



## Missouri River Academy Information Packet



Dear Parent(s) and Student,

Thank you for your interest in wanting to learn more about the Missouri River Academy. This packet contains important information regarding this five-day river summer camp.

Information includes:

- Summary of the Academy- dates, location, tuition, and other general information
- Registration Process- financial aid and registration information
- What to Expect- the culture and values of the Missouri River Academy
- Missouri River Creative Art Project- students will work in partners to identify an issue that in some way affects the Missouri River and develop a creative solution.
- Lodging and Dining- includes personal food and hands-to-work program
- Packing List- a checklist for packing for the Missouri River Academy
- Driving Directions- if you are driving, use this to navigate to the Missouri River Academy
- Travel Information- includes information on travel options for parents and students
- General Policies- regulations during the Missouri River Academy

If you can't find what you are looking for, please visit our registration packet which includes (a) student medical form, (b) general risk release form, (c) student standards of behavior agreement, and (d) travel form. If you have questions regarding the Missouri River Academy, please contact Kristen Schulte at [kristen@riverrelief.org](mailto:kristen@riverrelief.org) or call 573-443-0292.

We look forward to seeing your student at the Missouri River Academy this summer.

Sincerely,

Missouri River Relief  
[www.riverrelief.org](http://www.riverrelief.org)

# Summary



Dates: July 5-9, 2020 – 5 days and 4 nights

Ages: Students entering grades 8<sup>th</sup> – 12<sup>th</sup>

Location: Camp Trinity – New Haven, Missouri

Tuition: \$400 per participant

Connect with the natural and cultural history of the Missouri River through adventure, exploration, and investigation. Discover the river ecosystems and the natural forces that shaped it. Understand how human choices have affected the river's rhythm and flow. Knowledgeable and experienced instructors will guide you through hands-on activities that will give you the understanding, skills, and confidence to enjoy, make use of and protect the Missouri River.

## Registration Process

1. If you are applying for financial aid, please refer to the "Financial Aid" section on the website. You will need to complete this process before registering. Financial Aid recipients will receive a separate registration link when they are awarded financial aid.
2. If you are not applying for financial aid, please complete the online enrollment process on the website or by calling 573.443.0292. Please have your payment information ready when enrolling.
3. After completing the enrollment/payment process, download a pdf of the registration packet on the website, fill it out and mail to P.O. Box 463, Columbia, MO 65205 or e-mail to [kristen@riverrelief.org](mailto:kristen@riverrelief.org) The packet contains the following forms: (a) student medical form, (b) general risk release form, (c) student standards of behavior agreement, and (d) travel form.

### Waitlist

Should the academy reach its capacity, a waitlist will be created. The first person on the waitlist will be notified if a vacancy occurs. If this person does not accept, then we will go down the list.

### Cancellation

If you should need to cancel, a refund will not be issued up to 30 days prior to the start date of the academy. Although we make every effort to adhere to our schedule, extenuating circumstances may cause Missouri River Relief to cancel a program, in which case a full refund will be issued.

# Financial Aid

Financial aid is available to qualified participants. To apply for financial aid, download a pdf of the financial aid application on the website, fill it in and mail to P.O. Box 463, Columbia, MO 65205 or e-mail to [kristen@riverrelief.org](mailto:kristen@riverrelief.org).

We will begin awarding financial aid mid-April and then continue making awards on a rolling basis until all available funds are awarded. We are typically able to notify financial aid applicants of the amount we are able to award within a month of receiving an application. The applicant will then be given a deadline and separate link to register for the program; please do NOT register before you are notified of your award.

## What to Expect

To help you be prepared for the activities in which you and other students will participate, please plan for active learning. For the most satisfying experience, please note that this program requires the following:

- Early Rising! Be prepared to rise and shine early in the morning.
- Being a team member! We operate in teams and expect everyone to participate in activities.
- Taking a break from electronics. You will not always have access to your cell phone and electronics' during the Academy, your time will be focused new and rare experience.
- Being an active learner. We are place-based and experience-oriented. Our indoor classroom time will be spent exploring through discussions, activities, and lectures, covering a wide variety of topics.
- Spending lots of time outdoors. We are outdoors most of the time! Our outdoor classroom time will be spent investigating many areas of the Missouri River in vehicles, on boats and on foot, so plan accordingly.



## Missouri River Creative Art Project

During the Missouri River Academy, students will work in partners to identify an issue that in some way affects the Missouri River. They will conduct research - using MRR resources - to develop a creative solution that addresses their given problem. Students will learn how to use art to communicate about their issue and each student will have the option to share their messages in a public presentation.

### **Family And Friends Are Invited To Attend Student Presentations!**

At the end of the Academy, students will present their Missouri River Creative Art Project to an audience of engaged Missouri River advocates. Family and friends are welcome to come and learn about what has sparked their student's interest. The presentation will take place on Thursday, July 9th, at 2:00 pm at Old New Haven School House at 810 Maupin Street, New Haven, Mo 63068.

# Staying Up-to-Date During the Academy

Are you a parent and would like to stay up-to-date during the Academy? We encourage you to visit our Facebook page where we will post photos and updates. To see these updates on Facebook: search for “Missouri River Relief” and “like” our Facebook page. Also, look for options to “get notifications” on our page. This information will be updated daily in the late evening.

A photo album will be created after the Academy on Flickr at [www.flickr.com/photos/riverrelief/](http://www.flickr.com/photos/riverrelief/), so that you may download and save any of the photos that you would like to have your student.

## Camp Trinity: Lodging and Dining



Tucked away in the Missouri River Valley, is the community of New Haven, Missouri. At the Missouri River Academy, you will spend most of your time exploring the Missouri River, while staying at Camp Trinity, perfectly poised 4 miles from the Missouri River. During your stay, you will enjoy the shade of the oak trees and the cool water of the swimming pool. Camp Trinity is owned and operated by a local family and was established as a Lutheran retreat center in 1970's. There are religious symbols that are present at Camp Trinity; however, Missouri River Relief is not a religious organization.

### Residence Lodge

During your participation in the Missouri River Academy, you will stay in a lodge. Each air-conditioned room will sleep 5 students, with 5 bunk beds; students can choose to sleep on the top or bottom bunk and store their personal items on the unused bunk. Each room has a shared bathroom. The lodge rooms are simple and comfortable without the distractions of televisions or phones. Linens will not be provided: you will want to make sure that you bring: a sheet, pillow, a sleeping bag or blankets and towels. The rooms do not come stocked with toiletries, so please bring these with you as well.



### Dining

You will enjoy delicious, healthy meals in the dining lodge, courtesy of the caring and hardworking Camp Trinity kitchen staff. We will provide breakfast and dinner in the dining lodge while lunches are eaten in the field. Participants pack their lunches in the lodge immediately following breakfast. We will have snacks available throughout the day. In addition, if students would like to pray at meals, they are more than welcome too but we do not require anyone to pray.

## Allergies & Dietary Needs

When registering, simply indicate the student's dietary needs on the registration packet. From there, the information goes to both our education director and our food service director at Camp Trinity. In the case of severe food allergies, our education director will contact you prior to your student's arrival to discuss any concerns. They will have the entire week's menu available, as well as applicable substitutions tailored to your student's needs. The education director will also be prepared to respond to any allergen exposure and will have equipped our program instructors to work towards exposure prevention.



At the first Missouri River Academy meal, the food service director at Camp Trinity will introduce themselves to your student and help ensure they know which foods they may eat from the main menu and which foods have a substitute provided for them. The food service director and education director will continue to serve as a resource for your student throughout the week, striving to make sure they have a balanced meal with the appropriate options. It is our desire that all students be able to experience the Academy without concern/anxiety about dietary restrictions.

## Hands-to-Work

During our time at Camp Trinity, we will practice a philosophy of "Hands-to-Work." All of our staff and students will pitch in to maintain, clean and prepare the beautiful facilities for the next group. In the dining lodge, all participants are responsible for picking up after themselves and preparing for the next lesson at the end of a meal. Groups will also be assigned the duty cleaning their own rooms at Camp Trinity before they depart.

## Equity, Inclusion and Cultural Relevance

Missouri River Relief believes in the importance of equity, inclusion and cultural relevance in our community. That is why we embrace our responsibility to work towards equity and inclusion during the Missouri River Academy. Together we rise to address the cultural factors that drive inequity and exclusion so that we have the ability to effectively reach and connect students to the Missouri River. We work to ensure that every student, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to have a safe, fun, and enriching experience at the Missouri River Academy.



## Communicating Prior Commitments That Conflict with Academy

We encourage student's full participation during Missouri River Academy but we understand that your student might have prior commitments to an afternoon sports game or evening activity that could hinder them from participating fully during Missouri River Academy. If such a conflict occurs please communicate this information in advance, as we will need to coordinate with you on our pick up and drop off time, as well as location. We often spend the entire day away from Camp Trinity and are only there in the mornings and evenings for meals.

# Packing List

Our activities and classes are taught outdoors, in *all* weather conditions. After a day in the outdoors, you may wish to have casual clothes and comfortable shoes to change into for dinners.

## **Clothing**

- T-shirts, 3-6
- Long-sleeved Shirt, 1
- Lightweight Jacket
- Jeans or Work Pants, 2 pairs
- Shorts, 2 pairs
- Underwear, 6
- Bras, 2
- Pajamas, 1-2

## **Other Required Items**

- Swim Suit
- Shower Towels, 2
- Bookbag (To carry paper/pencils, jacket, rain gear, water bottles, etc. We prefer packs with padded straps).
- Toiletries: soap, comb, shampoo, toothbrush, toothpaste, feminine supplies etc.
- Sunblock rated SPF 30+
- Bug Repellent
- Lip Balm
- Flashlight or Headlamp
- Sunglasses
- 2 water bottles with tight-fitting lids, at least 25 oz capacity
- Brimmed hat

## **Bedding**

- Pillow
- Fitted twin bed sheet
- Sleeping bag/or blanket

## **Footwear**

### **Hiking Boots**

You will be spending many hours in your boots, sometimes hiking along muddy river banks. Please make sure your boots are comfortable and broken-in before you arrive.

## **Foot Items**

- Hiking Boots or Rubber Boots
- Tennis Shoes
- Sandals
- Hiking Socks, 3 pairs
- Cotton Athletic Socks, 2 pairs

## **Optional Items**

- Fishing Pole
- Raincoat
- Personal reading materials
- Water-resistant watch
- Waterproof bag
- Camera and batteries
- Colored pencils & other art supplies
- Binoculars
- Personal journal and pencils
- Stationery and stamps
- Slippers

## **What NOT to Bring\***

- Cell Phone
- Electronic devices
- “Good” clothes or nice shoes
- Weapons of any kind
- Non-prescription medications
- Tobacco Products
- Candy, Soda or Snacks
- Expensive belongings
- Hairdryers and/or curling irons

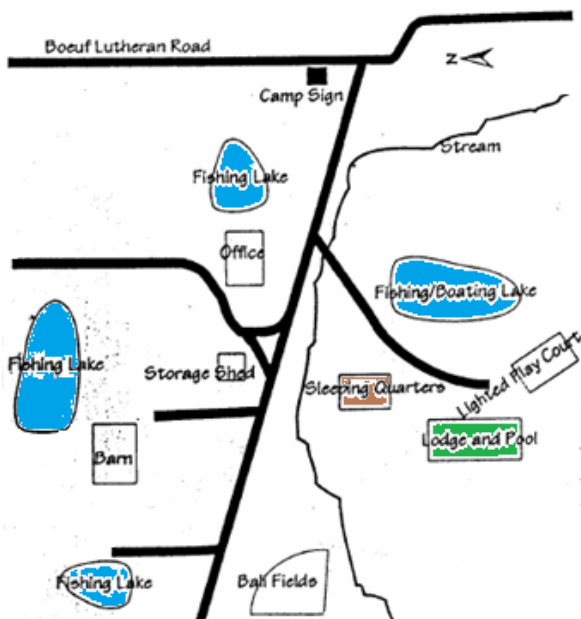
*\*See General Policies for specific details on what not to bring.*

# Driving Directions

**Address:** 439 Camp Trinity Drive, New Haven, Missouri 63068

Traveling from **St. Louis, MO**- 1 ½ hours

Follow I-44, then take exit 251 from I-4. Take MO-100 W to New Haven (about 22 miles). Turn left on Hwy C. After 2 miles, turn right on Gerding School Road. After 1 mile, turn left on Boeuf Lutheran Road. After a quarter of a mile turn right at the CAMP TRINITY sign (Kasel Ford Drive), follow that for about a half-mile to Camp Trinity Drive turn left and the Lodge will be at the top of the hill.



Traveling from **Kanas City, MO**- 3 hours

Follow I-70 E to MO-19 S in New Florence. Take exit 175 from I-70 E. Continue on MO-19 S. Take MO-100 E to New Haven. Turn right on Hwy C. After 2 miles, turn right on Gerding School Road. After 1 mile, turn left on Boeuf Lutheran Road. After a quarter of a mile turn right at the CAMP TRINITY sign (Kasel Ford Drive), follow that for about a half-mile to Camp Trinity Drive turn left and the Lodge will be at the top of the hill.

Traveling from **Omaha, NE** - 6 hours

Get on I-480 S. Take I-29 S and I-70 E to MO-19 S in New Florence. Take exit 175 from I-70 E. Continue on MO-19 S. Take MO-100 E to New Haven. Turn right on Hwy C. After 2 miles, turn right on Gerding School Road. After 1 mile, turn left on Boeuf Lutheran Road. After a quarter of a mile turn right at the CAMP TRINITY sign (Kasel Ford Drive), follow that for about a half-mile to Camp Trinity Drive turn left and the Lodge will be at the top of the hill.

# Travel Information

## Personal Vehicle

- Arriving: Please arrive on Sunday, July 5<sup>th</sup> between 3:30pm-4:00 pm.
- Departing: Please plan on picking up your student on Thursday, July 9<sup>th</sup> at 3:30 pm.

If someone other than a parent/guardian will be picking up on departure day, please make sure to make a note of this on your travel form, in the registration packet.

## Bus

Traveling by bus is an option for students; if purchasing bus tickets please select Columbia, Missouri Greyhound Station as your destination and departure when purchasing tickets to and from the Missouri River Academy. We will provide a shuttle from Columbia, Missouri to the Missouri River Academy's location in New Haven, Missouri.

For purchasing a bus ticket, please visit: <https://www.greyhound.com/>

## Airplane

Traveling by airplane is an option for students; if purchasing airplane tickets please select Columbia Regional Airport as your destination and departure when purchasing tickets to and from the Missouri River Academy. We will provide a shuttle from Columbia, Missouri to the Missouri River Academy's location in New Haven, Missouri.

For more information about Columbia Regional Airport, please visit: <http://www.flycou.com/>

Once a flight and/or unaccompanied minor service has been purchased, please e-mail your students flight itinerary to [kristen@riverrelief.org](mailto:kristen@riverrelief.org) before June 26<sup>th</sup> with your travel form in the registration packet.

## How Do I Know If I Need To Purchase Unaccompanied Minor Service?

Depending on the airline or the bus conditions and your comfort level with your student traveling alone. For a fee, airlines and the bus will provide the service for any minor regardless of age if you request it, but it is mandatory for certain ages depending on the airline. Fees vary. Please call the airline or the bus company if you are unsure of the requirements fees.

## Unaccompanied minor service is mandatory for:

- Delta, American Airlines, US Airways: 14 years old or younger.
- Greyhound: 14 years old or younger



# General Policies

## Student Medication Information

Missouri River Relief is concerned about inappropriate use of both prescription and non-prescription medications (including herbal supplements) by students. Students are not permitted to use medication without written permission from a parent, legal guardian, physician or an authorized Missouri River Relief staff person. Students are not permitted to share medications under any circumstances. If your child requires any prescription medication or over the counter medication (including herbal supplements) during the trip, it will be administered by the Missouri River Relief staff. Below is additional information regarding medications:

- In the “*Student Medical Information*” form you may give written permission to administer the following over the counter medications: Tylenol, Aspirin, Ibuprofen, Maalox, Ex-lax, Benadryl, Claritin, and/or Cough Drops. Missouri River Relief will have a supply of these over the counter medications.
- All medication administrators will need the “*Request for Medication to be Given at the Missouri River Academy*” form completed.
- Place all medications (prescription medication or over the counter medication) you are sending with your child in a plastic bag marked with the child’s name, with a doctor’s order, the prescription label attached.
- Send only enough medication for the days your child will be gone.
- If your child requires an asthma rescue inhaler or EpiPen®, please send two, if possible. Your child will carry one with them and the Missouri River Relief staff will keep the second as a backup. If only one inhaler or EpiPen®, is supplied, it will remain with your child for the entire trip.
- Please check expiration dates of all medications before sending them with your child, especially asthma rescue inhaler or EpiPen®
- We will collect all medications (including prescription medication, over the counter medications and herbal supplements) upon arrival at Camp Trinity.

## Emergency Contact Information

Should you need to reach your child in an emergency, we ask that you directly contact the Education Director, Kristen Schulte, via cell phone 636-288-5570. If there is no answer, please leave a detailed message and contact Steve Schnarr, Program Manager, via cell phone at 573-289-2077. We will work with you to make contact and to pass on a message to your child or arrange for you to speak to your child.

## Phones during the Academy

Due to the topography of our location, cell phone reception is patchy at best. Please make it clear to your student, family, and friends that there will not be a reliable cell phone reception during their stay. We will require that students turn in their phones during the academy or do not bring their phones. On Monday, Tuesday and Wednesday students will be given access to their phones before dinner. The time during the Academy is focused on providing students with a new and rare experience. They are encouraged to disconnect from the technological world and interact

with each other and the natural world in a direct manner. Not having access to phones will eliminate the potential for distractions and will also ensure the devices do not get lost during the Academy. We do encourage your student to bring magazines, books and/or a journal as they will have quiet time before bed to read and unwind.

### **Taking Pictures during the Academy**

We prefer that students do not use the cameras on their phones or other similar type devices. We encourage students to bring either a digital or disposable camera. A photo album will be created after the Academy on Flickr at [www.flickr.com/photos/riverrelief/](http://www.flickr.com/photos/riverrelief/), so that you may download and save any of the photos that you would like to have your student.

### **Electronics during the Academy**

Students can bring electronics while traveling for entertainment during their ride to and from the Missouri River Academy. This includes items such as iPods/mp3 players, Kindles/Nooks/e-readers, battery operated handheld game consoles, etc. We will collect these items upon arrival at the Camp Trinity and place them in plastic bags with each child's name on the bag. These items will remain in a locked bin for the entire time of the Academy. There will be an opportunity prior to student's departure from the Academy to recharge the electronic devices if needed.

### **Candy and Snacks during the Academy**

We will also collect all candy, treats, and snacks as required by Camp Trinity policies unless there is a medical reason to have snacks close at hand. Candy, treats, and snacks will remain in the dining hall for the entire time of the Academy. There will be an opportunity before students departure from the Academy to get their candy, treats, and snacks.

### **Prohibited Items**

The following items are prohibited at the Missouri River Academy:

- Weapons of any kind. This includes guns, knives (including pocket knives), mace, etc.
- Non-prescription medications. Such medication will be dispensed by Missouri River Relief staff as necessary. No prescription medication should be brought or used unless noted on the *"Request for Medication to be Given at the Missouri River Academy"*
- Tobacco products, illegal drugs, and alcohol