



FRIENDS SELECT

FRIENDS SELECT SCHOOL
17th & Benjamin Franklin Parkway
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June 1, 2010

Dear Ninth Grade Parents and Students:

Final plans for the Ninth Grade Orientation Trip in September are being made. This day-long trip is a time for ninth grade students to renew friendships with classmates, to welcome new classmates to the school, and to begin working together as new members of the Upper School community. It is also an opportunity for fun! We are looking forward to a successful trip and careful preparations will help guarantee its success.

We will be leaving FSS on Friday morning, September 24th at 7:15 a.m. so students should plan to arrive at school no later than 7:00 a.m. Upper School faculty will chaperone this activity. Pocono Whitewater will have facilitators who will be working with us. A bus will take us to Pocono Whitewater in Jim Thorpe, Pennsylvania, where we will spend the rest of the day on rafting activities. This trip will occur rain or shine. In case of an emergency, the Pocono Whitewater address and telephone number is:

HC-2 Box 2245
Jim Thorpe, Pennsylvania 18229
Phone # 1-800-944-8342

Since this number is for the Administrator's office, please use this phone number only for emergencies.

We plan to return to school by 4:45 p.m. on that same Friday evening, September 24th. Students are encouraged to bring personal cell phones (and leave them on the bus while rafting) so that they can directly contact parents if there are any delays or changes in our arrival time.

Plan to be at the school at 4:45 p.m. for pick up or communicate to me ahead of time in writing on the permission form included how your son or daughter is to be dismissed when the group arrives at FSS. Parents who wish their child to be picked up by another (non-parent) adult, must provide these instructions to me, completing the information on the enclosed parent permission form. Chaperones will be anxious to get home to their families. Please be prompt.

Students should plan to bring snacks for the morning **AND** for after getting off of the river and money for wet suit rental. Lunch will be provided. The following personal equipment is recommended

Necessities:

- _____ money for wet suit rental - \$20.00 for full suit, \$15.00 for half suit (top or bottom), \$7.00 for booties
- _____ one change of clothing and shoes
- _____ bathing suit(s) or clothes that can get wet and towel; when rafting, cotton is not recommended so please wear wool or acrylic clothes and bring a windbreaker to wear over your clothes/wetsuit
- _____ plastic bag for wet clothing
- _____ *old* sneakers to be worn in rafts-You **must wear footwear for rafting** and whatever you wear on your feet will get wet! Pocono Whitewater recommends wearing wool socks. **FLIP FLOPS ARE NOT APPROPRIATE RAFTING FOOTWEAR AND WILL NOT BE ALLOWED IN RAFTS!**
- _____ rain gear -- We will be out-of-doors rain or shine!
- _____ sun screen AND insect repellent
- _____ hat or cap
- _____ sunglasses and safety strap for eyeglasses - important when rafting.
- _____ snacks
- _____ water bottle - do not bring glass bottles or containers; we encourage the use of reusable water bottles to prevent waste

Please do not bring:

- expensive watches, jewelry
- large amounts of money

Please complete the permission slip below and return it to me by mail, FAX, or when you register on Tuesday, September 7th.

It is absolutely essential that we have both your permission slip and your medical emergency form for the raft trip. I have also enclosed an itinerary of our trip. If you have any further questions, please call me at the school. I'm looking forward to a great time!

Sincerely,



Kendall Cameron
Assistant Director of Upper School

NINTH GRADE RAFTING TRIP ITINERARY

Friday, September 24, 2010

Pocono Whitewater, HC-2 Box 2245, Jim Thorpe, PA 18229
1-800-944-8392

- 7:00 AM Load Bus at FSS
- 7:15 AM Depart for Pocono Whitewater (about 90 miles: 1 1/2 hours)
- 9:00 AM Arrive at Pocono Whitewater, unload bus, eat snack, prepare for rafting trip, orientation to the river trip
- 9:45 AM Rafting trip begins
- 12:00 PM Lunch –lunches will be provided - vegetarian options will be available
If you have special dietary needs bring your own food in a water-tight container
- 12:45 PM Continue rafting trip
- 2:45 PM Exit river, raft trip ends, take shuttle back to Pocono Whitewater base camp
- 3:15 PM Load Bus at Pocono Whitewater and head back to FSS
- 4:45 PM Arrive at FSS