

# Own Your Education!

## Alternative Teens Grab Hold of Their Future

National Coalition of Alternative Community Schools Conference 2009

Hosted by Upattinas School in Glenmoore, PA

April 23-26, 2009

[www.upattinas.org](http://www.upattinas.org)

### OWN YOUR BODY!

Sex and Healthy Relationships, Teens-Only Workshop: Molly McClure

Feel Your Boobies, Breast Health for Young Women: Leigh Hurst

Body Modification Renaissance: VikingLars

Maysie's Farm, A Tasting Tour of Our Local Organic CSA: Sam Cantrell

### OWN YOUR MIND!

We're Not So Crazy After All: Chris Mercogliano

Democratic Education, An International Movement: Isaac Graves

Personality Quiz: John Amoroso

### OWN YOUR HEART!

Live Performance Saturday Night: Jeff Domenick and the Fraction

Songwriting Workshop and Performance: Craig Bickhardt

Spoken Word, Music, and Performance Showcases Throughout the Weekend

### OWN YOUR SOUL!

Psychological Counseling at Holden High School: Joel Weber

Spiritual Smorgasbord: Pat Montgomery

Know Your Rights, Youth Civil Rights in America: Tim Trott

Conscientious Objector Status, for Parents and Draft-Age Students: A.F.S.C.

### OWN YOUR SPIRIT!

Upattinas Famous Hooping Workshop: Upattinas Students and Alumni

Square Dancing for All Ages: Amy Domenick

Hands-On Art for All: Dolores Kirschner and Teresa Atkins

Three Days of Friendly Camping, Multi-Age Workshops, Inspiring Speakers,  
Bathing Facilities and Delicious Meals All On the Beautiful Upattinas Campus!

\$200 Adult Member

\$225 Adult Non- Member

\$150 Student Member

\$175 Student Non- Member

\$100 One day fee: Saturday Only

\$50 Pre-Conference Fee for NCACS Board Member: includes Thurs. breakfast and lunch

# **Guidelines for Staff and Teachers**

## **Attending the 2009 Conference with Students**

All adults attending with minors must camp with their students. Conference Park Rangers will designate camping areas for each group that will include a central gathering area for meetings. Our schedule will include some meeting times for groups to check in with their members. Support your students in understanding and following the rules of the conference and Upattinas School. Please read the information below, which will be reviewed during conference meetings to make sure everyone has a clear understanding of community expectations.

## **Student / Teacher Ratio**

Please plan to attend the Conference in groups close to a ratio of one adult for every seven high school students and a smaller ratio for lower and middle students. Please note some workshops are planned to include even our youngest attendees but no daycare will be provided.

## **Camping**

Camping on Upattinas campus is encouraged. We have plenty of grassy lawn for tent sites and indoor sleeping space in the advent of miserable weather. We have multiple indoor showers and toilets for your comfort. Campsites will be marked for each school group, depending on your size and needs. A Quiet Camping/Family Camping area will be available with easy access to bathroom and kitchenette facilities. April weather in Pennsylvania can be chilly. Check the conference packing list, (posted online soon!), to make sure you and your students are well prepared for camping in our spring climate zone

## **Designated Smoking Area**

Upattinas is a non-smoking campus, however for the NCACS Conference we will have a designated smoking area set up after our normal school day is over and in the morning before students arrive on their buses. It will be well marked and outfitted for use. Please make note of the location of the smoking area and the times when it is available. *The designated smoking area is located behind the stone building.*

## **Smoking Hours**

Thursday: After 4:30 p.m. until Midnight  
Friday: Dawn until 8:30 a.m. (before school buses arrive)  
After 4:30 p.m. until Midnight  
Saturday: Smoking area open all day until Midnight  
Sunday: Smoking area open all day

## **Shower Facilities**

Shower facilities will be available. Please use only environmentally-friendly bath products.

## **Pets**

Please do not bring any animals to the 2009 Conference.

## **Late Night Guidelines**

Living in harmony with our neighbors requires a 12:00 a.m. quiet time. That means all students and adults should be settled into their sleeping areas by midnight. After-hours visits to showers, smoking area, or to another school's camping area should be kept brief and to a minimum. Please remember, staff and teachers are responsible for their students at all times. Park Rangers will be dropping by to make sure everyone is comfortable and bringing snack deliveries around at quiet time. Breakfast is early and our day is full. Let's all get some rest!

## **NCACS 2009 Auction**

Each school or group should bring one eclectic or creative auction item. An ideal offering would be something representing your school or your home state or, even better, something created by your students. Student or staff artwork is encouraged! All auction items will be on display Saturday prior to the Auction. The Auction is scheduled for Saturday evening, starting at 7:00 p.m. in our Big Room.

## **Work Crews**

Conference work crew descriptions will be posted online soon. Check them out and prepare yourself and your students to sign up for at least one crew during your time at Upattinas. It will take everyone's effort to keep our environs enjoyable. Work crews are a fun way to work and connect with others. Consider taking on a job as a school group to enhance your community involvement!

## **Talent Showcases**

Our school communities are full of talent. Celebrate yours by signing up to be part of our Talent Showcases during the conference. Spaces are limited for some of these showcases. Sign up on your registration forms to reserve your spot!

### **The D.I.D. Performance Showcase**

*Friday night, 8:30 p.m. in the Gym.*

The D.I.D. Performance Showcase will present our community dancers, improv games, and other dramatic arts. Jugglers, hula hoopers, and other exciting acts will also be featured in this showcase.

### **The Coffee Slam**

*Saturday afternoon, 1:00 p.m. in the Dining Tent.*

The Coffee Slam highlights our spoken word artists.

### **NCACS Open Mic**

*Saturday night, 9:30 p.m. in the Gym*

The NCACS Open Mic rounds out our music-filled final night. It will showcase the varied musical styles of our staff and students.

# Getting to Upattinas School

## NCACS 2009 Conference Transportation and Lodging Options

Upattinas School 429 Greenridge Rd. Glenmoore, PA 19343  
610-458-5138    [www.upattinas.org](http://www.upattinas.org)    [office@upattinas.org](mailto:office@upattinas.org)

Driving? Most online map services find us reliably. Feel free to call the office to clarify directions or check our website for our standard directions.

Flying in? Transportation from the Philadelphia International Airport to Upattinas School can be managed in two ways:

### **Airport Shuttle Service:** [www.rainbowcab.com/shuttle.asp](http://www.rainbowcab.com/shuttle.asp)

For \$40 per person, a commercial airport shuttle service will bring you to a local Hampton Inn hotel in Downingtown/Exton, PA. This shuttle stop is within 15 minutes of Upattinas.

The Upattinas van will make pickups at this hotel the morning and afternoon of Thursday, April 23, Friday, April 24, and Saturday, April 25.

Please contact Upattinas transportation coordinator, Judy Frey at 610-458-5138 to coordinate a van run with your arrival in Downingtown/Exton.

### **Public Transportation:** [www.septa.com/service/sched/r1\\_wk.html](http://www.septa.com/service/sched/r1_wk.html)

For \$9, taking the SEPTA R-1 train from the airport is easy and affordable for individuals or larger groups. One transfer at 30<sup>th</sup> Street Station to the SEPTA R-5 train brings you out to Paoli Station, 30 minutes from Upattinas. We can pick you up from there: see the Upattinas Van below.

**Upattinas Van:** The Upattinas van makes daily trips to Paoli Station at 8:30 a.m. and 4:30 p.m. Conference participants may use this service Thursday, April 23, Friday, April 24, and Saturday, April 25. Please notify Upattinas if you plan on using this transportation option so we can coordinate your train arrival and pickup by the Upattinas van.

Please contact Upattinas transportation coordinator, Judy Frey at 610-458-5138

### **Amtrak:** [www.amtrak.com](http://www.amtrak.com)

Amtrak can connect you with SEPTA Regional Rail at 30<sup>th</sup> St. Station, but some Amtrak trains make a stop at Paoli Station. Check their schedule and fares for more info.

### **Need a Hotel Room?** [www.hamptoninn.com](http://www.hamptoninn.com)

We recommend the Hampton Inn in Downingtown/Exton, PA. 610-363-5555

4 North Pottstown Pike, Exton, Pennsylvania, USA 19341

Upattinas van will make a daily shuttle run for hotel guests.

**Heading Home?** Of course, we will offer returning van runs on Sunday after brunch for groups or individuals to both the Rainbow Cab connection and to Paoli Station.

Please speak directly with Upattinas transportation coordinator, Judy Frey, ASAP for both your arrival and departure arrangements. 610-458-5138