

HEIFER INTERNATIONAL FIELD TRIP INFORMATION AND PERMISSION SLIPS

Dear Parents,

From September 23rd – 25th the middle school will be visiting Heifer International Overlook Farm in Rutland, Massachusetts. This is a two night, overnight trip.

This letter includes:

- The purpose of the trip
- A summary of the program at Overlook Farm
- Logistics (travel, sleeping arrangements, meals)
- A packing list
- A TSA permission slip (green) - to be returned
- A Heifer Waiver and Release Form (green) to be returned

Trip Purpose

Many of you are aware that our middle school themes are *Who Am I?*, *What are my responsibilities?* and, *How Can I make a difference?* This year we will teach three units that support these themes: Human Rights, Food and Hunger, and Energy. Our trip to Overlook Farm is a powerful way to introduce the year.

Overlook Farm is one of two educational centers for Heifer International, a non-profit organization whose mission is to alleviate world hunger. At Overlook Farm we will step into a simulation of the lives and conditions of many people around the world to learn about the circumstances that contribute to food insecurity. We will also learn about the work of Heifer International to address these challenges. This trip is not only an eye opener for students, but also offers hope and solutions.

The Overlook Farm Program

An important educational feature of Overlook Farm is The Global Village, a group of mock international sites. The shelters on these sites are authentic reproductions of housing in countries where Heifer does support work. During part of our stay we will live and spend the night in the Global Village. The represented countries include:

- Peru
- Guatemala
- Tibet
- Kenya
- Mexico (Colonias)
- Ghana

To learn more about our stay at Overlook Farm, you can visit Heifer International websites: www.heifer.org/overlook and www.heifereducation.org. We are

participating in the Global Gateway Program. Another aspect of our Overlook visit is to learn about small-scale subsistence farming. Overlook is an active farm, which raises most of the food that is provided as part of the educational program.

Students will be participating with daily farm chores including gardening and animal care.

Landfill and Recycling Center

On the way to Overlook Farm our bus will make two additional stops. The first stop will be the Lebanon Landfill to see an active landfill. We will also stop and tour the Brattleboro Recycling Center to see a large recycling facility in action. This additional segment of the field trip further lays the groundwork for the rest of the school year when we delve into topics such as energy consumption, greenhouse gases, food waste and packaging.

Logistics

Travel

We will travel to and from Overlook Farm by school bus. We will leave (after math class) at 10:00 am on the departure day (Wednesday, September 23rd) and will be back by 3:15 pm on the return day (Friday, September, 25th).

Therefore, you will simply need to drop off your student at the regular time on the day of departure and pick him/her up at the regular time on the day of return.

Chaperones

Six TSA staff members will come with us to chaperone our 32 students.

Sleeping Arrangements

The first night at Heifer is spent in either a bunk room or a platform tent. There are beds in these sleeping quarters, but no linens or blankets. Genders will be separated and there will be a chaperone present for every 6-7 students.

Separate gender bathrooms are close by.

The second night is in the Global Village (which is explained earlier in this letter).

During this time students role-play a day in the life of a typical family who are served by Heifer. Girls and boys will take the part of different family members, and will live and sleep in the same quarters. It is unclear at this point how the groups will be arranged as this depends on the specific huts and the role-playing situations that we take on. There will be an adult sleeping side by side with 6-7 students in the one-room shelters. We carefully consider the make-up of each group ahead of time. If you have any concerns or parental requests that we should know about (to help us organize the sleeping arrangements) please let us

know. Your requests will be kept confidential. Separate gender bathrooms are a five-minute walk from the huts.

The attached packing list provides all essential packing information for both nights.

Food

Heifer will provide a total of five meals. Three of the meals at Heifer (during the Global Village stay) will be peasant meals in both quantity and substance. The other two meals are prepared using seasonal farm products from Overlook Farm including vegetables, fruit and meat. In addition we will pack apples and peanut butter and jelly sandwiches for the trip home.

The way we handle food before and after the Heifer experience is important. The point of our stay at Heifer is to become aware of the conditions of many people around the world. While it is important to make sure our students do not get ill from eating too little, overeating before and after the trip is also discouraged.

Help us strike a balance. Your student should have a substantial breakfast before we leave on Wednesday. **Please also pack water, a lunch for the first travel day and sensible snacks for the trip to and from Heifer. PLEASE DO NOT PACK FOOD THAT NEEDS REFRIGERATION OR COOKING. This is listed again on the attached packing list.**

Packing

We will be outside for most of the time we are at Heifer. The packing list, which is included in this packet reflects this. Please make sure that your student has appropriate clothing and gear for cold or rainy weather and to do farm chores.

Ask for assistance if your student lacks appropriate clothing. We have extra gear and clothing for this purpose.

Contact Information

Please start with TSA if you need to contact your student during our field trip, The TSA office staff at the high school (763-2500) will know how to reach us. Another TSA contact is the middle school office manager, Catherine Farrington. While we are traveling she can be reached at cfarrington@sharonacademy.net.

Other contact information:

Heifer International Overlook Farm
216 Wachusett Street
Rutland, MA 01543
(508) 886-2221
overlook.farm@heifer.org

Teachers will have cell phones:

Pam Ward – 802- 881-1960
Andrew Lane – 703-615-8953
Marcy Innes – 603-727-6792
Christian Durgin – 802-356-2677

Payment

The cost for this trip is covered by the TSA activities fee. There is no need to make additional payments.

In Summary:

- **RETURN 2 GREEN PERMISSION SLIPS/FORMS**
- **MAKE SURE YOU PACK ALL ITEMS ON PACKING LIST**
- **SEND A LUNCH, WATER AND SNACKS FOR THE FIRST DAY OF TRAVEL. DO NOT SEND FOOD THAT WILL NEED REFRIGERATION OR COOKING.**

HEIFER INTERNATIONAL

Packing List

Pack clothing for the season. We will spend extended time outdoors and the farm is often colder and muddier than groups expect, so be forewarned and prepared. For your maximum comfort please bring appropriate clothing! We do not have a locker for valuable items (iPods, video games, etc.) so please leave them at home.

- _____ Heifer Farm Waiver & Release form (return to TSA)
- _____ Warm Jacket
- _____ Rain gear (rain coat and waterproof shoes)
- _____ Warm socks (it is cold at night)
- _____ Hat (for warmth at night)
- _____ Work gloves
- _____ Sturdy, closed-toe shoes or boots that can get dirty
(Sandals are not permitted.)
- _____ Extra pair of shoes
- _____ Extra socks
- _____ Clothing that can get dirty like:
 - _____ T-shirts and sweatshirts
 - _____ Jeans and/or shorts
 - _____ Seasonally appropriate clothing (layers!)
- _____ Towel and washcloth
- _____ Toiletries
- _____ Sunscreen, sunglasses, and hat
- _____ Sleeping bag and pillow
- _____ Reusable water bottle
- _____ Flashlight
- _____ Medications
- _____ Insect repellent (optional)
- _____ Camera (optional)
- _____ Ear plugs (optional for sleeping)
- _____ Lunch, snacks and water for the ride to Heifer. Please do not pack food that needs refrigeration or a microwave. We will eat in the bus.

* If students bring electronics for the bus ride, they will be collected at Heifer and returned for the ride home. *

Heifer International Overlook Farm Permission Slip

Please Return By Wednesday, September 14th.

My student _____ has permission to travel by bus to Heifer International Overlook Farm in Rutland, Massachusetts on September 23-25. I understand that my student will be eating small portions of food from other cultures and may experience some hunger. I understand that my student will be sleeping in rustic conditions (with adult chaperones) in a Global Village shelter such as the ones listed in the above letter, and will spend a good deal of time outdoors. Also, my student will be performing farm chores and will need rugged clothing. I have read the packing list and will help my student prepare for this trip. I understand that extra gear is available if asked for ahead of time. I also am aware that my student needs a lunch, snacks (must not require cooking or refrigeration) and water for the first day of travel.

Print name: _____

Sign name: _____ Date: _____

My student has medical or other issues/concerns that I would like to discuss.

Please contact me

@_____

_____ I can help shop for and pack up the lunch food for the return trip.
(This person will be reimbursed.)

Please contact me @

Please use the space below (and on the back of this form) to provide other information that we may need regarding your student.

HEIFER WAIVER AND RELEASE

This WAIVER AND RELEASE (the "Waiver") is executed and delivered to and in favor of HEIFER PROJECT INTERNATIONAL, an Arkansas nonprofit corporation ("HPI"), as of the date referenced below, by the undersigned participant, and if necessary his/her parent or legal guardian (collectively, the "Participant"). The execution of this Waiver is required before Participant may participate in activities at a Heifer Learning Center, including but not limited to hands-on projects that utilize experiential and adventure education by which Participant may "learn by doing", may include work related to farming, ranching, and construction, such as building a fence or other small structures, and are presented on a "challenge by choice" basis, meaning Participant will choose whether, and at what level, he/she participates (collectively the "Program").

Participant's participation in the Program requires he/she be in good physical condition. If Participant is not in good health, has pre-existing medical conditions, or has questions about the current state of his/her health, Participant should consult a physician before participating in the Program. Participant understands and agrees participation in the Program may expose Participant to various risks including but not limited to physical or mental exertion, exposure to heat, cold, or other outdoor weather conditions, heights, difficult ingress or egress into or out of certain areas, domestic and wild animals, poisonous plants, rugged terrain, potentially dangerous tools, construction equipment or other equipment, machinery, appliances, and vehicles. Participant warrants he/she is in good health and his/her physical and mental condition are sufficient to withstand the potential rigors and hazards associated with the Program.

PARTICIPANT AGREES HE/SHE WILL TRAVEL TO AND FROM, AND PARTICIPATE IN THE PROGRAM, WITH FULL KNOWLEDGE OF ALL OF THE RISKS INVOLVED IN THE PROGRAM, AND HEREBY AGREES TO ASSUME ANY AND ALL OF SAID RISKS. Participant understands and agrees HPI does not, and is under no obligation to, provide Participant with health, accident, or death insurance or other benefits, or provide medical treatment during the Program. In the event of an emergency Participant authorizes the administration of any first aid, transportation, examination, diagnosis, or treatment deemed necessary by available staff or personnel. Participant understands and agrees HPI is not responsible for the performance or nonperformance of any tools, construction equipment or other equipment, machinery, appliances, or vehicles provided to Participant in connection with the Program, and agrees to look solely to the manufacturer and its warranties in the event said items are defective. **HPI HEREBY WAIVES AND DISCLAIMS ANY AND ALL WARRANTIES IN CONNECTION WITH SAID TOOLS, CONSTRUCTION EQUIPMENT OR OTHER EQUIPMENT, OR SUPPLIES, INCLUDING BUT NOT LIMITED TO ANY EXPRESS OR IMPLIED WARRANTIES, OR WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.** *For MA participants only: under MA law, an equine professional is not liable for an injury to, or death of, a participant in equine activities resulting from the inherent risks of equine activities.*

Participant agrees HPI may film, tape, photograph and write stories about him/her in connection with the Program, and HPI shall be the exclusive owner of the results and proceeds of such filming, taping, photography, and writings, with the right to use in any reasonable manner, throughout the world, for an unlimited number of times in perpetuity, royalty free, all or any portion of said name, appearance, image, and writings, for any reasonable purpose, and in any format or medium, including but not limited to training videos, HPI promotions, HPI literature, and educational materials. Participant understands his/her name, appearance, and image, and writings about him/her, will be available for viewing or reading by the general public, and may appear on HPI's website, in print, or in other formats and mediums. Participant understands he/she is providing this authorization free of charge or consideration, and waives any right of inspection or approval of his/her name, appearance, and image, and writings about him/her, or the uses to which such name, appearance, image or writings may be put. **AS A CONDITION OF PARTICIPATING IN THE PROGRAM, AND AS PART OF THE CONSIDERATION FOR HPI'S PERMISSION FOR PARTICIPANT TO PARTICIPATE IN THE PROGRAM, PARTICIPANT AND HIS/HER HEIRS, EXECUTORS, ADMINISTRATORS, AGENTS, AND ASSIGNS, HEREBY RELEASE, INDEMNIFY, AND FOREVER DISCHARGE HPI, ALONG WITH HPI'S AGENTS, DIRECTORS, OFFICERS, REPRESENTATIVES, SUCCESSORS, ASSIGNS, EMPLOYEES, AND VOLUNTEERS, FROM ANY AND ALL CLAIMS, DEMANDS, DAMAGES, ACTIONS, CAUSES OF ACTION, OR LIABILITY OF ANY NATURE WHATSOEVER, KNOWN OR UNKNOWN, INCLUDING BUT NOT LIMITED TO PERSONAL INJURY OR PROPERTY DAMAGE, INCURRED IN CONNECTION WITH THE PROGRAM OR THE ABOVE- DESCRIBED FILMING, TAPING, PHOTOGRAPHY, AND WRITINGS.**

BY SIGNING BELOW, PARTICIPANT, AND IF APPLICABLE (FOR EXAMPLE PARTICIPANT IS 17 YEARS OF AGE OR UNDER), PARTICIPANT'S PARENT OR GUARDIAN, CONFIRM THIS WAIVER HAS BEEN READ, UNDERSTOOD, AND VOLUNTARILY AGREED TO AND ACCEPTED.

Participant's Name

If Participant is 17 years of age or under:

Participant's Signature Date

Participant's Date of Birth

Parent's/Guardian's Signature Date

Parent's/Guardian's Name

Parents/Guardian's Contact Information (check the "opt out" box below if you do not wish to receive correspondence/communication from us)

Overnight Programs Handbook

Email Address Phone # Mailing Address Zip Code

☐ Opt out (I do **NOT** wish to receive correspondence/communication from Heifer International)

For Internal use only: Sponsoring Organization: _____

Program Name/Dates: _____

Location (check one): ☐ 55 Heifer Rd., Perryville, AR 72126/"Heifer Ranch" / ☐ 216 Wachusett St., Rutland, MA 01543/"Heifer Farm"

Revised 2/19/2015 cwyhorski

