

**Great Meadows Middle School**  
**Washington, DC**  
**June 7<sup>th</sup>-9<sup>th</sup>**

**What to Bring:**

Clothes for three days

- **3 school shirts ( Blue on Wednesday, Gray on Thursday, Green on Friday)**
- No jeans
- Pants or shorts are allowed (shorts must be at least 5 inches above the knee in length – no leggings or yoga pants allowed)
- **Comfortable sneakers** (not brand new)
- 6 pairs of socks (may rain)
- Umbrella or raincoat/poncho
- All clothing should be school appropriate
- Undergarments
- Time keeping device
- I-pod if desired
- Spending cash (about \$30-\$60)
- Camera (if desired)
- Sunglasses

Toiletries: Toothbrush, floss, feminine products, deodorant, travel size toothpaste, shampoo and conditioner (soap is provided). Contact/saline solution, if needed.

Snacks/beverages for hotel (no glass, no energy drinks, no alcoholic beverages and all snacks must be in sealed original package)

**Wednesday, June 7<sup>th</sup>**

Departing at 7:00 a.m. \*\*buses load at 6:30\*\*

Students must be at the school by 6:00 a.m. **(Do not be late)**

All medication due to nurse beforehand **(see next page)**

All student bags will be searched

Please speak with your child (ren) about their behavior, speaking with strangers and risks of technology (cell phones)

**Friday, June 9<sup>th</sup>**

Returning to school at 7:30 pm (estimated) – an instant alert will be sent approximately 45 minutes before arrival.

## General Information:

Students will have a partner and must stay with their partner at all times...no exceptions.

For most of the trip, students will be with the entire group but in many museums they are free to explore with their partners and assigned chaperone. If students are found by themselves, they will be partnered with a chaperone.

Students will be in the hotel room with 2-3 other students.

Parents will be responsible for any damage to the hotel room. Students are expected to be well behaved in the rooms. Parents will also be responsible for any additional room charges, such as movies, room service or phone calls

Please do not ask students to call you from specific locations, **cell phones should be used primarily for emergencies**. If there is an emergency, we will call you. If a student is found using a cell phone inappropriately, it will be taken away. If a student is misbehaving, his/her trip will end and parents will be called to pick up their child in DC.

## Medications:

**If your child already has medication and documentation in school, you do not need to do anything else for those medications to go on the trip.**

All medications must be brought to the School Nurse by Wednesday, May 24 or a prearranged date.

Medications, including Over-the-Counter (OTC) medications (Allergy medications, Motion sickness medications, etc.) must have parent permission and doctor's order form completed for each medicine. (*Yellow form*) **Students are not permitted to carry any medication, including OTC's.** All medications must conform to State and School policy. Please place the exact number of doses needed for the trip in the original pharmacy container before bringing it to the Health Office.

**DO NOT SEND** any medications with your child on day of trip; all medications need to be dropped off at school by May 24<sup>th</sup> or on the date prearranged with the nurse. All medications must be accounted for with a doctor's order and be in the nurse's possession. All luggage is subject to search.

**Acetaminophen, Ibuprofen, Benadryl, Imodium, Pepto Bismal and TUMS will be available from the nurse, if you gave your consent on the Overnight Trip Form (blue form).**

### **EMERGENCY / RESCUE TYPE INHALERS OR EPI-PENS:**

Washington D.C. is the flower capital of the east coast. Along with the beautiful flowers and trees come pollen, allergies, bees and wasps.

If you know that your child has a history of Asthma or Allergy, this is a good time to be prepared.

Students may carry Albuterol inhalers and Epi-Pens as long as the school has proper documentation. Asthma and Allergy Packets are available tonight, and in the Health Office. If you have already completed a packet for this year, you don't need to do anything else. If you have not completed a packet for this year, please take one tonight and have it completed before Wednesday, May 24th. Students will be asked to produce proof that they are carrying Albuterol or an Epi-Pen before boarding the buses. Please remind your child that if he/she uses the inhaler, they must report the use and approximate time to a teacher or the nurse.

**All other Asthma medications** (e.g.: Singulair, Advair, Asmanex, Asmacort, etc.) must conform to the regular medication policy and be in the possession of and be dispensed by the nurse.

**Epi-Pens:** Students who have permission may carry an Epi-pen. The student who uses an Epi-Pen for an allergic reaction will be immediately transported by ambulance to the closest hospital.

### **QUESTIONS/CONCERNS?**

Questions regarding medications or medical concerns please contact Mrs. Wilson at 908-637-4349, ext 206 or email [cwilson@gmrdsd.com](mailto:cwilson@gmrdsd.com).

Questions regarding the trip please contact Mrs. Grigoletti at 908 637-4349 x200 or email at [dgrigoletti@gmrdsd.com](mailto:dgrigoletti@gmrdsd.com).