



## Student Guidebook

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*Almighty God envisioned a world of beauty and harmony, and He created it, making every part an expression of His freedom, wisdom and love (Gen 1: 1-25)*

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Dear Student,

Hello! This guidebook is a way for you to prepare for your visit to the CYO Environmental Education program this spring. You, your classmates, and students from other schools will be attending EE at Camp Hamilton. This means that you will be both living and learning outdoors! This will be a very special and unique time for you.

We would like you to be well prepared for your visit so that you will be able to learn as much as you can while you are at camp. In this guidebook you will learn about the things you will be doing and how to pack your bags. You might also want to share this guidebook with your parents. So that they can help you get ready for this experience.

You are participating in the Environmental Education experience so that you can learn more about nature and your responsibility as a steward of God's creation. You will also have the opportunity to make new friends and learn how to work together better. There is a lot to explore together at Camp Hamilton – woods, ponds, the lake and gardens.

The EE staff has been very busy getting ready for your visit to camp. We are looking forward to your arrival!

Sincerely,



Sarah Naser

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## Who Will I Meet at Environmental Education?

EE Director	This person is like a principal who will plan all of the activities, make sure that everything goes smoothly, and ensure that you have a fun and educational week while you are here.
Teacher Naturalists	These are the people who will plan and teach all of the educational field studies. They are fun teachers who also sing at campfire, lead meals, and prayer times.
Kitchen Staff	There is a kitchen staff who work long hours in the kitchen to prepare healthy meals for you to eat.
Camp Ranger	This is the person who works to make sure all of the buildings and natural areas are in good shape and safe for you.
Teachers	Your own teacher and the teachers from other schools will be at camp keeping you on task! :) They are also excited about this opportunity for you.
Chaperones	The chaperones are your cabin leaders while you are at camp. They will also go out on the field studies with you during the day.

### Questions:

1. Who is in charge of teaching the field studies?
2. Who is the “principal” of Environmental Education?
3. Who supervises you while you are in the cabin?

## Sample Schedule\*

Tuesday	Wednesday	Thursday	Friday
<p>10.00 Arrive/ Move into Cabins 11.45 Lunch 12.00 Opening Meeting</p>	<p>7.30 Wake Up 8.00 Morning Reflection</p> <p>8.15 BREAKFAST</p> <p>9.15 Field Study II</p>	<p>7.30 Wake Up 8.00 Morning Reflection</p> <p>8.15 BREAKFAST</p> <p>9.15 Field Study III</p>	<p>7.00 Wake Up/Pack &amp; Clean 7.30 Move out of Cabins 8.00 Morning Reflection</p> <p>8.15 BREAKFAST</p> <p>9.15 Field Study IV</p> <p>11:00 Mass</p>
<p>12.30 Field Study I</p> <p>4.30 Snack 4.45 Cabin Time</p>	<p>2.45 Snack 3.00 Choice time</p> <p>4.30 Cabin Time/ Girls Shower 4:45 St. Joes 5:10 Holy Family 5:35 Holy Rosary</p>	<p>2.45 Snack 3.00 Choice time</p> <p>4.30 Cabin Time/ Boys Shower 4:45 St. Joe 5:10 Holy Family 5:35 Holy Rosary</p>	<p>12:00 Lunch</p> <p>1:00 Departure to School</p>
<p>6.15 DINNER &amp; details</p> <p>7.45 Evening Reflection</p> <p>8.00 Campfire 9.15 to Cabins 10.00 Lights Out</p>	<p>6.15 DINNER &amp; details</p> <p>7.45 Evening Reflection</p> <p>8.00 Night Hike 9.15 to Cabins 10.00 Lights Out</p>	<p>6.15 DINNER &amp; details</p> <p>7.45 Evening Reflection</p> <p>8.00 Campfire 9.15 to Cabins 10.00 Lights Out</p>	

Stewards	(come to Discovery 15 min early)
Tue Dinner	Washougal 5
Wed Breakfast	Klickitat 1
Wed Dinner	Klamath 1
Thurs Breakfast	Washougal 3
Thurs Dinner	Klamath 2
Friday Breakfast	Klickitat 4

\*Please note that this is not an official schedule. Times of meals, Mass and other activities may be different for the session your school attends. A final schedule will be emailed to you before your arrival at camp.

## Learning at Camp Hamilton

While you are at camp, you will spend the majority of your day outside, studying and exploring the environment around you. This will be a great way for you to investigate the plants and see signs of wildlife with your Teacher Naturalist and Exploration Group.

After breakfast, you will head out on the trail with about 10-15 other students in your Exploration Group and your Teacher Naturalist. Remember to use all of your senses during your hike – smell, hear, and touch the environment you are in. As an Exploration Group you will experiment and observe new things together. You will receive a journal to record your observations.

The main topics that you will cover as a group will be the Forest Community and Wetlands Community. You will study the ecology of the different communities. Ecology is the study of relationships between organisms and their environment. The theme of Environmental Education is “Celebrating God’s Creation”. As a human community, along with the forest, wetland, and wildlife communities, we will be celebrating the gift God has created and discussing our responsibility as stewards of that gift.

Questions:

Write a paragraph telling about your most memorable experience in nature.

Look through your science textbook. What are some things that interest you? What do you think you might like to learn at Environmental Education?

What does being a steward of God’s creation mean?

## Living at Camp Hamilton

You will be assigned to a cabin group with 8-10 other students from your school. Each group lives in a separate cabin with a chaperone. Many of the activities you do at camp will be done as a cabin group. This is a good way for you to make new friends.

There is always cabin time during the day for you to rest, relax, and just hang out with your new friends. It is your responsibility to make sure the cabin is kept clean and tidy. Remember though, that you need to always respect the chaperone and other members of your cabin. Your chaperone will go over cabin expectations on the first day you arrive.

## Preparing for Camp

Before you come to camp, your teacher will send several forms out for your parents to fill out – permission slips, health forms, informational notes, etc. It is very important that you bring these forms back on time.

You also want to come to camp with all the necessary supplies. Often times it can be cold and rainy at camp. We still go outside – so pack well! Bring old clothes and equipment that you have around the house. Don't buy something new if you don't need to. See the suggested equipment list to find out what you will need to bring to camp.

- ✓ Be sure not to bring the items on the list we ask you not to bring.
- ✓ Label your things.

Questions:

What are some cabin guidelines you think would be important?

List four things you are not allowed to bring to camp.

# Suggested Packing Checklist

The following items are recommended for attendance at the four-day, three-night Environmental Education program at Camp Hamilton. Warm clothes, good rain gear, and a warm sleeping bag are the most essential items. Camp is a great place for old clothes; please don't bring expensive items to camp. The Catholic Youth Organization cannot assume responsibility for lost or damaged items.

## Bedding

- Sleeping Bag
- Pillow

## Clothing

- 2-3 pair of long jeans or pants
- 4 T-shirts
- Daily change of underwear & socks
- Warm jacket (fleece, wool, or down)
- Warm hat or cap (required)
- Hooded rain coat with rain pants (A MUST!!!!)
- Sweater or warm sweatshirt
- Pajamas
- 1 pair of tennis shoes with laces
- 1 pair H2O resistant shoes or boots
- Plastic bag (wet/dirty laundry)

## Toiletries

- Toothbrush & toothpaste
- Soap & Shampoo
- Deodorant
- Towel & washcloth
- Hairbrush/comb
- Swimsuit & Flip flops for showers only

## Class Items

- Sack lunch for first day
- Backpack/Book Bag (for field studies)
- Pen/pencil
- Water bottle (labeled)

## Recommended

- Flashlight (extra batteries)
- Sunscreen (seasonal)
- Insect repellent
- Disposable camera labeled with name

## DO NOT BRING

- Hair dryers
- Make-up
- Money
- Gum /candy/soda
- Cell phones
- Fireworks
- Any Electronics (games, Mp3 players)
- Weapons (knives, guns, etc.)

## Additional Items for Chaperones

- Alarm clock (battery operated)
- Favorite prayer book, or story book to share at bedtime
- Playing cards

## Packing Tips

1. Pack things as compactly as possible. A large duffel bag is best, but suitcases or backpacks are permissible. Please don't use trash bags. Instead try to put sleeping bags and pillows in a duffel or suitcase.
2. If you don't have the number of items suggested, just bring what you can.
3. Please check to make sure you have not brought something on the "Do Not Bring" list.
4. Be sure to pack a healthy sack lunch and drink for the first day.

# Meals

We eat together as a large group at camp in a building called Discovery Lodge. The kitchen staff prepares a tasty, well-balanced meal for the group. We eat together at tables with 7 students and 1 chaperone.

No one goes hungry at camp. Second helpings are always available. There will be a snack in the afternoons.

Hints for Good Table Manners:

1. Wash your hands before the meal.
2. Remove your hat before you enter the dining hall.
3. Keep conversation quiet and talk only to your table.
4. Don't talk with food in your mouth.
5. Eat once everyone is served, not before.
6. Remain seated until you are excused.
7. Use serving utensils.
8. Keep your arms and elbows off the table.
9. Put your napkin on your lap.
10. Use "please" and "thank you" when asking for something.

## The Jumper

At Camp Hamilton, one student at each table will be designated as the "Jumper." This student is responsible for bringing food to the table and getting seconds when necessary. The Jumper is to be the only student up from the table during the whole meal. When everyone is done eating, the Jumper is also responsible for clearing the table.



## How to Have a Fun, Memorable Experience at Camp!

Your trip to Camp Hamilton will be one of the most memorable weeks of your year. You will learn a lot about your environment, your friends, and yourself. However, to make this a great experience you will need to follow some guidelines:

- ✓ Respect yourself
- ✓ Respect others
- ✓ Respect God's Creation
- ✓ You need to stay with your group at all times

Some hints for a good time

- ✓ Use all of your senses to learn new things
- ✓ Ask lots of questions
- ✓ Be on time and prepared with proper clothing for activities
- ✓ Smile, laugh, have fun!
- ✓ Take pictures
- ✓ Participate!

Questions:

What does "respect yourself" mean?

What can you do to make sure you have a great week at camp?

# Student Contract

In order for your Environmental Education experience to run smoothly, all students and parents are asked to read and sign this agreement. It is important that students understand the necessity of following safety rules and rules designed to make this experience comfortable and worthwhile for all participants, including students, teachers, parents, and camp staff.

It is also understood that a student who refuses to follow these rules and standards will not be allowed to continue their participation in the Environmental Education program. Parents will be called to come and pick up a student whose behavior is severely affecting the program or whose disregard for safety rules is a danger to themselves or the rest of the students, teachers, and staff.

1. I agree to abide by all safety rules as stated by the camp staff and school staff.
2. I will participate fully in all activities unless the teachers have excused you.
3. I will be ready to participate in each activity at the announced time. Being ready means being dressed properly and having the necessary equipment (journal, pencil, water bottle, backpack).
4. I agree to stay out of off limits camp buildings unless specifically given permission to be there.
5. I will not visit any cabin other than my own.
6. I understand that I am not allowed to be near the lake, ponds, or creeks without being with the school group during an activity.
7. I agree to observe quiet times as such. There will be no loud talking or other excessive noises during these times.
8. I agree to go in to a quiet mode at bedtime and help with the calming down process. I will not scream, shout, or be out of the cabin once we report to cabins for the evening. Your cabin leader will let you know when lights out will be, and at that time there will be no more unnecessary talking.

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Student Signature

Parent Signature