



2010

*Summer Survival
Guide*

a guide for the whole family

www.nawa-summer-programs.com
(800) 358-NAWA (6292) • info@nawa-summer-programs.com

Welcome

Your child is preparing to embark on a journey. This four week summer adventure will be full of challenges that will both inspire and provide many memories with plenty of great stories. The Summer Survival Guide is designed to provide you and your child with answers to the most common questions. We recommend that you and your child review this guide and keep it handy for future reference.

Frequently Asked Questions

Note: Office Hours are: Monday - Friday between 8:00 a.m. and 4:00 p.m.

1. When is summer registration?

Sunday, June 27, 2010, between 9:00 a.m. - 12:00 p.m.

2. What should I expect during the day of registration?

During the registration process you will move through various stations. These stations are set up to allow the process to move more smoothly. However, you can still count on periods of waiting in line. Once you have completed the stations, you and your child will join the group where staff will answer any questions and inspect the student's camping equipment.

PLEASE NOTE: To help expedite the registration process, **please send Nawa the balance owed for the program via check at least seven days prior to the day of registration.** Make checks payable to Nawa. Please note that Nawa does not accept credit cards of any kind.

If you have not already done so, bring a copy of your child's vaccination records and current medical insurance card (a copy is fine).

3. What should I do if I have medication/s for my child?

All medication (including non-prescription) must be given to a Nawa Administrator (in the office), during the day of registration. Medications are administered by our staff as per the prescription label. For traveling purposes, please request a small empty container/vial with an official prescription label from your pharmacist. Some prescription bottles are very large and cumbersome.

4. Are there any refunds offered for unusual situations?

Due to limited space in each summer program, refunds are not granted.

5. If my child flies into or out of the Redding Airport, how do the airport pickups and drop-offs work?

The Redding Airport is a small, one terminal municipal airport with few flights going in and out. A Nawa staff will be present with identification to pick up your child. Be sure to fax or mail the flight itinerary to the Nawa office at least five days prior to the start of the session. If you plan to have your child depart from Nawa via an airline, be sure that we receive the airline ticket or e-ticket information. Photo identification is mandatory with airport security regulations. It is mandatory for these students to deliver their photo identification to the Nawa staff for safe keeping. We will keep it safe on file. Do not give airline tickets to students to keep.

PLEASE NOTE: We do not send medications with students who are flying home at the conclusion of the summer. In this situation, Medication is mailed via Federal Express to the parent/legal guardian on the following Monday.

Nawa Summer Programs

6. What type of sleeping bag is adequate?

A synthetic sleeping bag, which tapers near the lower leg and foot region, has a working zipper, and can compress into a stuff sack, is very adequate. Do not bring down-filled sleeping bags as they are not effective when wet.

Refer to the equipment list for additional information on this item.

7. What type of camera should I send with my child?

A decent disposable camera is recommended. Avoid expensive cameras as they may be damaged during the summer. If additional cameras are needed, this can make a great care package gift.

8. Should I send my child care packages? If so, how many and what size?

Yes. Care packages are often eagerly anticipated by campers during their return to Base Camp each week. You are not required to send weekly care packages. Keep care packages small. Do not send lots of candy, food, or money, as this can create problems with regards to storage while they are gone for their next five day challenge.

9. Do staff check care packages?

Yes. All care packages are opened in the presence of a staff member for safety and security reasons.

10. How much money should I send my child?

About \$5.00 per week is plenty. There are not many opportunities to spend money while in our summer programs. A small camp store is located at Base Camp and occasionally groups will stop for a soda.

11. Will the nutritional needs of my child be met?

Yes. We strive to provide a well balanced, healthy diet for students. We also have alternatives available for students who are vegetarians.

12. Does Nawa allow smoking?

No. As we are a school, the use of tobacco is prohibited. This is especially important here in Northern California where wildland fires are a concern.

13. Can my son or daughter bring a vehicle?

No. Students enrolled in our summer programs and boarding school are not allowed to bring vehicles.

14. Is it okay for friends of my son or daughter to visit while at Nawa?

No. Only rare exceptions that are mutually approved by the parent/legal guardian and the Nawa Director at least one week in advance are okay.

15. How does Nawa handle an emergency or medical crisis?

Safety is always the number one priority. However, situations can still occur which require immediate medical action. As a result, Nawa has several emergency plans in place with staff trained on each protocol. If a medical crisis or an emergency occurs while a group is in the field, a staff member will contact necessary agencies and the Nawa office. During minor situations (i.e.: a student twisting an ankle) our staff will contact you from a hospital or medical clinic with details of the injury and the situation. During major medical emergencies communication with parents will most often occur from our office, allowing our field staff to properly deal with the situation.

Nawa Summer Programs

16. How do I contact my child if there is a family emergency?

If you encounter a family emergency and need to reach your child, please contact the Nawa office at (800) 358-6292. If you call during office hours, ask to speak with Jason Hull, Director of Summer Programs. If you call after office hours, leave us a detailed message, stating that there is a family emergency, and who to call with a contact number.

Messages are reviewed periodically after business hours and will be responded to as quickly as possible. If your child is near our Base Camp, the process will be quick. If your child is engaged in an activity such as backpacking, the process can take much longer.

17. What kind of training do the staff have?

Our staff are very talented and qualified to work with students. Team Leaders have extensive medical and outdoor training, and all staff attend intensive trainings at Nawa. Many of our teachers are credentialed and have many years of teaching experience. Most of our summer staff are full time, meaning that they work both the summer programs and at the Nawa Academy boarding school. Refer to our website or our brochure for additional information regarding staff.

18. What do you do when kids get homesick?

Our staff are patient, caring and great listeners. Often, a child just wants to express his or her feelings. The group size is also a huge benefit, where each staff really gets to know each student and has the time to deal with issues such as homesickness. The activities also help to keep each child engaged and challenged.

For students who are finding it difficult overcoming these feelings, we deal with it on a case by case basis. This may include conference calls between the parents, student and administration.

19. How can my child contact me?

We encourage, but don't require our students to communicate with family while here at Nawa. There are phones available to students at certain times during their stay at Base Camp. Students can also write letters but must have postage stamps. It is a good idea to send pre-stamped and pre-addressed envelopes in care packages. This may encourage them to write.

If your son or daughter has the "no news is good news" attitude and you would like to make contact with him or her, contact the office at Nawa and leave a message with a telephone number and a few times to call. Please consider that students only have access to phones during their stay at Base Camp. Our staff will be sure to deliver the message to the student and provide an opportunity to call.

20. What if there is a period when my child doesn't contact me?

There may be several reasons why your child doesn't contact you. First, your child is embarking on a new journey and entering a new stage of life. This means that no news may indeed be good news as your child develops new friendships, experiences new and exciting things, and makes discoveries about oneself away from the "parental nest."

There are, however, certain situations where more frequent family contact is essential to the progress of a child during their stay at Nawa. In these situations, a phone call may be scheduled.

21. Will I get any negative phone calls from my child and how should I respond if it happens?

Be patient and listen, yet stay consistent. Your child will be dealing with different emotions while at camp. One week you may receive a call where everything is great and the next week you may receive a call asking to come home. Some common reasons may include family dynamics, a fear of trying something new, or an argument with a friend. Often they don't want advice or for you to fix the problem, but rather just to

Nawa Summer Programs

listen. If your child is upset and becomes verbally abusive on the phone, tell him or her you are going to hang up the phone due to this unacceptable behavior.

Be consistent. Let them know you love them. Since you don't want your child to leave the camp early, we recommend that you do not discuss this as an option.

Contact the office and speak with the Summer Director. This is where it is important to act as a team so we can be more effective in working with your child.

22. If I receive a call from someone at Nawa should I worry that something is wrong?

No. Often we may contact parents and family members with good news of how their child is doing. If there is something wrong, we will tell you up front. Also, if you don't hear from Nawa it is safe to assume that "no news is good news."

23. What are some reasons for expulsions?

Nawa strives to work with each student to impact change without compromising the safety of the group. Here are some reasons for expulsions:

- safety risk to self or others
- drug use or alcohol abuse
- flagrant disregard and disrespect towards staff and students

24. How often will I receive updates on my child?

Please refer to the "Nawa Communication Update Request Form" regarding student updates. This form will ask how and how often you prefer to maintain communication with the office. Please note that we will do our best to accommodate your request, however, certain circumstances may delay communication.

25. When can we expect to receive grades?

You will receive grades within two weeks after the end of the program. Transcripts will be sent to schools upon request.

26. How do these courses transfer to my child's current school?

Nawa is fully accredited by the Western Association of Schools and Colleges, and units and grades earned are transferable to public and private schools.

27. What are some of the locations that my child will visit this summer?

We visit some of the most beautiful areas in the United States. Some locations may include Lassen National Park, Lost Coast, Patrick's Point State Park, Castle Crags, Castle Lake, Trinity River, Upper Sacramento River, and the Trinity Mountains.

28. What steps should I take if my child wants to enroll into Nawa Academy this fall?

Contact the office of admissions immediately. Let us know which program is of interest and we will begin the admission process. This process includes a completed school year application (different from the summer camp application), and approval from the Director of Summer Programs and administration. If approved, send a check to cover the Entrance and Orientation Fee of \$1,000.00. This fee will act to reserve a space in our school.

Nawa Summer Programs

29. Are there additional expenses?

Additional expenses include laundry and paintball. Laundry is billed to you at \$3.00 per load. It is typical to have several loads per week of laundry. Due to the cost of paintballs and Co2, we charge a \$3.00 field fee and \$5.00 per 100 rounds of paintballs. This is a voluntary activity offered at Base Camp. Your son or daughter may only participate with your expressed permission.

Nawa Summer Programs

Mail and Care Packages

Students love to get mail. Please use the following format when sending mail:

Students Name
Program Name
c/o NAWA
17351 Trinity Mtn. Rd.
French Gulch CA, 96033

If you wish to send a letter or a package that needs to arrive in less than six days, do not use the US Postal Service. A normal letter sent via US mail may take over seven days to arrive at the school and a package may take even longer. Even the US mail “overnight” may take a minimum of two extra days since it takes an extra day to reach French Gulch and then a day for us to go and pick up the item at the French Gulch Post Office. Please use Federal Express or UPS to insure that your important letters or packages arrive on time at the school office. Both deliver directly to our door, Monday through Friday. Do not send packages via Airborne Express as they do not deliver to Nawa.

Students sign a form acknowledging they have received a package. Staff are required to be present when a student opens a package or a thick or lumpy envelope to discourage the receiving of narcotics or alcohol from friends. Nawa will inform federal authorities of illegal substances sent through the mail.

All medications or travel tickets should be sent via Federal Express or UPS to ensure the most rapid and secure delivery. Using any form of the US mail may add a minimum of two extra days to deliver.

Please identify all mail and packages being sent to the student by addressing the item with the student’s name and the program in which they are enrolled.

Some ideas for what to put into care packages:

Books, comics, magazines, journal, paper, pens, stamps, envelopes, newspaper clippings, notes from friends,

Parent and Family Visits

It is not advised that parents visit their son or daughter during the four-week session. This is important for group cohesiveness and consistency and for the fact that your student is involved in many group-related activities. However, certain circumstances may necessitate a visit by a parent.

Parents or family wishing to visit their student must contact Jason Hull the Director of Summer Programs at 1-800-358-6292. Parents who wish to discuss special circumstances or family emergencies must contact Jason Hull.

Be prepared to show valid proof of photo identification to Nawa staff when picking the student up. Visitation must occur during the groups’ designated time at Base Camp, with students returning the evening before the group is scheduled to depart on their next challenge.