

CHESPAX Field Trip

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Parent Information and Permission Slip

Date Sept. 20, 2017

Dear Parents/Guardians:

Your son/daughter will be participating in a CHESPAX environmental education program at Flag Ponds Nature Park in Lusby, Maryland, on Oct. 3, 2017 (date). This program is sponsored by the Calvert County Public Schools in cooperation with other County agencies. Students will evaluate the environmental conditions of the Chesapeake Bay at Flag Ponds to determine if the site is suitable for a potential oyster restoration project.

CHESPAX programs are designed to provide students with hands-on activities in the outdoors while learning about the environment. During the field trip, students will engage in aquatic exploration using nets or other tools to capture and study animals which may include fish, shrimp, crabs, tadpoles, and shellfish. It is recommended that any cuts on your student's hands, arms, or legs be covered with a waterproof bandage to prevent infection.

It is important that your child dress appropriately for the outdoors and for the weather that day. Comfortable old clothes, shoes and rain gear, if needed, are recommended. Please **provide water and a waste free lunch (see attached flyer) with your child's name on it** for the day of the trip. If there is any medical information about your child that should concern the CHESPAX staff, please note the information on the permission slip below.

Sincerely,

Mrs. Harris
Principal

Mrs. Gearhart & Mrs. Webster
Teacher

--- Complete and detach the form below and return to your child's teacher ---

CHESPAX Field Trip Permission Form

_____ has my permission to go on the CHESPAX trip to Flag Ponds Nature Park in Lusby, Maryland, on _____ (date).

Medical Information: _____

Signature of Parent/Guardian

Date

Emergency Phone Number

ALL CHAPERONES MUST REGISTER AS VOLUNTEERS.

You may register online.

I am interested in being a chaperone,



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"Waste Free" Lunch Challenge

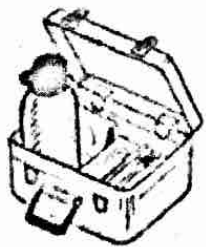
Are you taking a CHESPAX trip this year?

If "YES," we encourage you to bring a "waste free" lunch!

WHAT is a waste-free lunch? It means packing food and drinks with reusable containers, utensils and napkins instead of disposable items.

WHY? Consider the amount of trash in just one child's lunch. (Single-use drink cartons, yogurts, plastic wrap, baggies, snack bags, paper napkins, etc.). The average-size U.S. elementary school generates **18,760 pounds of lunch waste** per year. We can all do our part to reduce waste! Calvert County has to pay for every pound of trash that we send to the landfill.

HOW to pack a waste-free lunch:



CHOOSE

- Reusable lunch carrier
- Reusable containers
- Reusable drink bottle or thermos
- Cloth napkin to wash and re-use
- Reusable forks and spoons

AVOID

- Paper or plastic bags
- Plastic wrap, foil, wax paper, Styrofoam, single-serving snacks
- Single-use cans, bottles, cartons or pouches
- Paper napkins
- Disposable forks and spoons

Reference: <http://www.bethesda.green.org/LinkClick.aspx?fileticket=daOn3rpchK8%3D&tabid=266>

Visit: www.wastefreelunches.org for more info.