

## Regina Street Alternative Camps – Frequently Asked Questions

### Where do the students camp?

*The students camp at MacSkimming Outdoor Education Centre. It is owned and maintained by the OCDSB and is located off Highway 174 just east of Cumberland, approximately 45 minutes away from the school.*

### How are the students supervised?

*Regina School staff is with the students 24 hours a day while at camp. Our ratio of students to staff is about 5 to 1, which ensures that everyone has a safe, fun experience while at camp.*

### Where do the students sleep?

*Students and staff sleep in small cabins or in a larger building (Galloway House). Each small cabin has room for 6 students and two staff members. There are separate cabins for boys and girls. Students sleep on bunk beds with vinyl-covered foam mattresses, but will require warm bedding or sleeping bags. The smaller cabins are heated by wood stoves (located on the opposite side of the cabin, far away from the sleeping area). There is a wash-up area with sinks and showers located in the nearby Village Inn. Students may only be in the cabins when supervised by a staff member.*

### What do the students eat?

*Students are consulted in order to set up a healthy menu containing foods that they enjoy eating. No pork, nuts, or seafood are served with any of the meals and any allergy or dietary concerns are carefully monitored and addressed. Other than a snack and lunch for the first day, students do not require any additional food.*

### What do the students do at camp?

*The camp is located in a setting that allows students to do a variety of hands-on depending on the grade level and the season. Students also have a journal that they use to keep a record of the activities that they complete. Students are also responsible for helping prepare meals and for keeping the facilities clean and tidy. A daily schedule is included in the camp information package. We usually follow the plan fairly closely, but may need to make changes due to weather or other circumstances.*

### You spend a lot of time outdoors in nature. What about the cold or heat? Are there ticks or other insects?

*In the case of extreme heat or cold, all outdoor activities will be modified accordingly. Fortunately, MacSkimming's dense tree cover helps reduce wind chill during winter and provides shade to moderate the sun's heat in late spring. During spring camp, students are encouraged to wear appropriate clothing and use insect repellent to help reduce contact with insects such as mosquitoes and ticks. Students will also be reminded to perform a tick check each day.*

### How are behaviour problems handled?

*Due to the cooperative nature of the program, behaviour problems are relatively rare at camp. Students quickly learn that positive behaviour results in the best camp experience for everyone. Behaviour that is unsafe or shows a lack of respect for others, camp property or the surrounding environment is unacceptable and is not tolerated. In the unlikely event that serious problems occur, parents will be notified and will be responsible for making arrangements to transport their child home from camp.*

### Can I call my child at camp?

*An emergency phone number will be provided to all students. The phone line at the camp is to be used for emergency calls only and therefore we ask that you do not call your child unless there is an emergency. If any problems occur we will call you (or one of the contacts you have listed, if you are unavailable) immediately. Even though it is the first time away from home for many of the students, we have found that it is easier if they do not call home. They are usually so busy having fun at camp that they forget all about how much they miss home!*

### What does my child need to bring?

*Students will receive a checklist that details all of the necessary items. Please do not send money, extra food or any electrical devices (phones, video games, etc.).*

### This sounds like fun, may I volunteer and share this experience with my child?

*Developing personal responsibility is one of the primary learning outcomes of our camps. The confidence that students gain by being away from home and family in a structured and supportive environment promotes both resilience and independence. For this reason, we will not require parents volunteers.*

### How much does it cost?

*There is no cost to students, as proceeds from the school pizza and milk program help cover expenses.*