

Preparing Your Students for Beaver Brook Association Summer Youth Programs

In order to fully experience nature, our classes spend a good deal of time outdoors, rain or shine. The following reminders and suggestions are geared to make each student's experience here a positive and enjoyable one.

Clothing

Old clothes that can get dirty are most appropriate for these programs. Even in hot weather, short pants are not recommended. **Long pants** provide protection against insects, poison ivy, cuts and scrapes. **Shoes** should be comfortable for walking, especially over rough terrain. Wet feet are always a possibility. Very heavy boots, slipper-like shoes and open-toed shoes are not appropriate. Students should bring a **raincoat or poncho** when weather predicts chance of showers. Items brought each day should be put in a **small backpack** for comfort and safety. Pack a change of clothes for preschoolers and for children in water-related classes.

Insects

There are several actions to take to reduce the chances of being bitten or harassed by both flying and crawling insects this summer.

- 1) Students should **wear long pants** and be ready to tuck them into his/her **socks to protect against ticks**.
- 2) Students should wear **light colored clothes and a hat**. Flying insects are attracted to bright colors such as reds, blues and purples. Ticks are very difficult to see on dark colors.
- 3) **Avoid using shampoos, soaps, and fabric softeners with perfumes**.
- 4) Apply **insect repellent** to clothes before class. **Send along a nonaerosol spray or a lotion repellent**. Spray repellents can get into eyes and cause discomfort.
- 5) Make a habit of doing **careful body and clothing checks for ticks** at the end of the program. Remove ticks carefully, making sure to remove all mouthparts. Watch the area for signs of infection or circular rashes.

Sun Protection

Please make sure to apply a sunscreen (SPF 30) before the beginning of each program and pack the sunscreen along with other daily supplies for reapplication. Consider wearing a hat that shades the face and ears. Make sure the student brings a bottle of water each day. Avoid sending caffeinated drinks because caffeine is a diuretic; it will cause dehydration.

Food and Drink

Each student should bring a **bag lunch** and **snack** each day. (4 year old programs should bring a substantial snack instead of lunch). Pack as much food as your child will need until pickup time. For longer classes, a **2nd drink is recommended**. **No glass bottles, please**. Please use **recyclable or reusable containers for food to reduce trash**.

Special Concerns

Please make sure that the Beaver Brook staff and teachers are aware of any special concerns regarding the student. Emergency Forms should note any **dietary concerns or allergies**. Also if there are any particular **behavioral issues** we should be aware of, please inform us. With all pertinent information ahead of time, we can do our best to make sure the student has an enjoyable and safe experience.

PLEASE NOTE: Beaver Brook is not a peanut free environment. If we are made aware of a student with a severe nut allergy, no peanut or nut products will be served. Staff and students will be notified and asked to abstain from bringing any products containing nuts in their lunches, snacks or backpacks.

Discipline Procedure

Beaver Brook's programs are meant to be educational and fun for all children involved. However, we recognize that different environments, circumstances and settings can impact a child's behavior and interactions with peers. In many cases, the environment provided by outdoor and environmental education programs dramatically reduces behavioral issues due to the level of activity, interest, and hands-on involvement. Beaver Brook's staff also works pro-actively to create a positive group environment, to set clear expectations at the beginning of each program, and to use positive reinforcement so that behavior does not become an issue.

To ensure that our programs are as positive an experience as possible for all children, we expect students and parents to have a willingness to participate as partners to educate about, maintain, and when necessary restore appropriate behavior. Inappropriate behavior by any individual may have an effect on the enjoyment and safety of the entire group, and is not acceptable.

Intervention/Consequences

Teachers and aides will work to resolve common offenses such as being too loud, testing the rules, cliques, putting down others, and swearing. One-on-one conversations, positive-reinforcement, and time outs will be used in an attempt to correct these behavior issues. If inappropriate behavior continues or if a student commits a serious offense especially one that endangers others, the Education Director or the Executive Director will hold a conference with the student and administer appropriate consequences. The parent or guardian will be notified. We are willing to invest considerable effort to restore appropriate behavior, but reserve the right to expel a child from class if reasonable measures on our part have failed to be effective.

If you have any questions or concerns, please contact us weekdays at 603-465-7787 between 9:00am and 4:00pm.

LOCATION MAP

Map Not To Scale

