

REALMS BACK TO SCHOOL PACKET

Rimrock Expeditionary Alternative Learning Middle School
...where learning is NOT a spectator sport!



Dear REALMS families and students,

We hope you are enjoying a fantastic summer. The REALMS staff are getting excited for another fantastic year with a few big changes.

We hope you will join us for the Back to School BBQ where you can meet our **two new teachers!** Quinn Daily, from Carbondale, Colorado, has joined our team as our second science teacher, and Laurie Rice from here in Bend has joined us as our 3rd Humanities teacher. Both of these people are fantastic additions to our staff and they are looking forward to meeting all of our students and families.

We are equally excited about the move to our new campus which coincides with our 10th anniversary as a school! The new campus on OB Riley Road is wonderful and we are looking forward to having our own home where we can continue to develop our identity as a unique school in Bend!

Please look through all that is enclosed here and return the completed forms to us ASAP by mail.

Enjoy the rest of summer! The REALMS Staff.

our phone number: 541-322-5323

(this may change... we'll keep you posted)

our website: www.realmschool.org

**our new address: 63175 OB Riley Road
Bend, OR 97701**

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*****CHAPERONES
NEEDED*****

REALMS School Supplies List 2010-2011

The following is a list of items we would like all REALMS students to have for school. We recognize that not all families will be financially able to purchase every item on the list. If you need some help, please call our office and we will be happy to help!

1	durable, leak proof water bottle with name (quart size)	
1	durable, zip closure, three ring binder	
1	pkg of 3 ring notebook dividers - leave blank! (put in binder)	
1	pkg of ruled 3-hole notebook paper (put in binder)	
1	calculator (keep in student's binder)	
1	mechanical pencil with extra lead (keep in binder)	
1	hand sharpener (keep in binder)	
2	erasers (keep in binder)	
1	ruler with inches and centimeters (flexible if possible - keep in binder)	
1	2Gb to 8GB USB Flashdrive (can be found at any office supply store) - mark w/student's name & keep in zipper pocket in binder - used to save & move computer files	
1	box of 12 pencils (to resupply their binders as needed)	
1	2 inch, 3 ring binder for portfolio work	Teachers will collect
1	box of 12 pencils	Teachers will collect
5	glue sticks	Teachers will collect
1	100 pg. spiral bound notebook – Graph Paper	Teachers will collect
1	100 pg. composition book (sewn/taped, NOT spiral) Mead, for ex.	Teachers will collect
2	boxes of Kleenex	Teachers will collect

For Donation:

REALMS is a non-profit that operates on less money per student than Bend LaPine Schools. Donations and fundraising are important to our continued success. Donations help us use our budget for direct operations, and they help us provide free supplies to students in need. ***If you would like to donate school supplies, the following is a great list to choose from. Just send the supplies with your student on the first day, or bring them to the Back to School BBQ. Thanks for your generosity!***

- ❑ extra boxes of Kleenex
- ❑ 1 or more boxes of dry erase markers (colors)
- ❑ extra glue sticks
- ❑ 1 or more reams of blank copy machine paper
- ❑ packages of index cards or sticky notes
- ❑ 2" or 3" view binders
- ❑ classroom markers or colored pencils



Back To School BBQ

Hosted by our board of directors
and returning families.

When: Thursday, Sept. 2nd

Time: 5:30 pm

Where: REALMS new campus
63175 OB Riley Road

Who: All REALMS students
and families, both
returning and new families!



Hot
dogs, hamburgers, veggie
burgers, & drinks will be provided!

Siblings are welcome, but please bring
\$2/sibling to help offset extra
food costs!

Our Back to School BBQ is a great time to re-acquaint yourselves with friends and families at REALMS, to meet our new students and families, and to meet the new REALMS staff.

Please join us!
We will have information and details
about the school year.

2010-11 REALMS Major Dates Calendar

					M	T	W	Th	F						M	T	W	Th	F						
July-10								1	2																
					Holiday 5:	6	7	8	9																
					12	13	14	15	16																
					19	20	21	22	23																
					26	27	28	29	30																
August-10					2	3	4	5	6																
					9	10	11	12	13																
					16	17	18	19	20																
					23	24	25	26	27																
September-10					30	31 parent volunteer orientation	1	2 back 2 school BBQ	3																
					Holiday 6:	*7 First Day	*8	*9	10																
					13 after school programs start	14	15	16	17																
					20	21 new parent orientation night	22 returning parent orientation night	23	24																
					27	28	29	30	1																
October-10					4	5	6	7	8 No Elem or MS REALMS PD																
					11	12	13	14	15																
					18	19	20	21	22																
					25	26	27 midterms mailed	28	29																
November-10					1	2	3 wreath sale kick off	4	5																
					8	9	10	Holiday 11:	No School 12																
					15	16	17	18 wreaths due pm conferences	19 conferences no school																
					No School 22	No School 23	No School 24	Holiday 25:	No School 26																
					29	30	1 wreaths delivered	2	No Elem or MS REALMS comp? PD?																
December-10					6	7	8	9	10																
					13	14	15	16	17																
					No School 20	No School 21	No School 22	No School 23	Holiday 24:																
					No School 27	No School 28	No School 29	No School 30	Holiday 31:																
																									January-11
					3	4	5	6	7																
					10	11	12	13	14																
					Holiday 17:	18	19	20	21																
					24	25	26	27	28 End of Semester no school - grading																
					31 2nd semester begins	1	2	3	4															February-11	
					7	8	9	10	11																
					14	15	16	17	18																
					No School 21	22	23	24	25																
					28	1	2	3	4															March-11	
					7	8	9	10	11																
					14	15	16	17	18																
					21 No School	22 No School	23 No School	24 No School	25 No School																
					28	29	30	31	1																
					4	5	6	7																April-11	
					11	12	13	14	15																
					18	19	20	21	22																
					25	26	27	28	29																
					2	3	4	5	6															May-11	
					9	10	11	12 service learning night	13																
					16	17	18	19	20																
					23	24	25	24	25																
					Holiday 30:	31	1 travel study night	2	3																
					6	7	8	9 graduation	10 Last Day															June-11	
					13 grading day	14	15	16	17																
					20	21	22	23	24																
					27	28	29	30																	

TRANSPORTATION

Our Goal:

Since our "Transportation Solutions" meeting in June we have been working on a few strategies to help families with transportation issues access our new campus. Our goal is that transportation should NOT be such a barrier that a students/family does not attend REALMS solely due to our location.

Car Pooling: Want A Ride? Can Offer A Ride?

We have published a "Car Pool Map" to our web site and strongly encourage as many of you as possible to add your information to it! Please add your information to our map http://www.realmschool.org/parents/carpool_map/ (it is easy to do!) and offer rides to those in your area or request rides from those in your area! If you have difficulty with the map, please feel free to email parent volunteer Jovi Anderson (jovi@bendbroadband.com) who has offered to be the "Map Helper"!

Step by Step Instructions for Adding Your Info to the REALMS Carpool Map

1. To add your information or edit your information in this map click on the "View larger map" link at the bottom of the map.
2. Then click on the "Edit" button beside the upper left corner of the map.
3. Add yourself to the map by clicking the blue marker button in the top left corner of the map and dragging it to your address, zoom in as necessary.
4. Right click on the marker to change its color (red, yellow or green) and add your contact/needs information as described below!

Red Marker: Need Ride

Yellow Marker: Need Ride AND Offer Ride

Green Marker: Offer Ride

5. Then type: In the title box, type: **Parent/Guardian Name (Student Name, grade)**
6. In the details box below, type: **Need Ride - details • Offer Ride - details + your phone &/or email • address**

A Possible School Bus From PBMS?

We are researching the possibility of contracting with the Bend LaPine School District to run a bus between PBMS and our new campus at the beginning and end of each day. This would allow students meet at PBMS and board a bus (at approximately 7:45am) to our OB Riley Road campus. The return bus would leave the OB Riley Road campus approximately 10 minutes early each day (2:30pm instead of usual dismissal at 2:40pm) and would arrive at the PBMS campus for their normal 2:40pm dismissal ARE YOU INTERESTED IN THIS? If you think that your son or daughter would make use of this PBMS - REALMS bus service, please Email Roger ASAP at roger.white@bend.k12.or.us

FORMS

Hello REALMS 2010-11 Families-

We are trying to get a jump start on next school year in order to ease some of the beginning of the school year craziness. Attached are some forms that need to be filled out and returned to REALMS.

Please mail all the WHITE forms to: 63175 OB Riley Road/Bend, Oregon/97701-9003 or Bring to the Back to School BBQ

Student Related Forms CHECKLIST:

- Media Release, Directory Release, Electronic Contact List
- Permission to Transport
- Student Fieldwork Medical Form (2 pages)
- REALMS After School Sign Up Form (Fall 2010)
- REALMS Scholarship Program (if applicable)
- Fieldwork Contribution Request 2010-11

CHECKLIST of forms for Any Parents Who Wish to Volunteer:

- Criminal History Verification of Applicants *
- Proof of Auto Liability Insurance
- Parent Fieldwork Medical Form fieldwork (2 pages)
- Volunteer Opportunities Checklist (2 pages)

*If you are a brand new REALMS parent and would like to volunteer and / or drive students next year, please fill out the Criminal History and Proof of Auto Liability forms. If you are a current REALMS parent and have ALREADY filled out the Criminal History form, you do not need to fill it out again, however please DO fill out the Auto Liability form for updated insurance information.

PLEASE NOTE: If you will have more than one child at REALMS next year, please fill out forms for both, except Criminal History/Auto Liability and email address (only one per family).

*****ALL THE COLORED PAPERS ARE FOR YOU TO KEEP!*****

REALMS
Permission to Transport Form

Off campus excursions are a frequent and important part of the REALMS educational program. Most often, REALMS contracts a school bus from the Bend LaPine School District for these trips. However, this is not always practical or affordable. Therefore, we often use parent or staff drivers to make these trips possible. Please read the information below and indicate if you are willing to have your student transported by one of our parent or staff drivers.

Parent and Volunteer Drivers:

Our parent and volunteer drivers must provide proof of a valid Oregon drivers license and current auto liability insurance. REALMS requires that whenever a student is riding in the car of one of our parent drivers, a seatbelt is always worn. Parent volunteer drivers will read and abide by all relevant REALMS risk management policies including our no cell phone use while driving rule. All volunteers who will be alone with students must also pass a criminal background check.

Staff Drivers:

Because REALMS teachers are paid employees, they must meet a higher standard than our parent drivers in order to be eligible to drive students. Our staff drivers are required to pass a Type 10 driver class and practical exam in order to transport students.

- Yes**, I give permission for _____ (student's name) to be transported by REALMS staff, parents or volunteers when necessary for the school year **2010-2011**.
- NO**, I do not give permission for _____ (student's name) to be transported by REALMS staff, parents or volunteers for the school year **2010-2011**.

SIGNATURE REQUIRED

Parent or Guardian's signature: _____ Date: _____

Please Print: _____



Student Fieldwork Medical Form

PART 1: GENERAL INFORMATION

Student's Name: _____
Address: _____
City/State/Zip: _____
Home #: _____ Cell #: _____ E-mail: _____
Date of Birth: _____ Age: _____ Height: _____ Weight: _____

EMERGENCY CONTACT INFORMATION:

1) Name: _____ Relationship: _____
Address: _____
Home Telephone: _____ Work Telephone: _____
Cell Phone: _____

2) Name: _____ Relationship: _____
Address: _____
Home Telephone: _____ Work Telephone: _____
Cell Phone: _____

PHYSICIAN INFORMATION:

Physician: _____
Address: _____
Telephone: _____

INSURANCE: Each student is responsible for medical costs. Sickness and accident insurance is recommended but not required. If you have insurance:

Insurance Company: _____

Address/Phone: _____

Policy# _____ Does your Ins. Co. require preauthorization? Yes No

Signature Required

MEDICAL AUTHORIZATION: I authorize REALMS personnel to call for medical care for the minor or to transport the minor to a medical facility or hospital if, in the opinion of such personnel, medical attention is needed by the minor. I further authorize appropriate personnel to render such medical treatment as is necessary for the health of the minor, in their professional opinion. I agree that once the minor is in the care of medical personnel or a medical facility, REALMS shall have no further responsibility for the minor and I agree to pay all costs associated with such medical care and transportation.

Signature of Parent or Guardian: _____

Print Name: _____ Date: _____

PART 2: PARTICIPANT HISTORY

Health Conditions: Please check below. If answer is "yes", please explain below or on separate piece of paper.
Does the participant currently have or have a history of:

	YES	NO		YES	NO
Asthma or other respiratory problems?			Shortness of breath or dizziness while participating in sports?		
Diabetes?			Hospitalization/ Emergency room visit within the last year?		
High Blood Pressure, high cholesterol?			Neck/Back/shoulder/knee/ankle problems?		
Chronic nose bleeds?			Any wrist/ hand/ arm problems?		
Kidney disease, urinary tract infection?			Any cardiovascular conditions?		
Recent illness/infectious disease?			Epilepsy, fainting episodes or a seizure within the past year?		
Bleeding or blood disorders?			Chronic illness/autoimmune disease?		
Severe headaches/migraines?			Bowel problems?		
Visual problems?			Any other medical issues that are not stated above?		

If you answered "yes" on any of the above medical history or conditions, please explain:

MEDICATIONS: Does the student take any medications (*prescribed or over the counter*)? Yes No

If yes, please fill in the chart below:

REALMS requires that all medication be brought in the original prescription bottle in the student's name with the exact dosage instructions. REALMS staff will not deviate from the script's dosage instructions written on the bottle.

Name of Medication	Reason for Medication	Dose (how much) in mg AND # of tabs	Frequency (how often)	Time of Day administered

ALLERGIES: Does the participant have any allergies? Yes No *If yes, please list below*
(this includes food, medicines, bites and stings)

<i>Allergy</i>	<i>Reaction</i>	<i>Medication Required</i>

SIGNATURE REQUIRED

I hereby represent that the minor is in good health, that the information that I have shared is accurate and complete, that there are no special problems associated with the care of the minor, and that I have adequately informed REALMS personnel of any special instructions regarding the minor. I certify that I have adequate insurance to cover any injury or damage the minor may suffer while participating, or else I agree to bear the cost of such injury or damage myself.

Parent or Guardian Signature: _____ Date: _____
 Print Name: _____

CRIMINAL HISTORY VERIFICATION OF APPLICANTS

Please type or print clearly.

As Appears on License

Name: _____ Date of Birth: _____ Sex: _____
Last/First/Full Middle MM/DD/YY

List Other Names Previously Used: _____

Social Security No.: _____ Oregon Driver License/Identification Card No.: _____
Providing your social security number on this form is voluntary. If you choose not to disclose the social security number, this will not be a basis for denial of employment or any rights, services or benefits to which you are otherwise entitled. If you do provide the number the Oregon State Police will use it as an additional identifier to search for any criminal record you may have. Your social security number will be used as stated above. State and federal laws protect the privacy of your records.

Address: _____
Full Street Address

City: _____ State: _____ Zip + 4: _____

A. Have you **EVER** been convicted of a sex-related crime? Yes No

If yes, was the conviction in Oregon or another state? (Please specify if another state.) State: _____

If yes, did the crime involve force or minors? Yes No

B. Have you **EVER** been convicted of a crime involving violence or threat of violence? Yes No

If yes, was the conviction in Oregon or another state? (Please specify if another state.) State: _____

C. Have you **EVER** been convicted of a crime involving criminal activity in drugs or alcoholic beverages. Yes No

If yes, was the conviction in Oregon or another state? (Please specify if another state.) State: _____

D. Have you **EVER** been convicted of any other crime except a minor traffic violation?(Includes Traffic Crimes) Yes No

E. Have you been arrested within the last three years for a crime for which there has not yet been an acquittal or dismissal? Yes No

Advisory: A check of the applicant's criminal history will be made by the Oregon Department of Education to verify the responses to the preceding questions.

I hereby grant to the Oregon Department of Education permission to check civil or criminal records to verify any statement made on this form. Regardless of whether the applicant grants consent, the Oregon Department of Education will conduct a criminal offender record check of applicants for the position of school bus driver, volunteer, or other prospective school employees working with or around children. The applicant is entitled to review his/her criminal history for inaccurate or incomplete information. Discrimination by an employer on the basis of arrest records alone may violate federal civil rights law. The applicant may obtain further information concerning the applicant's rights by contacting the Bureau of Labor and Industries, Civil Rights Division, State Office Building, Suite 1070, Portland, Oregon 97232, telephone 503.731.4075.

I acknowledge reading and the receipt of this notice.

Applicant's Signature: _____ Date: _____

REALMS
Proof of Auto Liability Insurance
(for volunteer drivers)

Dear Volunteer Driver:

If you think you may willing to help us out by driving students (either regularly, or occasionally) on off campus excursions (fieldwork, electives, etc.), please fill out the form below. No parent may drive unless this form is filled out.

You have agreed to transport students of REALMS to a fieldtrip function or for some other school approved purpose. ***Please be aware that in the event of an accident, your insurance will be the primary coverage.*** In order to serve as a volunteer driver, you will be required to provide coverage of no less that \$100,000 minimum per occurrence for bodily injury and property damage liability. Your driving record may also be checked for school insurance company acceptability. If you do not have required coverage, you will not be allowed to transport students.

Please complete the following information, providing all information requested. **Sign where indicated, *attach a photocopy of your license and insurance card*** (we can do this at the office if necessary), **and return to the school office.**

Driver Name: _____ (as it appears on driver's license)

Address: _____

Oregon Drivers License #: _____ Date of Birth: _____

Insurance Company Name: _____

Policy #: _____ Effective Date: _____

Policy Limits: _____ (must be at least \$100,000)



Parent Fieldwork Medical Form

PART 1: GENERAL INFORMATION

Name: _____
Address: _____
City/State/Zip: _____
Telephone: _____ E-mail: _____
Date of Birth: _____ Age: _____ Height: _____ Weight: _____

EMERGENCY CONTACT INFORMATION:

1) Name: _____ Relationship: _____
Address: _____
Home Telephone: _____ Work Telephone: _____
Cell Phone: _____

2) Name: _____ Relationship: _____
Address: _____
Home Telephone: _____ Work Telephone: _____
Cell Phone: _____

PHYSICIAN INFORMATION:

Physician: _____
Address: _____
Telephone: _____

INSURANCE: Each parent is responsible for medical costs. Sickness and accident insurance is recommended but not required. If you have insurance:

Insurance Company: _____
Address/Phone: _____
Policy# _____ Does your Ins. Co. require preauthorization? Yes No

Signature Required

MEDICAL AUTHORIZATION: I authorize REALMS personnel to call for medical care for myself or to transport me to a medical facility or hospital if, in the opinion of such personnel, medical attention is needed. I further authorize appropriate personnel to render such medical treatment as is necessary for the health of myself, in their professional opinion. I agree that once I am in the care of medical personnel or a medical facility, REALMS shall have no further responsibility for the me and I agree to pay all costs associated with such medical care and transportation.

Signature of Parent or Guardian: _____

Print Name: _____ Date: _____

PART 2: PARTICIPANT HISTORY

Health Conditions: Please check below. If answer is "yes", please explain below or on separate piece of paper.
Does the participant currently have or have a history of:

	YES	NO		YES	NO
Asthma or other respiratory problems?			Shortness of breath or dizziness while participating in sports?		
Diabetes?			Hospitalization/ Emergency room visit within the last year?		
High Blood Pressure, high cholesterol?			Neck/Back/shoulder/knee/ankle problems?		
Chronic nose bleeds?			Any wrist/ hand/ arm problems?		
Kidney disease, urinary tract infection?			Any cardiovascular conditions?		
Recent illness/infectious disease?			Epilepsy, fainting episodes or a seizure within the past year?		
Bleeding or blood disorders?			Chronic illness/autoimmune disease?		
Severe headaches/migraines?			Bowel problems?		
Visual problems?			Any other medical issues that are not stated above?		

If you answered "yes" on any of the above medical history or conditions, please explain:

MEDICATIONS: Do you take any medications that you will need to take on the trip? (*prescribed or over the counter*)? Yes No

Name of Medication	Reason for Medication	Dose (home much) in mg AND # of tabs	Frequency (how often)	Time of Day administered

ALLERGIES: Do you have any allergies? Yes No

If yes, please list below (this includes food, medicines, bites and stings)

Allergy	Reaction	Medication Required

SIGNATURE REQUIRED

I hereby represent that I am in good health, that the information that I have shared is accurate and complete, that there are no special problems associated with my participation, and that I have adequately informed REALMS personnel of any special instructions regarding my health. I certify that I have adequate insurance to cover any injury or damage the minor may suffer while participating, or else I agree to bear the cost of such injury or damage myself.

Signature: _____ *Date:* _____
Print Name: _____

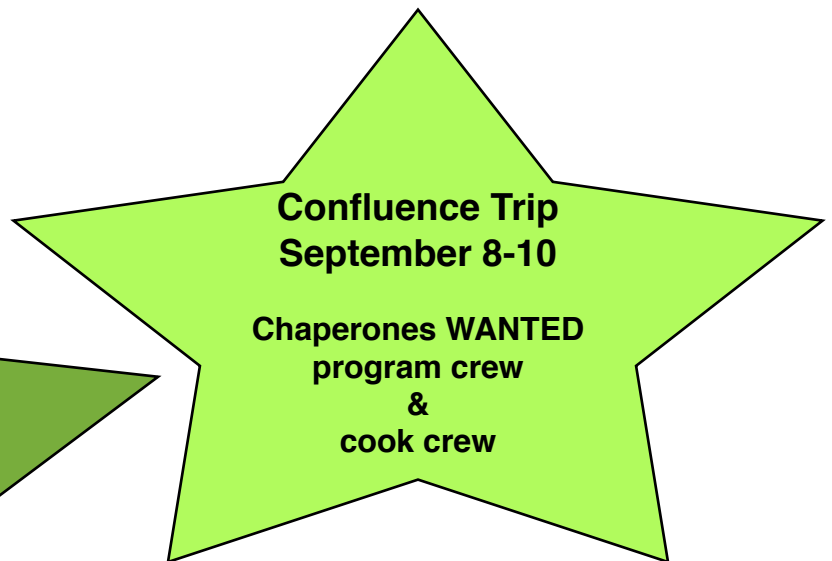
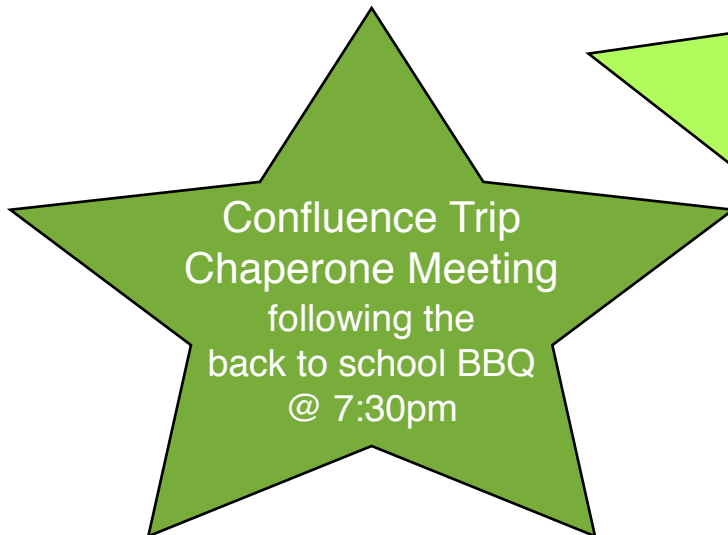
Welcome new and returning parents!

Dear REALMS Parents,

Welcome! With your help we are looking forward to a fantastic school year. Most of you were drawn to REALMS because we are a small and innovative school dedicated to powerful educational experiences that will help your kids learn, grow, and become inspired to change the world around them. As a small school, we strive to offer our students a wide variety of experiences and to do so, we rely on your help. There are MANY different ways that parents at REALMS can volunteer, and they are described in this packet.

Your involvement in your child's education sends a powerful message to them that YOU value learning and you care about what they are doing. Your actions will go a long way to keeping your son/daughter engaged, excited, and motivated about learning. Please join us in ANY way you can, and we are always open to your input!

Sincerely,
Roger White
Director



To volunteer with REALMS:

- ✓ Turn in the volunteer paperwork including interest survey below
- ✓ Turn in the volunteer interest list below
- ✓ Attend the parent volunteer Orientation
- ✓ Let us know how you can help

Parent Volunteer Orientation
Tuesday
AUGUST 31st
6 p m



Volunteer Opportunities

Your Name: _____

Phone (home) _____ cell _____

Email: _____

I understand that being a part of REALMS means that I'll live by the Expeditionary Learning principle, "We are Crew not Passengers" and I will contribute as a volunteer to the best of my ability.

When are you available to volunteer? (check all that apply)

- day
 evening
 weekends
 take assignments home to complete

I have checked the areas of my interest.

Interested in learning more	Will Volunteer	Interested in coordinating	Volunteer Activity
_____	_____	_____	Confluence Cook Crew (Sept. 8-10)
_____	_____	_____	Confluence Program Crew to assist teachers (Sept.8-10)
_____	_____	_____	Parent Action Crew: Supports REALMS' mission & events, meets monthly
_____	_____	_____	Food Shopper (before multiple day trips)
_____	_____	_____	Gear Clean-Up Crew (can happen @ your home on your own schedule after multiple day trips)
_____	_____	_____	Rummage Sale (September)
_____	_____	_____	10 year Anniversary Event (Sept./Oct)
_____	_____	_____	Wreath Fundraiser (Oct-Nov)
_____	_____	_____	Warren Miller Fundraiser (Nov-Feb)
_____	_____	_____	Chaperone for Multiple Day Trips
_____	_____	_____	Tumalo Creek Chaperone (1/2 day trips w/8 th graders, usually Mon. & Tuesdays)



I have checked the areas of my interest.

Interested in learning more	Will Volunteer	Interested in coordinating	Volunteer Activity
_____	_____	_____	Driver to transport students to fieldwork experiences
_____	_____	_____	Research possible grants
_____	_____	_____	Assist with office work at REALMS
_____	_____	_____	Assist with lunch duty (daily)
_____	_____	_____	Assist with homework club
_____	_____	_____	Facility Maintenance
_____	_____	_____	Community Coffee (Friday mornings 2x month)
_____	_____	_____	Scrip Fundraiser (on-going throughout year)
_____	_____	_____	Technology set-up, support, & maintenance
_____	_____	_____	Classroom assistants
_____	_____	_____	Dance Chaperone
_____	_____	_____	Event set-up & clean-up
_____	_____	_____	Teach an elective (Friday afternoons)*
_____	_____	_____	Run an after-school program*

*Area(s) of Expertise: _____

Other Areas where you can help: _____

Fieldwork Contribution Request 2010-11

Powerful learning experiences...

result when we go beyond the classroom walls and immerse students in real world contexts, where adventure, and experts drive students to achieve more than they thought themselves capable of.

They happen often at REALMS...

because we believe strongly in the power of real experiences as drivers of learning for students. Active learning, service learning, and environmental stewardship are all core components of the REALMS mission.

And, they require additional funding...

this kind of learning requires careful planning, small staff-student ratios, extra equipment, transportation, and, of course, money. Your fieldwork fees help make this possible.

What your fieldwork contribution "covers"...

- 2 night Confluence Overnight - Suttle Lake Camp
- 2 to 3 night Winter Trip - destination varies based on curriculum
- 2 to 3 night Spring Trip - this year's 6th and 7th grade trip will be to Portland
- Travel Study for 8th grade
- Ropes Course and other "adventure based" learning experiences
- Friday afternoon elective programs
- Multiple service learning activities and other curriculum based day trips

Financial Realities

The combined budget for all these fieldwork experiences for the 2010-11 fiscal year is expected to be approximately \$50,000 including food, staffing, logistics planning, transportation, fees etc.

If **EVERY** REALMS family pays the full fieldwork contribution amount we generate \$14,000, or just under one third of the cost of running a strong fieldwork program at REALMS for all grades. The remaining \$36,000 comes out of our operating budget and fundraising efforts throughout the year.

Family Fieldwork Contribution Payment Slip

Student Name: _____ Parent/Guardian Name: _____

We are enclosing full payment now:

- \$175 Fieldwork & Activity Fee for 8th Grade**
- \$100 Fieldwork & Activity Fee for 6th & 7th Grade**
- \$_____ as a donation to the scholarship fund for other families in need.**

We are opting for a payment plan:

- \$_____ for the 1st semester, payable in August 2010**
- and the remaining \$_____ for 2nd semester, payable in January 2011**

We are completing the scholarship form (please attach and send in to our office)

Please enclose this form with your payment. Make checks payable to REALMS.

REALMS Scholarship Program

REALMS is committed to keeping all of our programs affordable for ALL students. Fieldwork opportunities, electives, after school programs are very important parts of our educational program.

To provide these programs we rely on contributions from families. HOWEVER, we do not want any student to be excluded from participation because of financial need.

If you need to apply for a scholarship at this time for either the fieldwork fee or after school program fees, please complete the form below and REALMS will seek to cover the costs of participation!

Student Name: _____

Parent/Guardian Name: _____

Number of Children in Household: _____

Other dependents living in household: _____

Does your student qualify for free or reduced lunch price? YES NO
___ Free? ___ Reduced price?

We are applying for a scholarship to cover the:

fieldwork contribution: _____

after school program fees: _____

Estimate of Need:

\$ _____ amount family can pay

\$ _____ amount student can pay

\$ _____ total from previous 2 lines

\$ _____ total scholarship requested from REALMS

Please briefly describe why you are applying for a scholarship, including any unusual expenses or circumstances, and any information that did not fit on this form, but you feel we should know.

2010 REALMS After School Programs

1st Trimester

We have an amazing line up of after school programs for the fall trimester! We hope that you take advantage of these great enrichment opportunities. Please use the sign up sheet to reserve your slot ASAP.

Program Description	Mon	Tues	Wed	Thurs	Fri
<p>Cross Country Team <i>Be a part of REALMS' first ever sports team and compete in District events! You must commit to at least 3 out of 4 practices per week. 2:40 – 4:00</i></p> <p>wk of Sept 13 thru wk of Oct 26 \$60 fee Coach: Laurie Rice</p>	Cross Country 2:40 – 4:00	Cross Country 2:40 – 4:00	Cross Country 1:00 – 2:15	Cross Country 2:40 – 4:00	
<p>C4 Peace Club <i>Join this adventure club (the Cinder Cone Climbing Club) that also is an outlet for our students' desire to change the world and speak up for human and animal rights. 2:40 – 4:15</i></p> <p>12 wks Sept 13 – Dec 13 \$60 fee Facilitators: Eric Beck & Jamison Hill</p>	C4 Peace 2:40 – 4:15		Staff Meeting		
<p>Leadership – 7th & 8th Grade <i>In Spring of 2010 students applied and were selected for this awesome group. These students develop their leadership skills through activities and projects inside and outside of school. 2:40 – 4:15</i></p> <p>12 wks Sept 14 – Dec 14 \$60 fee Facilitators: Todd LaFrenz & Amy Anderson</p>				Leadership 2:40 – 4:15	
<p>Mathletes <i>This group is for students who want to push ahead with challenging math activities, problems and games. Students will prepare for the annual Math Counts competition and possibly other regional math competitions. 2:40 – 4:00</i></p> <p>12 wks Sept 14 – Dec 14 \$60 fee Facilitator: Lynda Beauchamp</p>		Mathletes 2:40 – 4:00			
<p>Homework Club <i>This is a “drop in” style after school program where students can use the computer lab to work on online studies (like the Aleks program) or get help on homework assignments from teachers and other helpers, or work on extra credit enrichment projects. 2:40 – 4:00</i></p> <p>12 wks Sept 13 – Dec 13 \$2/session Facilitator: To Be Announced</p>	Homework Club (Aleks available)	Homework Club (Aleks available)	Homework Club (Aleks available) 1:00 – 2:15	Homework Club (Aleks available)	

REALMS After School Sign Up Form Fall 2010

Please return this form to the REALMS office ASAP!

Student First & Last Name: _____

Program Name:	Please sign me up for:
Cross Country Team wk of Sept 13 thru wk of Oct 26 \$60 fee Coach: Laurie Rice	
C4 Peace Club 12 wks Sept 13 – Dec 13 \$60 fee Facilitators: Eric Beck & Jamison Hill	
Leadership – 7th & 8th Grade 12 wks Sept 14 – Dec 14 \$60 fee Facilitators: Todd LaFrenz & Amy Anderson	
Mathletes 12 wks Sept 14 – Dec 14 \$60 fee Facilitator: Lynda Beauchamp	
Homework Club 12 wks Sept 13 – Dec 13 \$2/session Facilitator: To Be Announced	Drop In OK
Total Program Fee:	

Please enclose a check, payable to REALMS, for the total after school program fee.

We will be sure to arrange for transportation home after the program has ended and understand that students may not stay on campus unsupervised after the program has ended. We also understand that attendance and participation is important... we are ready to go!

Parent Signature: _____

Student Signature: _____

Scholarships:

We would like to ensure that our after school programs are available to all students who are interested, regardless of family income. We have a limited number of scholarships available for families in need. If you are interested in a full or partial scholarship, please complete the enclosed scholarship form. Students **MUST** either pay the fee OR have an approved scholarship from REALMS in order to participate in after school programs.

Suttle Lake Confluence Trip

September 8-10, 2010

Confluence: "...the merger or meeting of two or more objects that seem to inseparably bind their respective forces together."

What is it?

Every year at REALMS we begin the school year with an overnight community building experience. This trip is specifically designed to help build a strong and cohesive culture of learning and participation that will set the tone for a great year at REALMS. The REALMS staff have set up an itinerary of activities that help students in each grade and in each crew get to know each other and begin developing the trust and skills that will make the cooperative learning we do in our classrooms much more successful.

When?

Tuesday Sept. 7	Wednesday Sept. 8	Thursday Sept. 9	Friday Sept. 10
First Day of School! 7:55-2:40pm	Community Building day & REALMS orientation for 6th Graders @ REALMS (7:55-2:40pm) 7th & 8th Graders depart for Suttle Lake in am via school bus	6th Graders depart in am for Suttle Lake (via school bus) Arrive to school @ 7:55am	Everyone returns from Suttle Lake @ 4:00pm

Where?

REALMS will be renting the Suttle Lake Camp, just west of Sisters. This is an outdoor-based trip. Students will be sleeping in small (single sex) groups with their fellow crew members in cabins or sleeping in the meadow (8th grade). There are indoor bathroom facilities with running water, but not showers for us to use on this trip.

Who?

REALMS Students...

This trip is all about community and culture building. Fieldwork is an essential part of learning at REALMS. Therefore, we expect that ALL students will participate. If you have a family engagement that gets in the way, please call the office ASAP!

REALMS Staff..•

We are fortunate at REALMS to have a teaching staff that also has an extensive background in planning and leading outdoor education experiences with students. Together, the REALMS staff has logged thousands of hours of leading students on these kinds of multi-day outdoor education experiences around the country. Our teachers are all first aid certified, including 3 wilderness first responders and one wilderness EMT. We maintain conservative teacher student ratios at all times in order to ensure adequate supervision. Safety and risk management is a central component of our approach when we plan and conduct these trips. If you have any questions or concerns, please contact our office.

Parent Chaperones....wanted! Please contact Amy Anderson @ amy.anderson@bend.k12.or.us if you are interested in volunteering.

Clothing for trips -

You want clothing that is warm, breathable, and quick-drying. Synthetic fabrics are best because they won't absorb water, dry quickly, and are relatively windproof. Many people already have synthetic clothing at home, so you may not need to go out and purchase clothing just REALMS' trips. Items like running gear, athletic warm-ups, and skiing/snowboarding gear can easily be used on fieldwork trips—so check out your closet, read the labels or borrow from a friend *before* going to the store. You should **avoid** bringing *all-cotton* clothing since it absorbs water easily and won't keep you warm if it gets wet. Cotton also retains water so that it takes a *very* long time to dry. ***Do NOT bring all-cotton clothes such as sweatshirts, sweatpants, or jeans.***

Outdoor clothing is expensive! There is no need to buy brand new clothing, sleeping bags or other gear. Since Bend is an outdoor mecca, you can almost always find the clothes/gear you need by spending time at used outdoor gear stores or on craig's list, especially if you start early by identifying the gear you need. Additionally REALMS has some gear to loan – let us know by filling out the “Gear Request Form” and turn it in 3 days before the trip's departure.

How to pack for trips -

- For every fieldwork experience, students will have a day-pack (school backpack) and 1 large duffle bag or backpack marked clearly with their name.
- Label all sleeping bags, pads, rain gear, jackets, and stuff sacks with student's name.
- Secure the sleeping bag to the large duffle bag if the bag will not fit inside.

Day Pack will include:

_____ 1-2 quarts of water
_____ fieldwork journal (REALMS will provide)
_____ pencils and hand sharpener
_____ lunch
_____ sun hat or warm beanie hat
_____ extra layer

1 large duffle bag or backpack :

see “multiple day packing list”, bring everything on the list unless it says, “optional”

NO Technology trips

In addition to fieldwork providing a rich curricular component for students, trips provide students the opportunity to connect in different ways. Although technology can be a source of bonding, we recognize that it often precludes the opportunity to practice communicating and learning about one another. For that reason, we ask that students do not bring any technology on trips.

The following items are not allowed

- Cell phones
- Ipods and other music listening devices
- Game players
- Portable DVD players
- Ipads
-

***On all trips, there are REALMS staff that carry cell phones that can be used in case of emergencies and can be used by you to leave a message for your child.

Multiple Day Packing List

sleeping

1 sleeping bag & stuff sack - A synthetic fill bag will do (fills like Polarguard Delta, CloudLoft, PrimaLoft, Thermic CF) that has a temperature rating between 25 to 45° F bag should be fine. The bag should have a nylon shell both inside and outside. **Do not bring bags with cotton shell, fill, or lining**—if they get wet, you'll never get them dry.

1 foam sleeping pad (3/8 in. foam) - or inflatable camping pad (like a Thermarest—*not* a full-size inflatable mattress). Sleeping pads provide padding and insulation from the ground for more comfortable sleeping, and they help keep your sleeping bag dry.

small pillow (optional)

pajamas

clothes

1 pair closed-toed shoes (hiking boots, sneakers, tennis shoes, etc.)

1 pair water sandals that have straps and stay on your feet (NO FLIP-FLOPS)

Socks (1 pair/day)

Underwear as needed

1-2 pairs shorts, loose-fitting

1 pair long pants, loose-fitting: cotton/synthetic blend, fleece, nylon, or some other synthetic material. Athletic warm-ups are great. **No blue jeans or cotton sweatpants**—they take too long to dry!

1 pair lightweight polypropylene long underwear bottoms (optional but highly recommended)

1 pair waterproof rain pants, coated nylon

1 bathing suit

T-shirts: 1-2 synthetic OR 2-3 synthetic/cotton (50/50 blend)

1 long-sleeve shirt: cotton/synthetic blend, polypropylene, athletic warm-up, skiing gear

1 synthetic fleece jacket or wool sweater. The mountains get chilly at night!

1 rain jacket or poncho: coated nylon or waterproof/breathable fabric like Gore-tex. Make sure it's still waterproof—the waterproof coating on nylon rain jackets degrades over time! Don't bring heavy rubberized rain jackets; they weigh a ton and you'll end up getting very hot and sweaty.

1 brimmed cap (wide-brimmed, baseball, etc) for sun and rain protection

1 wool or synthetic fleece hat for warmth at night

Other Essentials

2 one-quart water bottles, such as Nalgene. **You must have these water bottles!**

1 small flashlight or LED headlamp with fresh, alkaline batteries (alkaline batteries last longer)

1 toilet kit: Just the essentials: toothbrush and small tube of toothpaste, comb/brush, sunscreen, lip balm. **Do not bring "smellables" like shampoo, soap, shaving cream, deodorant, etc.** Things that "smell good" to us are an attraction for insects and animals.

1 pair sunglasses

1 camera and film (optional)

personal book

1 towel

sunscreen (with at least a SPF of 30) and lip balm with SPF

Day Pack will include:

1-2 quarts of water

fieldwork journal (REALMS will provide)

pencils and hand sharpener

lunch

sun hat or warm synthetic hat

extra layer