

Survival Packet



ESCAPE

WINTER RETREAT 2018

Spring Hill!

SEVEN UP

CORNERSTONE MIDDLE-SCHOOL MINISTRY

Feb. 9-11

Dear Parents,

Your student's Winter Retreat Survival Pack has arrived. **PLEASE READ ITS CONTENTS CAREFULLY.** It contains all the information to help you prepare for this year's exciting Spring Hill retreat.

PERMISSION SLIPS: A valid Cornerstone permission slip must be on file in the youth office. They are found on the church website on the Student Ministries pages (<http://bit.ly/2yLINWs>). Please remember to click "Submit Form" to complete the submission process. In an effort to make the registration process easier for families, we no longer require permission slips to be notarized.

PACKING LIST: Please pay close attention to the items you **need** to bring and the items that **should not** be brought.

EXPECTATIONS: It is important that each student understand and follow the rules. The student will be sent home, at their parent's expense if they refuse to follow the rules. **Each parent and student are required to read and sign Cornerstone's Trip Policy Guideline and turn it in prior to each trip.**

MEDICATIONS FORM: If your student is bringing medications, please fill out the medications form. Put the medications and the form in a Ziploc plastic bag with the student's name on it and turn it in at the medications table at the time of check-in. **DO NOT SEND THIS FORM IN PRIOR TO DEPARTURE.**

CELL PHONES: Parents, we ask for your help as we create a good learning environment and a weekend where friendship and good conversation can take place. Please assist us by understanding and supporting 7UP's **NO CELL PHONE POLICY.** Please have your student keep their phone at home this weekend. Leaders will have cell phones for emergencies.

ROOM REQUEST CARD: Please have your student return this card completed with the names of the students you want to room with. We need this card and your final payment **no later than February 1.**

EMERGENCY INFORMATION: Sally Jo Friday 810-599-5332. **To be used only in an emergency!**

DEPARTURE INFORMATION: Check-in time on Friday, February 9 is from **2:30 -3:00** in the Celebration Center. **Please bring sack lunch and snacks for dinner on the bus!**

HOME ARRIVAL: We will arrive back to Cornerstone on Sunday, February 11 between 3:30 and 4:00pm.

Thank you for taking the time to prepare for this weekend. Please be in prayer for the students and leaders attending this retreat. If you have any questions or concerns, please contact the youth office at 810-494-4032.

Have you turned in:
FINAL BALANCE
ONLINE PERMISSION SLIP
TRIP POLICY GUIDELINE
SPRING HILL ONLINE WAIVER

Final Balance, Trip Policy and permission slips due no later than February 1!

Follow Student Ministries on Facebook for updates!!

MY PACKING LIST

THINGS TO BRING:

******Sack lunch or dinner to eat on the bus-dinner is not provided******

2 pair of shoes (at least 1 pair of gym shoes, most activities require closed toed shoes)

Winter-outdoor clothing

Socks & extra socks

Gym clothing

Shower stuff

Swimsuit

Sleeping Bag & Pillow (labeled with your name)

Towel

Flashlight

Money (for some activities, trading post, crafts)

Your Bible, notebook and pen

Extra, Empty trash bag for wet clothing

Warm clothes/Winter hat, snow boots, snow pants, gloves, etc.

THINGS TO LEAVE AT HOME:

Electronic Technology, iPad, and iPod

Cell Phones, (cell service is limited)

Pets

Homework and stress over school

Anything standing between you and what God has planned for you this weekend.

Cornerstone Student Ministries Trip Policy Guidelines

Purpose: These Guidelines and “Code of Conduct” are for the protection of the trip participants, the well-being of others, community building and team spirit, the fruitfulness of the trip, your witness to the world, and for God’s glory.

- a. Each student is to conduct themselves with exemplary moral standards in speech, dress, attitude and actions at all times. [Philippians 2:14-15]
- b. Each student is to submit to authority of on-site leadership at all times. Those in authority are to be respected. [Hebrews 13:17]
- c. Each student is expected to show respect for others, themselves, and other people's property.
- d. Each student shall refrain from anti-social behaviors such as lying, stealing, gambling, fighting or boxing (including but not limited to organized wrestling matches), and sexual promiscuity. [Exodus 20:1, et seq.]
- e. Each student shall participate in the group's activities, including work sites, meetings, and meals. Absence from any group activity requires prior permission from a Student Ministry Leader.
- f. Each student shall refrain from language and conduct that includes griping, complaining, swearing, and non-uplifting language. [II Timothy 2:14]
- g. Each student shall respect the sanctuary at Cornerstone and other churches. It is a special ‘set apart’ space and should be treated with respect (e.g., no hats, food, or drinks).
- h. Students may not possess weapons of any kind, unless part of an organized activity, e.g., pocket knife on a wilderness trip. In such cases, weapons must be approved in advance, in writing by the Student Ministry Trip Leader prior to departure. This prohibition also includes purchasing of a weapon on a Student Ministry trip. For purposes of this section, weapons include but are not limited to firearms, handguns, knives, matches, lighters, or fireworks.
- i. Students are forbidden to possess or to partake in any alcoholic beverages, illegal drugs, or tobacco products of any kind, and pornographic or sexually suggestive material.
- j. Each student shall refrain from any public or private display of affection.
- k. There shall be separate sleeping quarters for males and females. Students are forbidden to be in the sleeping quarters of any member of the opposite sex for any reason (thus, no guys in girls’ rooms; no girls in guys’ rooms).
- l. Each student shall only wear modest apparel. One-piece bathing suits will be worn to appropriate youth activities (no bikinis or Speedos).
- m. Each student is forbidden to bring electronic devices of any kind, unless expressly approved in advance and in writing by a Student Ministry Leader. This includes but is not limited to Cell Phones, MP3 players, iPods, PDAs, video games, DVD players, Tablets, e-readers, radios (or other handheld electronic items, personal entertainment systems, etc.). Our goal is interactive communication between youth and leaders.
- n. Refunds will be considered on a case by case basis only.
- o. Each student will honor all rules and curfews.
- p. Student Mission Trip Covenant: Each student and their parents are required to acknowledge that they have received and read a copy of these Trip Event Guidelines and agree to abide by them.
- q. Conflict Resolution: When a conflict between students arises, the principles set forth in Matthew 18 should be followed. All questions, concerns, or complaints should first be brought to the Student Ministry Leader or person directly involved. Keep the matter confidential, and work to clear up or resolve the concern. Share only with those directly involved to establish confidentiality and to keep from dishonoring yourself and Student Ministries. Pray for God’s guidance.

Date: _____

Acknowledged By Student _____

Acknowledged By Student’s Parent _____

Student Meds Form

Student's Name: _____

Medication 1: _____

Dosage Requirements: _____

Time(s) to be given: _____

Possible Side Effects: _____

Medication 2: _____

Dosage Requirements: _____

Time(s) to be given: _____

Possible Side Effects: _____

Medication 3: _____

Dosage Requirements: _____

Time(s) to be given: _____

Possible Side Effects: _____

CSM employees and volunteers have my permission to administer the medications listed above to my child (named on this form) in the manor indicated on this form.

Parent/Guardian Signature

(use more forms if necessary)

Date

(PLEASE RETURN THIS FORM ALONG WITH MEDICATIONS AT TIME OF DEPARTURE)

Sign Up Activities

Horseback Riding - \$15 Explore the trails of SpringHill on the back of a horse. We'll saddle them up, and you get to ride! Be sure to wear warm clothes, including a warm hat and gloves or mittens so your hands stay warm while holding the reins. **For your safety, close toed shoes and long pants are required.**
Weight limit 250lbs.

Paintball - \$15 Gear up for a different adventure in the woods with a paintball marker and moving targets (a.k.a. your friends)! It's an action-packed, fast-paced game of paintball on our wooded course. We'll give you everything you need, including a full barrel of paint! Additional paint can be purchased during the game for \$5. **For your safety, long pants, long sleeves, and close toed shoes are required.**

Escape Rooms: Mine Escape - Free (Group Event) Put your team to the test at the Mine Escape! This puzzle room will test your team of up to 10 campers (and 1 leader) as they work together, searching for clues and unlocking puzzles to beat the clock! Teams have 45 minutes to free themselves before the mine collapses and they are lost forever! Dress warm - the mines aren't heated!
Please plan on allotting about 20 minutes to walk down to the Escape Rooms.

Additional Activities - Free Make a team and sign up to play in a tournament! Participate in the dodgeball tournament, 3-On-3 basketball tournament, or both! Are you a senior high student with a unique talent? Show it off during the Senior High Open Mic Night! Everyone is invited to watch the show.

Open Activities

Tubing Hill - Free Fly down our 700 foot tubing hill with your friends! Race back up to the top, or give your feet a rest and let our Magic Carpet do all the work.

Winter Activities - Free Ice sleds, snowshoes, and cross country skis are available for check out at the desk in the tubing shed. The trail takes you through parts of New Frontiers and Storybrook camp centers, and lasts about half an hour.

Prayer Lab - Free Do you have students who want to go deeper? The Lab is a self-guided experience that leads students in specific topics for prayer and contemplation. This is a great time for reflection on the weekend's theme. The Labyrinth will be open all weekend and is located in Storybrook Dining Hall.

Indoor Pool and Slides - Free Check out our indoor pool with dual spiral waterslides!

Indoor High Ropes - Free Our indoor high ropes course allows you to choose your challenge! Located in the Gym, it offers a variety of elements that are fun and thrilling for newcomers and seasoned high adventure enthusiasts alike! Try the second level for an extra boost of excitement!

Open Activities (continued)

New Frontiers Zipline - Free Sail over 1,000 feet on any of the eight lines on our biggest zipline on camp! It's sure to be a ride to remember!

Weight limit 50lbs.-230lbs.

Eurobungy - Free Kick off your shoes and jump on! Experience a unique adrenaline rush as you perform gravity-defying moves on our high-flying Eurobungy. How many flips can you do?

Indoor High Adventure - Free If the mountain calls your name or you want to be just like Spiderman, our indoor climbing options are for you! Located in the Gym, choose between the Climbing Wall, the swinging Centipede, are the Rope Ladder. Better yet, try all three!

Game Room - Free The Game Room is packed with choices! For some friendly competition, try our foosball, ping pong, or air hockey tables. Ask our Craft Room staff for ping pong balls and foosballs. We also have a multitude of boards games that can be borrowed. The Game Room is a great place to hang out with friends or warm up with some hot chocolate from the Hill O'Beans Cafe.

General Sports - Free Time to get in a few pick-up games! Basketball and volleyball courts are located in the Gym. Equipment will be available during Open Gym times, so just grab a ball and go! Or head up to the Catapult Room for Gaga Ball and 9 Square in the Air!

Senior Hang Out - Free All high school seniors are invited to join us at 4:00pm on Saturday in the Auditorium for a snack and some table games. Plus, meet a SpringHill recruiter and hear about the great opportunities we have for you to work at SpringHill this summer!

Crafts

Our Craft Room is located in the Summit Room, upstairs from the Gym, and right next to the Game Room and Hill O'Beans Cafe.

Survival Bracelets - \$5 Choose your colors and your buckle! Our expert staff will teach you how to weave paracord into a bracelet that is all your own. Plus, it looks sweet on you!

Leather Bracelets - \$5 Choose among hundreds of stamps and several colors of dye to make a piece of wearable art!

Tie Dye - \$10/\$15 Customize your very own SpringHill shirt! Choose your favorite color or use them all! With several patterns to choose from, you can't go wrong!

Please Help!!!

If you haven't already done so, please use this link to complete your child's Spring Hill Health Waiver!

<https://register.springhillcamps.com/Registration/RequestCode/368858>

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YOUR NAME _____

FRIEND'S NAME _____



**RETURN THIS CARD TO THE
YOUTH OFFICE NO LATER
THAN FEBRAURY 1!**