosystems they learn about in school has a tremendous impact on students.

## **To apply classroom learning in a practical way**

Students often find it difficult to understand how and where they can apply school subject areas outside the classroom. In order to determine the salinity of the water of Bogue Sound, students use math skills to read the hydrometer and various charts. From the water cycle to plant characteristics, students make connections between what they have learned in school and what they experience at Sound to Sea.

## **To enhance relationships between adults and students**

Imagine students supporting a teacher up the 10-foot wall at the challenge course. While interacting outside the classroom setting, students and teachers form lasting healthy relationships. Even planning the trip unites a classroom group as they pursue a common goal.

## **To stimulate personal growth--students develop a sense of independence and responsibility**

For many children Sound to Sea is a first experience away from home for an extended period of time. In an atmosphere of support and encouragement, students help each other adapt to their new habitat, and individually begin to assume responsibility for their behavior and personal belongings. This contributes to the tremendous growth students experience at Sound to Sea.

# Sound to Sea Program Organization

Sound to Sea is a non-profit educational service for public and private school youth, their teachers and other supervising adults. The program is sponsored by Trinity Center, a camp and conference center owned and operated by the Episcopal Diocese of East Carolina. Trinity Center developed Sound to Sea as an earth stewardship outreach ministry. The classes and hands-on activities appeal to students from a wide range of capabilities and backgrounds.

In addition to 3 and 6-hour day programs, Sound to Sea offers both multi-day programming, and over night programs from two to six days in length and can tailor programs to various grade levels.

## Facilities

All Sound to Sea programs are held on site at Trinity Center, located on Rt 58, 7 miles west of Atlantic Beach, on Bogue Banks. Trinity encompasses approximately 60 acres of salt marsh, maritime forest, freshwater pond, sand dunes and 1/3 mile each of sound and beach front.

The beach pavilion, an open air shelter big enough for large group activities, is a wonderfully scenic place to base most day programs. In case of inclement weather, there are two indoor classrooms, adjacent to the beach.

## Staff

The resident Trinity Sound to Sea staff includes the Program Coordinator and a teaching staff of 9 college graduates. The teaching staff work with groups of 12 or less students. Trinity Center's Program Director maintains overall supervision and creative direction of the Sound to Sea Program. Trinity Center also maintains full-time administrative, food service and maintenance staffs, which provide support to all Sound to Sea programs.

# Sound to Sea Curriculum

Sound to Sea is always excited about the opportunity to teach students more about their natural environment. The hard part about helping students understand science is that a lot of scientific concepts, while interesting to us as educators and environmentalists, seem dry and confusing, and all too often boring, to students.

One of the most wonderful things about outdoor environmental education is that whatever we as educators try to teach, nature can do better. Just being in the habitat which is being discussed makes the subject much more immediate to the students. Working in small groups, Sound to Sea Instructors take a dry, yet important, subject like population dynamics and create a running game where the students take on the part of an animal or its predator. By running around the field, imitating their animal, they learn to understand the factors involved in the growth and decline of animal populations. As one student wrote, "I had so much fun, I didn't even notice I was learning."

## 3-hour Group Challenge Course

Explore your human community with Trinity Center's professionally-designed Group Challenge Course. With trained staff as facilitators, participants discover how to function as a group by employing creative problem-solving techniques. Groups meet unforgettable physical challenges by working together, by depending on each other, and by recognizing each group member's unique contributions. These group-building skills travel back to school to strengthen the classroom, work or group community. The Group Challenge Course promotes interdependence among group members and promotes the idea that any group can become more effective at problem-solving.

## 3-Hour Environmental Program

Students will explore the sound and salt marsh as they learn about the concept of the nursery of the ocean. They will learn about the adaptations of fish, crabs and various plants that live in the salt marsh. They will also have the opportunity to go to the beach and learn about barrier island formation and movement and that beach erosion is a natural part of that process. They will learn about the adaptations of various animals that live in the subtidal, intertidal and supratidal zones of the beach.

**Group Size:** Group size is limited to between 8 and 12 individuals.

**Group Makeup:** To ensure a productive learning environment, school age children should vary in age by no more than 2 grade levels. We will be happy to set up intergenerational programs.

**Availability:** There are only a limited number of weekday and weekend programs available. Calling early is recommended, though we cannot guarantee availability.

**Please choose up to two of the following classes as part of your three-hour program.**

### **Barrier Island Ecology**

1 ½ -3 hour class. Stroll from the sound to the ocean with our staff naturalist, as you visit five dramatically different habitats and we highlight the island's geologic past. Available for grades 9-12 and adult groups.

### **Beach Walk and Turtle Talk**

1 ½ hour class. Join our staff naturalist for a relaxed and informative look at the plants, animals and shells of this fragile habitat and a discussion of North Carolina's endangered sea turtles. Available for grades 1-12.

### **Birds of Prey**

1 ½ hour class. Showcases our live birds of prey with added lessons covering properties of air, mechanics of flight, and bird adaptations. Available for grades 1-8.

### **Maritime Forest Exploration**

1 ½ hour class. A botanical tour through our coastal woodland features an array of unusual wild edibles, which we'll sample at the end of the program. Available for grades 1-12 and adult groups.

### **Sound Exploration**

1 ½ hour class. We'll use dip nets to discover what lives in our Sound and get wet in the process. Available for grades 1-12 and adult groups.

### **Beach Exploration**

1 ½ hour class. Learn about the beach habitat, the animals and plants that live on it, and some of the issues that are challenging the beach today. Available for grades 1-12.

### **Pond Exploration**

1 ½ hour class. Use dip nets to explore and learn about the plants, animals and insects that live in and around the freshwater pond. Available for grades 1-12.

### **Coastal Native Americans**

1 ½ hour class. From hide tanning and natural fiber rope making to hunting and fire starting, we'll demonstrate the life skills of the earliest North Carolinians. Available for grades 3-8.

### **Whales and Whalers**

1 ½ hour class. Hands-on activities and incredible stories illustrate topics from whale biology to ship- and shore-based whaling. Available for grades 1-8.

### **Group Challenge Course**

1 ½ hour class. Explore your human community with Trinity Center's professionally-designed Group Challenge Course. With trained staff as facilitators, participants discover how to function as a group by employing creative problem-solving techniques. Groups meet unforgettable physical challenges by working together, by depending on each other, and by recognizing each group member's unique contributions. These group-building skills travel back to school to strengthen the classroom, work or group community. The Group Challenge Course promotes interdependence among group members and promotes the idea that any group can become more effective at problem-solving.

## **Full-Day (6-Hour) Environmental Program**

Students will participate in a Barrier Island Ecology Class. This component introduces students to the barrier island habitats, geological history, basic ecological concepts and general habitat study skills that are reinforced throughout the entire program. Sound to Sea instructors encourage exploration and present various ecological concepts, such as habitats, cycles, communities, populations, species or food webs. Groups then enjoy 3 classes on chosen focus topics. Topics include classes on the Sound/Salt Marsh, Beach/Ocean, Freshwater Pond, Maritime Forest, Dissection or Group Challenge Course.

**Group Size:** Group size is limited to between 8 and 12 individuals.

**Group Makeup:** To ensure a productive learning environment, school age children should vary in age by no more than 2 grade levels. We will be happy to set up intergenerational programs.

**Availability:** There are only a limited number of weekday and weekend programs available. Calling early is recommended, though we cannot guarantee availability.

**To create a full-day schedule, you will begin with Barrier Island Ecology class and may choose up to three other classes from the following list. Program times can vary, so please discuss possible programming options with the Trinity Center Program Director.**

### **Barrier Island Ecology**

1 ½ - 3 hour class. Stroll from the sound to the ocean with our staff naturalist, as you visit five

dramatically different habitats and we highlight the island's geologic past. Available for grades 9-12 and adult groups.

### **Beach Walk and Turtle Talk**

1 ½ hour class. Join our staff naturalist for a relaxed and informative look at the plants, animals and shells of this fragile habitat and a discussion of North Carolina's endangered sea turtles. Available for grades 1-12.

### **Birds of Prey**

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1 ½ hour class. A botanical tour through our coastal woodland features an array of unusual wild edibles, which we'll sample at the end of the program. Available for grades 1-12 and adult groups.

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1 ½ hour class. We'll use dip nets to discover what lives in our Sound and get wet in the process. Available for grades 1-12 and adult groups.

### **Beach Exploration**

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# Guidelines for Teachers

## Getting your Students Ready for their Learning Experience

It will enhance your students learning experience at Sound to Sea if they are taught some basic vocabulary before their trip. The more vocabulary your students have ahead of time, the more information they can assimilate while they are here. It will also help them understand in advance some of the concepts they will be learning.

## Distributing Information to Students and Parents

You may choose to photocopy any or all of this booklet, or adapt the information and write your own letter to parents, etc. (The information on the Emergency Contact Form on Page 10 is required for Sound to Sea Participation. We will accept the emergency contact information in any format, as long as all the requested information is included.)

## Mandatory Pages to be Photocopied

Emergency Contact Form (We will accept the same information in another format)

## Recommended Pages to be Photocopied

Dear Student (letter)

Dear Parents (letter)

Preparing for the Trip (packing list)

Information for Parents

Information for Teachers and Chaperons

## Dividing Students into Groups

There are a number of factors to consider when dividing students into Habitat Study Groups including: choice; gender; cliques; rowdiness; and whether there will be the opportunity for the groups to get together as working groups back at school, etc.

## Habitat Study Groups

Teachers should divide students into Habitat Study Groups based on the number provided by the Program Director or Program Coordinator. Generally, there will be twelve or fewer students in each Habitat Study Group. If you find your group has gone up or down in the number of students please contact the Program Coordinator or Program Director right away. If your numbers have dropped by more than a couple of students, you need to tell us as soon as possible to avoid a penalty. If they have gone up by more than a couple, we need to know right away to see if there are enough Sound to Sea Instructors to teach your group.

## Finding Chaperones

Parents are often willing to serve as chaperones for the school group. You should have a chaperon meeting before you come on your field trip. You can use the “Information for Chaperones” pages to help make the chaperons aware of the school and Sound to Sea discipline policies before they arrive. This will also help them understand their roles and duties while they are here at Trinity Center. If you have a large number of chaperones, please make a schedule so that all the chaperones are equally involved in the program.

## **Medical Care**

Sound to Sea will not provide any major medical service or medication administration while school students are attending Sound to Sea programs. Sound to Sea Instructors will have First Aid/CPR training and will treat minor first aid issues that occur during class. School chaperones will be responsible for administering any medication students bring from home and non-class time minor first aid issues. School chaperones can handle medical emergencies by taking students to area medical facilities and/or calling Emergency Medical Services.

## **Emergencies**

Schools should bring at least one cell phone to be used in case of emergency. If there is an emergency, you can call 911 directly. The Rescue Squads in Salter Path and Pine Knoll Shores are both less than 3 miles from Trinity Center, and the average response time (over the last 5 years) after the initial call has been approximately four minutes. The local squads are very familiar with the property and conduct some of their driver training here.

## **Special Dietary Needs and Birthdays**

If you are having a box lunch at Sound to Sea, every effort within reason will be made to accommodate students and adults with special dietary needs or restrictions. Please let us know if there are any dietary issues when we set up your program. If any special need originates during your stay at Sound to Sea, alert the Program Director or Program Coordinator as soon as possible.

## Planning Timeline

<b>6 months - 1 year</b>	School contacts Trinity Center to reserve date. School receives contract and sends it back to Trinity Center with deposit. Sound to Sea sends Day Program Planning Guide.
<b>5 months</b>	Teacher team begins planning program and fund-raising strategy. Schedule and hold meetings with chaperons, parents and students.
<b>3 months</b>	Start preparing students for their learning experience, begin collecting information for the Emergency Contact Form. Send out the letters included in this packet to parents, students and chaperones.
<b>14-30 days</b>	PLEASE call Trinity Center with <b>your Guaranteed Number of Reservations</b> before the 14-day mark. You may add participants at this time only if space and instructors are available. Each added reservation will become part of your guaranteed number. If you do not specify otherwise, your contracted number will be your guaranteed number. The Trinity Sound to Sea Environmental Education Program will request payment for the guaranteed number of students, regardless of the number that actually attend the program. Divide students into Habitat Study Groups. Continue collecting money and information for the Emergency Contact Form and preparing the students for their learning experience.
<b>12-14 days</b>	The Program Coordinator will contact you to confirm final numbers, arrival and departure times, program goals, method of transportation, food allergies or issues (if applicable), and special needs. If you are not going to be available during this time frame, please contact the Program Coordinator prior to this date to go over this information.
<b>7 days</b>	Review Habitat Study Groups with students. Go over vocabulary and concepts relating to the program. Review schedule, procedures and guidelines. Make sure you have Emergency Contact Information for every student, teacher and chaperone attending the program.
<b>Departure Day</b>	Assign students to vehicles. Pack vehicles and have a safe trip here. Bring 2 copies of habitat study groups and 1 copy of Emergency Contact Form.

### Deadline Checklist

<b>14 days prior to session</b>	Confirm total group number with Trinity Center; this is your Guaranteed Number. Without this information, your group may incur a penalty charge (See Sound to Sea Contract).
<b>Turn in upon arrival</b>	Emergency Contact Form, habitat group lists, check for remainder of program cost.

**Fill out before arrival to the Sound to Sea Program  
Habitat Study Group Assignments**

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# EMERGENCY CONTACT FORM

(REQUIRED FOR SOUND TO SEA PARTICIPATION)

<b>Name</b>	<b>Address</b>	<b>Emergency Phone #s</b>	<b>Issues</b> (Activity Restrictions, Special Health Concerns, Allergies (including Food, Environmental, Medication) or Chronic Illnesses (Asthma, Seizures etc.))
		<b>Home:</b>	
		<b>Work:</b>	
		<b>Cell:</b>	
		<b>Home:</b>	
		<b>Work:</b>	
		<b>Cell:</b>	
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# Photocopy and Give to All Chaperons (2pgs)

## Information for Teachers and Chaperons

The Trinity Sound to Sea program is designed to benefit all participants equally – teachers, chaperons and students. The time you spend here should be pleasant and valuable. Teachers and chaperons play an important role by supporting and participating in their students' learning. And chaperones can enjoy the opportunity to watch students grow intellectually, and as a team. Please read the following paragraphs carefully so that you fully understand your roles and responsibilities in the Sound to Sea community.

### Responsibilities

#### Transition Time

**Students should not be alone at any time while on Trinity Center Property.** When students are at classes they will always be in eyesight and earshot of a Sound to Sea Instructor. But there is a transition time between each class when the Sound to Sea Instructor has 15 minutes to clean up from the last class and get ready for the next class. It is very important for you to be with the students for transition time. Sound to Sea Instructors cannot prepare for their next class until there is another adult present. Please help us enforce this safety policy; it is for the safety of your students and your school.

#### Large Group Control

It is sometimes difficult to keep groups quiet for large group introductions and conclusions. Please help the Sound to Sea Staff by attending programs and helping to discipline students if they are talking or acting inappropriately.

#### Picnic Lunch (If you are having lunch at Sound to Sea)

In order for us all to enjoy a relaxing meal, it would be helpful if teachers and chaperons could help us enforce our **Meal Time Rules** which include the following:

- Students must sit the entire time they are eating
- They can get up and move around **AFTER** they finish eating, but there should be no running.
- If you are having lunch in the beach pavilion, the students may sit or kneel on the benches, but should not stand on the benches or railing.
- When they are eating, remind students that if it is windy, their trash will easily blow off the pavilion, and onto the dunes. They should keep an eye on all paper and plastic garbage.
- **RECYCLE!** There are separate bins for trash and aluminum cans. Make sure that they put the right thing in the right place.
- Don't throw anything off the pavilion. Particularly **FOOD AND DRINK**. This will attract scavenging animals, and seagulls. It may seem like an exciting thing to have the seagulls come to the pavilion, but they multiply in numbers rapidly, and can be aggressive and annoying.

#### Class Supervision

We hope that you will come to all of our classes and share in your child's or student's learning experience. Many schools have found that if the parents and teachers take an active role in the learning process, they can help the students better retain the information they have learned. If you are participating in Challenge Course activities, although it is tempting for teachers or chaperones to help students solve the problems by giving them the answers, it is more helpful to encourage them to keep working on a solution. Also, we're betting that while you will learn a lot here at Sound to Sea, you also arrive with more barrier island knowledge, so please encourage students to use their critical thinking skills when Sound to Sea instructors are asking them questions. If, for some reason, you need to miss classes, please tell the Sound to Sea Instructors, so they know they can start class without you.

We have so much to teach the children in such a short amount of time. For some children, this will be their first experience on a barrier island. We want them to experience all we have to offer in this wonderful learning environment. We empower you, as teachers and chaperons, to help with this process. By helping the Sound to Sea Instructor with discipline issues in your habitat group you are enabling the students to get the most out of their time here. Another way teachers and chaperones can help is to remind students about conservation issues on the property (not walking on the dunes, keeping plants intact, etc.). We appreciate all your efforts on the conservation front!

### **Being on Time**

It is very important that the students be on time to classes. You are a role model for the students in this area. Each Sound to Sea instructor will wait for all the students before starting class. So if one student is late, all will lose class time.

### **Sound to Sea Discipline Policy**

- A 1<sup>st</sup> Time-Out will be given to students who are not being cooperative, productive group members or who are practicing inappropriate behavior. During the five-minute Time-Out, students will have time to calm down, regroup and consider appropriate behavior and actions that are necessary for continued participation with the group. They will then be invited back into the study group.
- A 2<sup>nd</sup> Time-Out will be longer in duration, and after the student has finished class, they will have to talk to the teacher and to their parents if possible. This policy is severe because three is the maximum number of Time-Outs.
- A 3<sup>rd</sup> Time-Out will signal the end of the child's participation with the Sound to Sea Program. The student will stay with a school teacher or chaperon for the duration of the day program.
- Fighting results in automatic third Time-Out and removal from Sound to Sea activities.

# SOUND TO SEA

TRINITY CENTER'S ENVIRONMENTAL EDUCATION PROGRAM

Dear Student,

In only a couple more weeks, you will be attending Sound to Sea -- Trinity Center's Environmental Education Program. By now, you have probably heard a great deal about our program and Trinity Center, but here are some things that you should understand before you come.

During your visit with us, you, your classmates, your teachers and chaperons, and the Sound to Sea staff will be a community -- a group of people working together. Your biggest responsibility during your stay will be cooperation with others -- doing things to help your group and not just yourself.

You will be part of a Study Group -- with eleven other students, a chaperon and a Sound to Sea instructor. You and your Study Group will have the opportunity to have fun, learn a lot, and enjoy the outdoors here on the coast.

The other very important members of our Sound to Sea community are the plants and animals that you'll see from the sound to the sea! Remember, they live and grow here all year round and we are going to be joining their habitats, so let's treat them with respect.

Remember, this is not just a beach vacation, you will be learning every moment that you are here at the beach. But you will also be having a great time. Our Sound to Sea staff is really looking forward to having you and your classmates visit our program. We can't wait to meet you.

**PHOTOCOPY AND GIVE TO STUDENTS**

PHOTOCOPY AND SEND TO PARENTS

# SOUND TO SEA

TRINITY CENTER'S ENVIRONMENTAL EDUCATION PROGRAM

Dear Parents,

The attached sheets provide information about the Day Programs at the Sound to Sea Environmental Education Program at Trinity Center.

**Dates:** \_\_\_\_\_

**Cost:** \_\_\_\_\_

**Checks should be made payable to:** \_\_\_\_\_

**Please send Emergency Contact Information (Fill out and tear off bottom portion of form) and money in to school by:** \_\_\_\_\_

We would like to call your attention to the following important items:

- If there are activities that you prefer that your child not participate in, please send us a note. We will see that he/she is excused from the activity and is supervised in some other activity.
- If your child is taking medication, please notify the teacher and provide them with the medicine in its original container with instructions to dispense. Your school personnel, not the Sound to Sea Program, will be dispensing medications while your child is at the program.
- If your child will be eating lunch at Sound to Sea, and has any special dietary allergies, needs vegetarian meals or has religious restrictions, please provide written instructions to your child's teacher.
- Students will not be allowed to leave the designated center area without permission and supervision. No child can be removed from Trinity Center (before the school group departs) by any individual other than the parent or legal guardian, unless written permission is provided by that parent or guardian.
- Any student not complying with the regulations and expectations of those in charge of supervision will not be permitted to continue participating in the program. If this happens, the student will stay with a school teacher or chaperon for the duration of the day program. Parents or guardians are responsible for picking up their children in the case of medical problems requiring the child to be returned home.

## EMERGENCY CONTACT INFORMATION

Name	Address	Emergency Phone #s	Issues (Activity Restrictions, Special Health Concerns, Allergies (including Food, Environmental, Medication), Dietary Restrictions (Veggie/Religious) or Chronic Illnesses (Asthma, Seizures etc.)
		<b>Home:</b>	
		<b>Work:</b>	
		<b>Cell:</b>	

# PHOTOCOPY AND SEND TO PARENTS

## Information for Parents

Trinity Sound to Sea Environmental Education Program offers day programs in an outdoor, coastal environment. Your child will participate in outdoor classes dealing with topics ranging from ocean and salt marsh life to forest and pond ecology to group dynamics and teamwork, depending on the schedule chosen by their teachers. In addition, Sound to Sea offers a social learning experience where your child will be working in a close community atmosphere.

The center is ideally situated to provide these services. We are located on Bogue Banks, seven miles west of Atlantic Beach. Our secluded beach stretches for over one-third of a mile. Our 60 acres of salt marsh, coastal forest and freshwater pond are additional habitats for many forms of wildlife to be found during various times of the year such as water birds, turtles, crabs, shrimp, foxes, raccoons and possums. Our property also houses three professionally designed, annually inspected Challenge Courses.

Although the center is located in a camp setting (using the site of Trinity Camp and Conference Center), it is important to note that this is not a recreational program. The emphasis at Sound to Sea is on education, not recreation. Your child's class is participating in the program as a valuable extension of its classroom work. A full-time college-educated trained teaching staff will be instructing the students in a discovery and activity-oriented curriculum. Because of the nature and scheduling of the program, swimming will not be offered as an activity.

Please understand that your child's participation in the Sound to Sea Environmental Education Program and its associated games, activities and events will expose your child to certain risks. Most events are held in outdoor areas where your child will be walking in wooded terrain on uneven surfaces. They may be exposed to poison ivy, insect bites and hot/humid or cold/windy weather. The Sound to Sea Program has taken the utmost precautions to provide a safe program (including indoor classrooms in case of thunderstorms), proper equipment and qualified instructors for your child. For safety reasons, it is also required that you complete and return to school the Emergency Contact Information so that your child may attend the program.

It is important that your child come to Sound to Sea with the proper clothes and equipment. To help you pack, an equipment list will be provided. You are urged to follow the suggestions on the list closely for the benefit and comfort of your child. Keep in mind that old clothes are by far preferred over new clothes since most activities will be held outside. Some kind of rain gear is absolutely essential for every child. Please do not ignore the list of "do not bring" items. Children will have no opportunity while at Sound to Sea to spend money. They can only lose it.

We ask that parents not visit the center while their child is participating. This is an opportunity for students to learn to function away from the home environment. Children are not permitted to use the telephone under normal circumstances; please refrain from calling your child except in the event of an emergency. The number is (252) 247-5600.

Trinity Sound to Sea Environmental Education Program reserves the right to send any child home for illness, destruction of property, aggressive behavior or any other acts judged detrimental to functioning of the program.

## PHOTOCOPY AND SEND TO PARENTS

### Preparing for the Trip

- Students should be at the school on \_\_\_\_\_ by \_\_\_\_\_ with one medium size day pack. Please label all day packs.
- Please pack only the things on the list or that have been assigned. Label all your child's belongings. A laundry marker can be used on clothes.
- Students will not need money while participating in Trinity's Sound to Sea program.
- **Please check appropriateness of what your child has packed.** Remember that layers of clothing are warmer and can be removed if needed. Pack for all kinds of weather...warm, cold, or wet. Be sure your child has selected clothes that are designed to get dirty.
- Students are responsible for making sure they have packed all their belongings for their return trip home. Although we have a designated "Lost and Found" area, Sound to Sea and Trinity Center cannot be held responsible for articles left behind.
- **Students should bring a water bottle to the program to prevent dehydration.**

The following items are recommended for the 3 or 6-hour day program:

### What to Bring

#### Cold Weather:

##### Students should wear:

- Jeans or slacks
- Warm shirt
- Sweat shirt or sweater AND a Jacket
- Socks
- Flat, closed toed walking shoes or sneakers
- A warm hat
- Scarf, gloves
- Sunscreen

##### Students should pack:

- A raincoat
- A water bottle
- **If your student is having a water class, pack:**
  - Closed-toed water shoes
  - Extra jeans or slacks
  - Extra socks and underclothes
  - Extra sweatshirt
  - Plastic Bag for damp clothes/shoes

#### Warm Weather:

##### Students should wear:

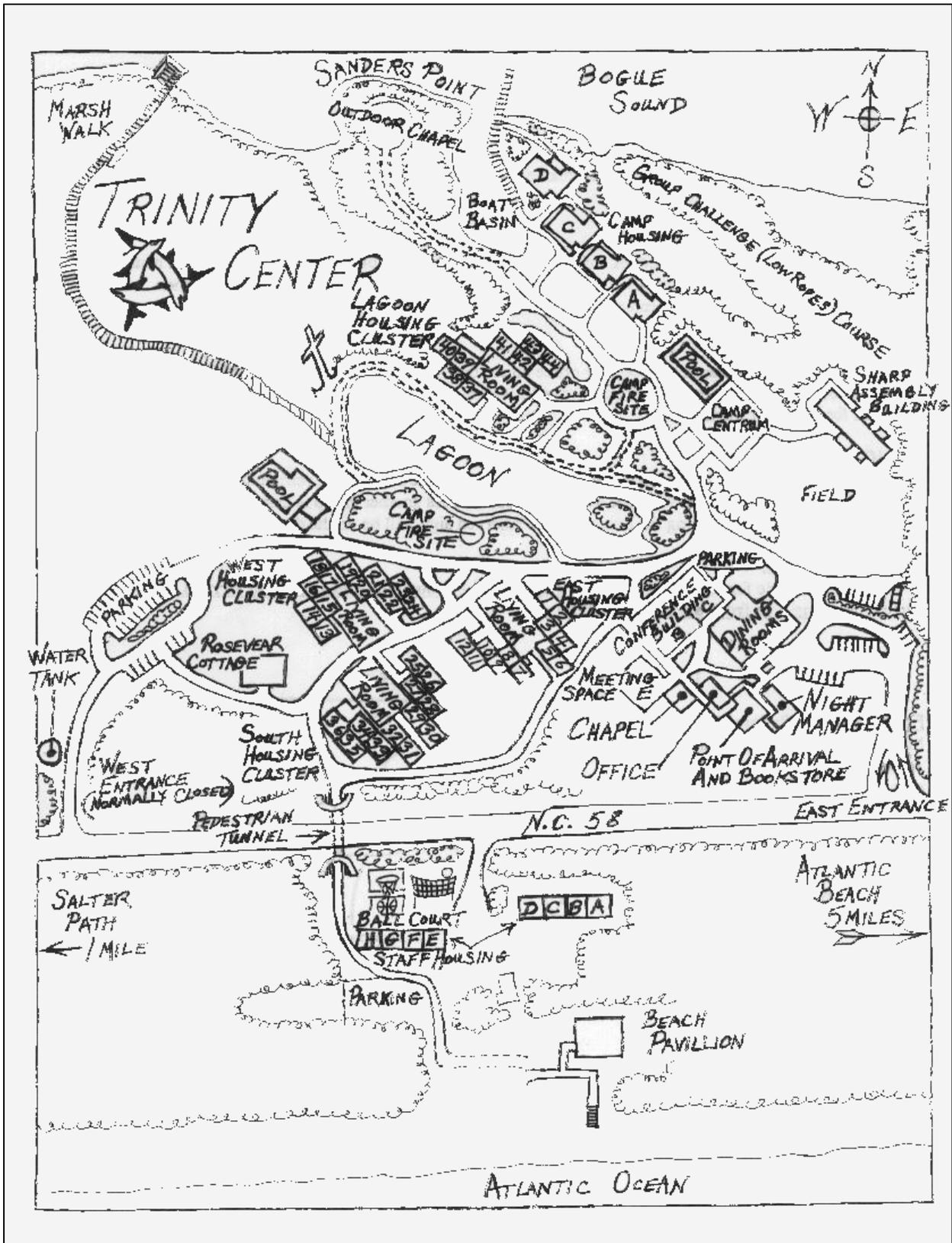
- Shorts (Not too short)
- T-Shirt
- Socks
- Flat, closed toed walking shoes or sneakers
- A Hat
- Sunscreen and Bug Spray

##### Students should pack:

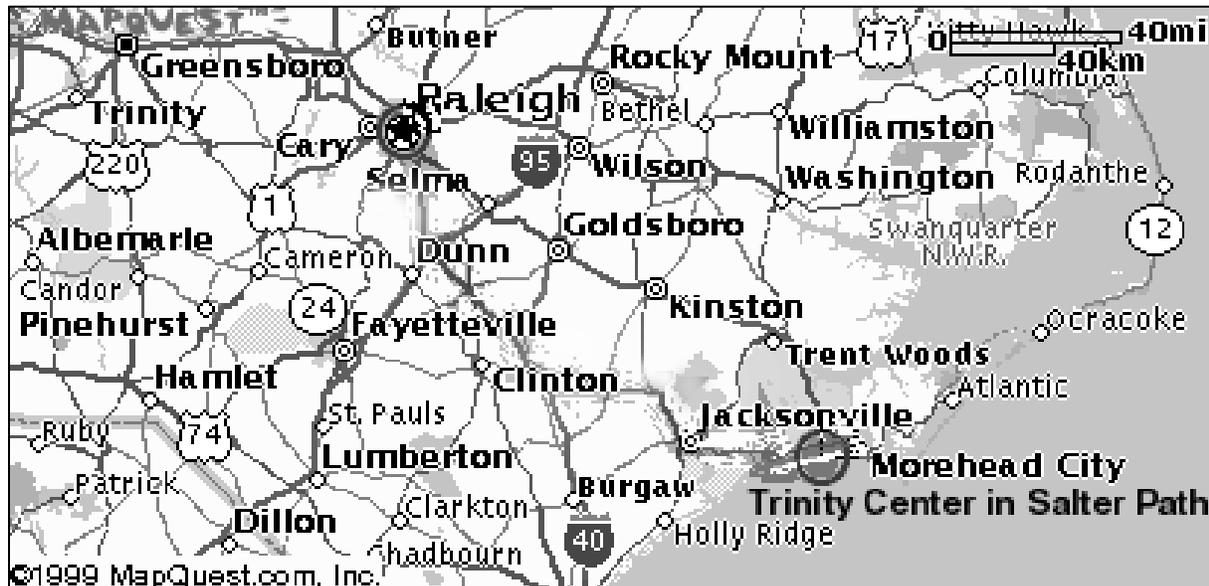
- A raincoat
- A water bottle
- A warm shirt in case of weather change
- **If your student is having a water class, pack:**
  - Closed-toed water shoes
  - Extra shorts
  - Extra T-shirt
  - Extra socks and underclothes
  - Plastic Bag for damp clothes/shoes

**You May Bring:** Camera and film, pen, pencil and notebook, good book for reading

**Please Do NOT Bring:** Radio, tape player, expensive jewelry, knives, food, gum



# Directions to Trinity Center's Sound to Sea Environmental Education Program



**From Highway 70:** Follow US 70 into Morehead City. Follow signs to Atlantic Beach and turn right onto the Atlantic Beach bridge. Cross the bridge onto Bogue Banks. Turn Right at the Traffic Light onto Highway 58 (West Fort Macon Road. Continue Approximately 7.5 miles. You will pass the Sheraton (5 miles away), the Aquarium traffic light (2 miles away) and the Ramada (0.9 miles away) Trinity Center is on the right, between mile markers 9 and 10. (If you pass the blue water tower, you have gone too far.)

**From Highway 24:** Follow NC 24 through Swansboro. At the intersection of Highway 24 and Highway 58, turn right. Cross the bridge to Emerald Isle. Continue approximately 14 miles. When you go through the town of Salter Path, you will be 2 miles from Trinity Center. Trinity Center is on the left, between mile markers 10 and 9 (just past the blue water tower).

