



6th Grade Spring Retreat is here.

I am excited about the weekend we'll be together. The Lord has set His heart to meet with us both individually and communally. Begin preparing your hearts now by seeking Him in prayer. Below you will find detailed information about the Retreat.

–Pastor Jim and Pam

Preparing for the Retreat:

Location:

Twin Rocks Friends Camp
PO Box 6 Rockaway Beach, Oregon 97136
503-355-2284

Packing List:

In a single medium size suitcase or sports bag pack and bring the following:

- Clothes for the weekend: shorts and T-Shirt/ sweats/ long-pants/ socks and underwear/ extra sneakers/ PJ's/ slippers or thick socks
- Warm clothing for evenings and the beach: sweatshirt/ jacket/ beanie
- Towel/ soap and shampoo/ deodorant/ flip-flops/ toothbrush and toothpaste
- Flashlight
- Back pack for Bible, pens and pencils, Discipleship Journal (If you do not have a Discipleship Journal we will make them available to you at the retreat), water bottle
- Pillow and sleeping bag
- Blanket
- Sack lunch for Saturday (in your back pack)

Do Not Pack and Bring the Following:

- Gum
- Extra money
- Cell phones
- Tobacco products
- Fireworks
- Drugs
- Candy
- Magazines and books
- Firearms and knives
- Skimpy, immodest, or questionable clothing
- Electronic games or media/social devices of any kind

Visitor Policy:

All of our camps have a NO VISITOR policy to ensure the safety of our campers, and to provide them with a week away from home undistracted by "life".

Medical Staff and Wellness Policy:

There will be a professional nurse onsite and available 24 hours a day at camp. All medications campers require must be turned in to the nurse during the Saturday morning retreat check-in at the church. Please note that the medical staff will regulate and administer all medications during the retreat to both campers and staff.

All campers who wish to participate must be free of the following symptoms 24 hours prior to camp. If your camper is ill on the Saturday morning the retreat begins, you will need to keep them home and contact Pastor Jim at 503-351-1333 to let us know. If they are symptom free for the next 24 hours, you may bring them to Twin Rocks Friends Camp after contacting the Retreat nurse by calling the Camp at 503-355-2284 in order to receive permission to gain entrance into the camp. Those who arrive at check-in with any of the following symptoms will be sent home:

- Fever
- Vomiting
- Diarrhea
- Contagious skin infection
- Lice

Should your camper become ill or injured at camp and require home care, parents will be notified and are required to come and pick up their child at the camp.

Medications:

All campers must turn in prescription and non-prescription medications to the nurse during the Saturday morning check-in. Please help us safely care for your camper by following the guidelines for medications as listed below:

1. Place medication in a zip-lock bag with the campers name clearly printed on the outside and the baggie securely sealed.
2. Any and all medication must be in its original container.
3. Dosage given on prescription label will be followed and given unless changed in writing by your physician.
4. Over the counter medications are available at camp.
5. If you want your camper to receive a specific brand (i.e. Tylenol, Advil, Triaminic, etc.), you must check it in for your camper in its original container.

Other Important Information to Know and Follow:

- Hydration: The cause of stomach discomfort and headaches at camp is usually the failure of campers and staff to drink plenty of water. With the change of diet for the week plus lots of ongoing activities, it's easy to forget to drink plenty of water. To help with this, everyone will be required to drink a full cup of water at every meal. We will also provide water stations around the camp.
- Meeting Dietary Needs: Camp food service will provide gluten-free, dairy-free, vegetarian and vegan options. The camp is peanut free. Please indicate on your camper's dietary needs on the registration form.
- Head Lice: Please help us make sure that head lice will not be an issue at camp by talking with your camper about not wearing other campers hats, using someone else's hair brush, resting on someone else's pillow, or sleeping on their bedding.
- The Lake, Beach, Ocean, and Surrounding Properties: The only time campers and staff will be allowed on the beach or near the lake will be during morning devotions. We also plan to be on the beach for supervised activities and evening bon fires. Due to the strong undertow we will not be entering the ocean at any time. Because safety is our top priority, any camper who is found around the banks or in the lake at any other time will be sent home immediately. Any camper that enters the ocean for any reason will be sent home immediately. Any camper that wanders off into surrounding properties will be sent home immediately.
- Emergency Camp Office Contact Number: 503-355-2284

Retreat Expectations:

Please ensure that your camper is healthy and ready for the retreat. Talk with them about the importance of following all retreat guidelines and expectations. These begin with all campers being respectful, responsible, and ready at all times. Make sure that you and your camper read and sign the Rule of Life contract, making sure that they fully understand what they are agreeing to for the week. The signed contract will be turned in at the deans' table at check-in on Saturday morning.

Camp Check-in Date/ Departure and Return Times

Check-In and Departure: Saturday morning, February 17th, at 8:00am, through the East Building Courtyard and to the 6th Grade Room.

- At 8:00am, after parking your car in the rear east parking lot, take your 6th Graders luggage, sleeping bag, pillow and blanket to the waiting van located in the rear east parking lot. *The camper's sleeping bag, pillow and blanket need to be enclosed in a large black garbage bag. We will have bags available for you if needed.*
- Campers and parents, will then make their way through the check-in process stopping at each table to check in. The Dean's table is where campers turn in a signed copy of the Rule of Life, after which they proceed to the nurses table to turn in any medication.
- Campers will use the restroom as needed then gather in the 6th Grade Room with the Discipleship Leaders for final instructions before loading the bus.
- Campers and Discipleship Leaders will board the Bus with their Backpacks (sack lunch inside). There will be no eating on the bus. The nurse and adult leaders will caravan with the Bus to Twin Rocks.
- The retreat begins the moment the Bus departs Beaverton Foursquare.
- Travel time to Twin Rocks is approximately 1.5 to 2 hours.
- Buses will arrive at Twin Rocks Camp around 11:00 am.

Return Time: Monday afternoon, February 19th around 5:00pm

- Buses will depart from Twin Rocks Friends Camp around 12:30pm.
- We will be stopping in Tillamook at the Main Street Pizza Co. for lunch.
- Following lunch we will go to the Tillamook Cheese factory for ice cream.
- We are scheduled to arrive at Beaverton Foursquare between 4:30 and 5:00pm.
- We will be unloading luggage in the Courtyard of the East Building.