

HEIFER INTERNATIONAL FIELD TRIP INFORMATION AND PERMISSION SLIPS

Dear Parents,

From September 27th – 29th the middle school will visit 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 in 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 participate with daily farm chores including gardening and animal care.

Landfill and Recycling Center

On the way to Overlook Farm we 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 in to 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 9:30 am on the departure day (Wednesday, September 27th) and will be back by 3:15pm on the return day (Friday, September 29th). 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 33 students.

Sleeping Arrangements

The first night at Heifer is spent in either a bunkroom 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 adults 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 request 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.

Other contact information:

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

Teachers with cell phones:
Andrew Lane 703-615-8953
Marcy Innes 603-727-6792

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 THE PACKING LIST**
- **SEND A LUNCH, WATER AND SNACK FOR THE FIRST DAY OF TRAVEL. DO NOT SEND FOOD THAT WILL NEED REFRIGERATION OR COOKING.**

Heifer International Overlook Farm – PACKING LIST

Pack clothing for the season. We will be spending 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 area for valuable items (iPods, video games, etc.) so please leave them at home.

_____ Heifer Farm Waiver & Release form (return to TSA)

_____ Lunch, snacks and water for the trip to Heifer. Please do not pack food that needs refrigeration or a microwave. We will eat in the bus.

_____ Warm jacket

_____ Rain gear (rain coat and water proof shoes)

_____ Warm socks (It is cold at night)

_____ Hat (for warmth at night)

_____ Work gloves

_____ Sturdy, closed-toed 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

_____ Flashlight

_____ Medications

_____ Reusable water bottle

Optional:

_____ Insect repellent

_____ Camera

_____ Ear plugs (for sleeping)

Mailing Address

Zip Code

Email Address

Phone #

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

I already receive Heifer International correspondence

For Internal use only: Sponsoring Organization: _____

Program Name/Dates: _____

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

Heifer International Overlook Farm Permission Slip
Please return by Wednesday, September 20th

My student _____ has permission to travel by bus to Heifer International Overlook Farm in Rutland, Massachusetts on September 27-29. 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 by 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 and water for the first day of travel and snacks for the bus that require neither cooking nor refrigeration.

Print name: _____

Sign name: _____ Date: _____

____ My student has medical or other issues/concerns that I would like to discuss.
Please contact me at _____

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

Please use the space below to provide us with any additional information that we may need regarding your student. Thank you.