



NORTH
YARMOUTH
ACADEMY

September 17, 2021

Dear Students and Parents/Guardians,

At the start of each school year, the Middle School students at North Yarmouth Academy embark on an adventure with their peers. Each grade is involved with different experiential education programs designed to help build leadership, communication, self-confidence, character, and community between the students. This is a great opportunity for the students to step outside their comfort zone and grow from each challenging experience. Each year, the Experiential Education Program builds upon the year before as students face new challenges in each new program. The eighth grade will go to Rippleffect on Cow Island in Portland for two consecutive days, October 4 and 5. Students will participate in teambuilding challenges, a climbing wall, and a zip line. Students will also learn how to sea kayak in the waters near Cow Island.

Please fill out the attached **Parental Consent Form** and **2021 Health and Registration Form**. Please bring both completed forms in to Danielle Barschdorf or the Middle School reception desk by **Tuesday, September 21.**

If you have any questions about the program, please contact Danielle Barschdorf at 846-9051 ext.472 or dbarschdorf@nya.org.

*There will be no sports on Monday, Oct 4 or Tuesday, Oct 5.

Eighth Grade:

Monday, October 4 – Arrive at NYA by 7:45 a.m., Pick up at NYA at 5:15 p.m.

Tuesday, October 5 – Arrive at NYA by 7:45 a.m., Pick up at NYA at 2:15 p.m.

We are really looking forward to this great program! Please remember to fill out both forms and bring them in by **Tuesday, September 21.**

Sincerely,

Danielle Fisher Barschdorf
Experiential Education Coordinator

**** THE GEAR LIST IS ON THE BACK OF THIS SHEET. ****

We all know how fast the weather can change in Maine – especially on the **coast!** It is really important that students bring the correct gear and have layers to change into in case of wet weather. We want to be sure that students stay **safe, warm, and comfortable** on this program. We do not expect anyone to go out and buy new gear. Please consider borrowing items from family/friends if needed. If you have any problems or concerns with the gear list, please don't hesitate to contact [Danielle Barschdorf](mailto:dbarschdorf@nya.org).

What to bring and wear: (Feel free to bring extra in case things get wet)

- 2 Masks
- Short sleeve shirt (preferably non-cotton)
- Long sleeve shirt (preferably non-cotton)
- 1 Warm Polar Fleece or Jacket or wool sweater
- 1 pair of pants (preferably non-cotton)
- 1 pair of comfortable, quick-drying shorts
- 1 Bathing Suit (Quick Drying)
- 1 Warm Hat can be helpful
- 1 Pair of thin gloves (can be helpful when kayaking if cold)
- 2 Pairs Socks (Synthetic, Wool, or Smartwool-type)
- **Rain Gear** – rain jacket is a must, rain pants are optional
- 1 Water Bottle (plastic, refillable) (Sometimes it's nice to have a carabiner clip to attach to boat)
 - Please make sure bottle does not have a spray function and does not leak
- Sunblock (sunlight reflects off the water - use SPF 30 or higher!)
- Baseball Hat or Sun Hat
- Water Shoes – *closed-toe shoes only, please* (Crocs/Keens are fine.)
- 1 pair of comfortable shoes/sneakers – *closed-toe shoes only, please*
- Small towel – quick drying is best
- If you wear glasses, please bring a strap
- Backpack for carrying items around Cow Island
- Plastic bags to put wet clothes in
- **Medications** – in **original bottle** with label indicating name and dose, to be held by NYA teachers
- Sunglasses with strap (optional)

****PLEASE LIMIT YOUR COTTON CLOTHING!**

Cotton (including jeans) takes a long time to dry and does not keep you warm when wet. Polyester, synthetics, nylon, fleece, and wool are all great alternatives.

Cell Phones:

Students may bring their cell phones to contact home at the end of the day, but phones will be collected by teachers during our program.

The DO NOT Bring List:

- Flip flops or open-toed sandals
- Jewelry
- Any electronic equipment: games, digital cameras, etc.