

OWN YOUR EDUCATION! NCACS Conference 2009

## **Workshop Permission Slip**

**Sex and Healthy Relationships Workshop with Molly McClure.**

**When:** Friday, April 24, 2009 at 9:30 a.m. The first day of the NCACS conference!

**Who:** Molly McClure has taught sex education in various educational settings (including Upattinas) since 1998. She is able to answer delicate questions, dispel misinformation and discuss sensitive issues in a lighthearted and professional manner.

**What & Why:** This workshop is designed for high school and middle school-aged students who have received permission from their parent(s)/guardian(s). This workshop will contain explicit language, and will incorporate games, the opportunity to ask anonymous questions, and frank and open discussions regarding human sexuality. If you feel your middle school or high school student is developmentally ready and interested in participating in this workshop, please sign the permission slip below.

For more information, please call the Upattinas School office: 610-458-5138

**Only high-school and middle-school students with a signed permission slip and will be able to participate in this workshop.**

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### **Permission Slip**

I give permission for my student: \_\_\_\_\_

Student's Name

to participate in the Sex and Healthy Relationships Workshop, run by Molly McClure.

Signed: \_\_\_\_\_

Parent or Guardian Name

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### Packing List

- Ground cover
- Sleeping bag: Warm enough for a cold overnight
- Sleeping pad
- Tent: Check ahead for all tent parts, especially rain fly!
- Pillow
  
- Three changes of clothes to layer: From shorts and t-shirts to long pants and long sleeves. Underwear and socks, too!
- Something modest, comfortable, and warm for sleeping
- Jackets, hoodies, sweaters, or polar fleeces. It will be chilly!
- Warm hat (Did you think we were kidding when we said *chilly*?)
- Rain gear: Highly recommended!
- Extra shoes
  
- Toiletries: Shampoo, soap, deodorant, toothbrush, toothpaste, personal needs
- Sunscreen: Very important!
- Water bottle: Very important! No paper cups available
- Travel Mug: Very important! No paper cups available
- Towel
- Flashlight and extra batteries
  
- Musical instruments, original artist CDs to share
- Books, cards, art needs
- Sports equipment: Hoops! Sport shoes! Frisbees! Hacky sacks!
- ipod and headphones
- Phone and charger
- Snacks to share
- Prescription or OTC medication: Please label and give to your trip leaders for safekeeping
- Money for auction, T-shirts and general store, coffee cart

#### **School or Group Needs:**

- Auction items or donations for general store
- School or group outreach materials and displays
- Campsite cooler for cold beverages for your group: Water jugs and ice service will be provided; small donation for ice appreciated
- Snacks, power bars, juice for your group
- Small first aid kit
- Student and staff info cards and cell phone list for your group

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## Preliminary Schedule – Subject to Change

### **Thursday, April 23 Schedule**

Board Members/Out of town guests

8:00	Breakfast	Office
8:30	Van Pickup @ Paoli	
9:00	Van Arrival @ Upattinas	
9:30	Upattinas Orientation: Sandy, Darling	Office
12:00	Board Lunch	Office
1:00	Board Meeting	Office
4:00	Afternoon Break	
4:30 - 5:30	Board Meeting	Big Room
4:30	Van Pickup @ Paoli	
5:00	Van Arrival @ Upattinas	
5:00	Registration/Check-in Begins	Mosaic Room
6:00	Greetings from Upattinas/ Orientation: Sandy	Outside
6:30	Dinner Buffet for out-of-town guests	Kitchen/Big Room
7:30	Reception with teas and dessert	Big Room
10:00	Outdoor Quiet Time	
11:00	All Campus Quiet Time	

## Friday Preliminary Schedule – Subject to Change

8:00 – 9:00 Breakfast Outside

### Friday 9:30 Workshops

Workshop A: Sex and Healthy Relationships: Molly McClure Big Room  
Workshop B: Palace Tournament: Jeremy Collins Art Room  
Workshop C: Oxfam Slideshow: Jeff Silverman Gym  
Workshop C: Regional Caucuses Outside

### Friday 11:30 Workshops

Workshop A: Creating Alternative H.S. Transcripts: Anna Knapp Big Room  
Workshop B: Art Journals: Rebekah Sanders, Molly Alpern Art Room  
Workshop C: Making a Movie Democratically: Karen Whitescarver Gym  
Workshop D: Songwriting Workshop: Craig Bickhardt Music Shed  
Workshop E: Maysie’s Farm, Tour of Organic CSA: Sam Cantrell Off Campus

12:30 – 1:30 Lunch Outside

### Friday 1:30 Workshops

Workshop A: Body Modification Renaissance: VikingLars Big Room  
Workshop B: How We Learn Math: Peter Kindfield Art Room  
Workshop C: Focusing: Mar de Vial Jeremy’s Room  
Workshop D: Media, Music, Why?: Matthew Oishi, Vikram Babu Computer Room  
Workshop E: Hands-on Art: Dolores K. and Teresa A. Outside  
Workshop D: Ping Pong Challenge Gym

### Friday 3:00 Workshops

Keynote Workshop: We’re Not So Crazy After All: Chris Mercogliano Big Room  
Workshop B: Hands-on Art: Dolores Kirschner and Teresa Atkins Outside  
Workshop C: Ping Pong Challenge Gym

6:00 – 7:00 Dinner Outside

7:30 Craig Bickhardt Performance Gym

9:00 Open Mike Showcase Gym

10:00 Outdoor Quiet Time

12:00 All Campus Quiet Time

## Saturday Preliminary Schedule – Subject to Change

8:00 – 9:00 Breakfast Outside

### Saturday 9:30 Workshops

Workshop A: F.Y.B. Breast Health Workshop: Leigh Hurst Big Room  
Workshop B: Psychological Counseling at Holden HS: Joel Weber Art Room  
Workshop C: Nonviolent Peaceforce: Dorothy Werner Jeremy's Room  
Workshop D: Mystic Ball: Olivia Loria Gym  
Workshop E: Hands -on Art: Dolores K. and Teresa A. Outside

### Saturday 11:30 Workshops

Workshop A: NCACS Fishbowl: Begins at 11:00 a.m. Big Room  
Workshop B: What's Your Style? Personality Quiz: John Amoroso Art Room  
Workshop C: Youth Civil Rights in America: Tim Trott Jeremy's Room  
Workshop D: Ping Pong Challenge Gym  
Workshop E: Capture the Flag: Amy Domenick Outside  
Workshop F: Hands-on Art: Dolores K. and Teresa A. Outside

12:30 – 1:30 Lunch

12:45 – 1:30 Coffee Slam: Spoken Word Showcase Outside

### Saturday 1:30 Workshops

Workshop A: Democratic Schooling: Isaac Graves Big Room  
Workshop B: How We Learn Science: Peter Kindfield Art Room  
Workshop C: Spiritual Smorgasbord: Pat Montgomery Alden's Room  
Workshop D: International Folk Dancing: Olivia Loria Gym  
Workshop E: The Game of Village: Cheryl Kruckeberg\* Outside  
Workshop D: Ping Pong Challenge Finale Outside

### Saturday 3:00 Workshops

Workshop A: Conscientious Objector Status: A.F.C.S. Big Room  
Workshop B: Play is the Work of the Child: Pat Montgomery Gym  
Workshop C: Media, Music, Why? Performance: Matthew O., Vikram B. Outside  
Workshop D: Upattinas Famous Hooping Workshop: Upattinas Outside

6:00 – 7:00 Dinner Outside

7:00 Auction Big Room

8:00 D.I.D. Showcase Gym

8:45 Jeff Domenick and the Fraction Gym

12:00 All Campus Quiet Time

\*Cheryl is requesting a \$2 donation for materials for this creative workshop

## Sunday, April 26 Schedule

8:30	Rise and Shine Campsite Breakdown	All Campus
9:00	Farewell from Upattinas/Announcements: Sandy	Outside
9:00	Brunch begins	Outside
10:00 – 12:00	New Board Meeting	Big Room
11:00	Brunch ends	
11:30	All Community Clean-up	All Campus
12:00	Closing Circle	Outside
1:00	Coffee and leftover treats	Outside
1:30	Van Departure from Upattinas	
2:00	Van Arrival at Paoli Station	
2:00	Upattinas Campus Closed	

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## Work Crews

**Please remember to sign up for one Work Crew during Registration and Check-in on Friday, April 24, 2009**

### **1) Park Rangers**

Park Rangers are Upattinas students who volunteer to take on extra responsibilities during our multi-day community events. They can help problem solve, mediate during conflict, find trash bags, organize scheduled or impromptu work crews, and generally keep spirits high with their enthusiasm, vigor and can-do attitudes!

**NCACS Conference Park Rangers will also:**

- Make ice deliveries to campsites
  - Check on campsite needs for school groups at quiet times
  - Encourage trash removal, recycling efforts, and general campus-wide tidiness
  - Help explain community and conference expectations to groups and individuals
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### **2) Kitchen Crews**

Sign up for an individual meal or clean-up shift

These crews will provide help to our kitchen team. Though we have a scheduled group of kitchen helpers, there are still many things to accomplish around meal times. Check out the job description for each crew, they will vary!

**Meal Crews will:**

- Check in with kitchen manager for instruction
- Help with last minute food prep
- Prepare tables for dining
- Prepare bus tubs, trash cans, compost bins
- Serve drinks and food

**Clean Up Crews will:**

- Check in with kitchen manager for instruction
  - Clear tables, trash, recycling, compost
  - Help clean dishes, silverware, pots and pans, tables, chairs
  - Aid in clearing leftovers
  - Wipe down surfaces, sweep floors
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### **3) Trash and Recycling Crew**

Sign up for an individual day of 3 swift shifts

Trash and recycling crews will meet with a Crew Leader each morning to locate supplies and facilities. They will be familiarized with the campus and the schedule.

#### **Trash and Recycling Crew responsibilities include:**

- Check campus 3 times a day to gather, manage, and sort trash and recycling
  - Deal with trash or recycling issues individually as they arise
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### **4) Bathroom Mob**

Sign up for an individual day of 3 swift shifts

Clean bathroom and shower facilities are so important to a group this big.

This work crew is highly valued and appreciated by all they serve!

The Bathroom Mob will meet with a Crew Leader each morning to locate supplies and facilities. They will be familiarized with the campus and the schedule.

#### **Bathroom Mob responsibilities include:**

- Check bathrooms 3 times a day to tidy and refresh the environment
- Wipe down surfaces with bleach wipes
- Gather trash and recycling
- Restock paper goods, soap, amenities
- Sweep floors

## OWN YOUR EDUCATION! NCACS Conference 2009

### **Menu**     *V=Vegan Selection     GF=Gluten Free*

#### **Thursday Dinner:**

Baked Ham, Macaroni and Cheese/V, GF: Baked Rice Pilaf  
Petite Peas, Garden Salad, Dinner Roll & Butter/Margarine

#### **Friday Breakfast:**

Egg and Bacon Casserole/V: Tofu and Veggie Canadian Bacon  
Assorted Muffin/GF Vegan Muffin, Fresh Fruit  
Orange Juice, Milk/Soy Milk, Coffee, Tea

#### **Friday Lunch:**

BBQ Pork or Seitan Sandwiches/GF: BBQ Pork or Seitan Bowl  
Coleslaw/V: Vegan Coleslaw, Garden Salad, Potato Chips

#### **Friday Dinner:**

Chili or Vegetarian Chili with Cheese, Onions, Hot Sauce  
Baked Potato, Garden Salad, Cornbread & Butter/Margarine

#### **Saturday Breakfast:**

Bagels/GF Toast, Cream Cheese, Butter, Margarine, Jelly  
Assorted Cereals & Homemade Granola  
Yogurt/ Soy Yogurt, Fresh Fruit  
Orange Juice, Milk/Soy Milk, Coffee, Tea

#### **Saturday Lunch:**

Hoagie : Italian, Turkey, Tuna, Mixed Cheese /GF: Chef's Salad  
V: Tofurky and Soy Cheese Hoagie, Assorted Condiments  
Garden Salad, Potato Chips, Pickles

#### **Saturday Dinner:**

Pasta with Meat or Marinara Sauce/GF: Eggplant Parmesan  
Parmesan Cheese, Garlic Bread, Garden Salad

#### **Sunday Brunch:**

Sausage, Veggie or Cheese Quiche/GF Crust Quiche  
V: Tofu Veggie Quiche  
Delicious Leftovers and Baked Goods  
Orange Juice, Coffee, Tea, Lemonade, Water

**\* Every Lunch and Dinner also includes dessert**