

Hawthorne Valley Farm
Visiting Students
And Summer Camp Programs
A Farm and Nature Experience for Children and Teens.

Farm Trip!

Parent Packet

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But what if “My child can be a picky eater, I’m afraid she won’t eat.” We are very watchful of children’s eating patterns and try to step in with solutions if meals are being skipped. Our diet is vegetarian, based around the grains and vegetables in season and our Hawthorne Valley Farm breads and dairy products. Everything is bio-dynamically or organically grown. In addition to the grains and vegetables, there will be pasta meals, lots of salads, soups, hot cereal, toast, bread and butter, fruit snacks, cheese and hard boiled eggs. We use natural sweeteners, honey and maple syrup. There is a dessert at every evening supper and a big pancake breakfast on the last morning. Our meals are planned with children in mind and we have years of experience creating “child friendly” menus. See Sample menu on page 6.

But what if “My child wets the bed and he would be so embarrassed if his friends found out. He says he won’t go.” This is not an unusual problems. All of our mattresses have plastic under a cotton cover. The best solution is the new type of underpants that can be worn under pajamas. No one knows and your child can go in the bathroom in the morning, lock the door and take them off and dispose of them. Even if he resists the thought, why not try them at home first and see how they work. The next best is to put a flannel rubberized pad down inside the sleeping bag or sheets. We have these. If these solutions won’t work for your child, your teacher can go into the bedroom when everyone is out at activities, remove the sleeping bag or sheets and pajamas, wash and dry them put on a new mattress cover and no one will ever know.

Assure your child that this is not an uncommon situation and it can be worked with. It is always good to get a child up to use the bathroom late in the evening. Talk to your teacher about what works best for your child.

Other Questions?

Please call with any and all questions (518) 672-4790.

Medical - PARENT REGISTRATION FORM A physician and nurse reside in the community and are usually reachable. In the city of Hudson, 12 miles away, is a county hospital, and rescue squads are readily available. Three staff members have CPR-First Aid certification. We have traditional first-aid supplies - i.e. bandages, disinfectants etc. We also have an extensive supply of anthroposophic and/or homeopathic remedies. We are glad to have them available and to share them. You should send any medication your child might need during the farm trip. Attached is a **PARENT REGISTRATION FORM** which needs to be completed and returned to your teacher 3 weeks prior to your trip by all parents even if your child does not have any special needs. This signed and completed form gives your permission to treat your child in the case of any medical emergencies.

Staff Classes have been visiting the farm for 30 years. We are a well established program. There is a director plus seven permanent full-time staff members. Together we have some 50 years of experience in parenting and teaching children. Each fall and spring semester, young interns join us. These are people in their 20’s or older usually having graduated from college or taking some time off to do hands-on work. They are often education, biology or environmental majors. They are carefully screened and trained by our full-time staff. The full-time staff and the interns, together with our class teacher and adult assistant, work with the

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PARENT REGISTRATION FORM

Child's Name _____

Parents' Name _____

Home Phone # _____

Street Address _____

School _____

City, State, Zip _____

E-mail Address _____

**PARENTS: Please complete this form and give to your child's teacher prior to the farm trip.
We must have a form submitted for each child even if there are no special needs.
This information is vital in order to ensure a safe and happy trip for your child**

Dietary Needs (we will provide alternatives):

Non-dairy: _____

Food Allergies and List Reactions:

Other Allergies and list Reactions:

Asthma: _____

Bee Stings - Bring kit for sting reaction:

Your signature below constitutes permission to provide necessary treatment for emergency care. The medical and dietary information on this sheet will be kept confidential, except in the case of a medical or other emergency.

Parent or Guardian Signature: _____ Date: _____

Permission to use photos of your child for publicity purposes: YES _____ NO _____

PACKING LIST FOR FARM VISIT

Packing should be done in a way that enables the children to carry all their own belongings without having things falling out of bundles, bedrolls, and bags. For efficient handling, the fewer the pieces of luggage the better. Large stuffed animals take lots of room. Pack a small favorite.

All clothing and belongings should be labeled to avoid loss!

Clothing:

Bring sturdy clothes for farm work or field trips. Include enough changes for the duration of the trip. Experience shows that the changing of clothes on a farm visit is not really very complicated. Some thought should be given to clothing which is adequate but not superfluous.

shoes	shirts	sweater
socks	underwear	work gloves
jeans	jacket	

* rain wear - coat, hat, * **Rubber boots** * (important)
(please include a plastic bag - shopping bag size-so dirty mud boots
can be packed for return trip home. _

For late fall, winter and early spring, bring also (or instead) warm clothing for extended field trips in the cold. It is usually much colder at the farm than in the city and a great deal of our time is spent outdoors.

heavy sweater	warm gloves/mitts (2 pairs)
heavy jacket or parka	warm cap (hoods won't do)
heavy socks (preferably wool)	
scarf	

*ankle length and long sleeve underwear *- imperative!
Extra shoes: walking/hiking boots (sneakers are not good for wet weather.)

Bedding and Equipment:

sleeping bag or sheets (we have blankets)	
pillow case	bag for laundry
slippers or moccasins	toilet articles
towel and wash cloth	

School supplies according to teacher's instructions - a book to read for rest hour...
Optional: musical instruments, knapsack, letter writing materials...

Please don't bring candy, gum, radios