

Name:
Session:

Dear Parents,

Welcome to the Mississippi Headwaters Audubon Society's Spearhead Young Naturalist Program! Your child will have a wonderful time exploring the MN Northwoods.

1. Program hours are **9:00 am to 3:30 pm** Monday through Friday. Please call Dan Bera at 218-835-4782 to make arrangements for an early drop-off or a late pickup (reservations required, fee charged).
 2. **Required:** **Aqua shoes water bottle long pants close-toed shoes**
Suggested: t shirt sweatshirt swimsuit, towel rain gear
 sunscreen socks insect repellent hat small backpack or fanny pack
 change of clothing and shoes (can be stored at the lab) NO SANDALS
- Children WILL get wet and muddy as they hike, wade and swim so old, comfortable clothes are best. Bring a **life jacket** if available. Life jackets must be worn while boating.
- NOTE:** please don't bring walking sticks or poles – sometimes kids use them inappropriately. Please, no pocket knives. Only children in **grade 4** and above will be allowed to use pocket knives, with parents' permission.
3. Bring a **sack lunch** and **beverage** daily. Snacks will be offered morning and afternoon. Refrigerator space and microwave are not available for lunches. Cold water is always available for drinking. And please, provide lunches that have minimal packaging, to reduce waste.
 4. Please contribute an **ingredient** such as cereal, dried fruit, pretzels or nuts for the community trail mix to be shared by all. Please provide enough for a week of snacking for the group!
 5. **Ticks** are abundant at Spearhead and throughout north central MN. Lyme Disease and other tick borne illnesses can be acquired by anyone who spends time in the woods. We urge parents to carefully check their children for deer ticks and to make sure that children shower or bathe daily after their outdoor adventures. Another tip – children should wear fresh clothes each day, to reduce the chances of tick carryover. Long, lightweight pants tucked into socks are best. For more information, visit the MN Dept of Health website:
<http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html>
 6. Please ensure that tetanus inoculations are up to date.
 7. Bee stings are possible. The instructors are proficient in first aid and CPR.
Please provide any pertinent medical or other information on the enclosed medical release. If your child has special needs, please let us know.
 8. The children will be physically active and busy all day so discipline is not usually a problem. Any child presenting a discipline problem may be sent home at the discretion of the instructor.
 9. Parent volunteers are always welcome. A parent can help supervise the first hour or two every morning and at other times, too. Prearrange with the naturalists if you can help out.
 10. A very brief parent orientation meeting will be held at 9:00 am **on the first day of each session.**

Contacts:

Neilson Spearhead Center 218-444-8672

Dan's cell phone 218-553-0695 (only during sessions)

Neilson Spearhead Education Committee members will supervise the program weekly. Please call a committee member if you have concerns or a change in plans.

George-Ann Maxson 218-586-3414

Becky Marty 218-467-3584 218-308-2658 (w)

Beth Oja 218-368-1459