

A Day On the Seashore

NEED Academy trips 2021

When are we leaving and when will we be back?

The NEED Bus will be transporting students from Wixon after the start of the school day. Departure will be after the normal morning routines.

Students will be back at school for pick up at 4 pm at the front of the school.

Classroom Teachers will be letting their students know when their trip is scheduled. Permission slips **MUST** be returned or student will not be allowed to participate in the trip!!!!

Where are students headed for the day?

Classroom teachers will be selecting the destination for the hikes.

The explorations are chosen from the hikes that we would lead during a full week.

There is an outline of the day [schedule for Wixon](#) trips.

Potential destinations: [Red Maple Swamp](#), [White Cedar Swamp](#), [Bay Beach and Salt Marsh](#), [Ocean Beach and Dune Forest](#)

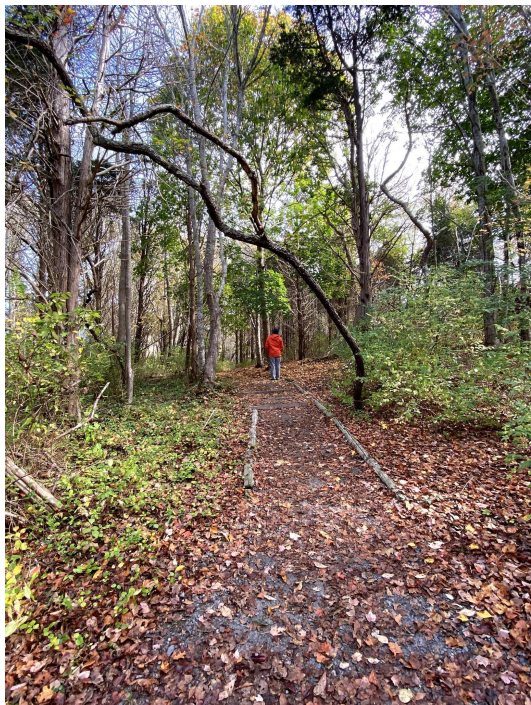
Red Maple Swamp

Cape Cod

National

Seashore

Eastham



White Cedar Swamp

Cape Cod

National

Seashore

Wellfleet



Bay Beach and Salt Marsh



Great Island
Wellfleet

Corn Hill Beach
Truro



Ocean Beach and Dune Forest

Ballston Beach

Pamet Area

Trails

Cape Cod

National

Seashore

Truro



What to Wear? CHECK the WEATHER forecast!

Outdoor Comfy HEAD to TOE!

Layers:

Outer=windproof

Middle=long sleeves and warm

Inner=short sleeve t-shirt



Hat: sun or wind

Socks: above the ankle protects against ticks and scrapes

LONG pants to protect against: cold wind, sunburn, mosquitoes, ticks, briars

Comfortable shoes that are good for walking, running, skipping, jumping!

Sunblock at Home, Please! Yes, we have bug spray!

Yes, sunblock is advised as most folks have not been spending whole days outside! Please apply to nose, ears, arms, back of neck...on potential sun days.

Do not send along either sunblock or insect repellent.

If the temperature is above 38 degrees the ticks are active (slow, but moving).

We will apply REPEL oil of lemon eucalyptus to shoes and socks and cuffs of pants to provide protection. All students should do a complete tick check and shower after being in the woods, fields, or marshes for the day.

LUNCH and Snacks, too!

You can pack a lunch from home. You can order a pack lunch from school.

Everyone should bring extra water to drink (no glass bottles!)

Snacks are a great idea! We will have time for a pre-hike snack and an end of day snack so feel free to pack a couple. We will have apples and other healthy choice!

Remember to follow any classroom rules regarding allergies!

What if a student takes a medication during the school day

Medications will be handled by Ms Moody per the instructions of the school nurse.

Students that need an inhaler for activity should be sure to have one at school that can be sent along for the student during the trip.

Families of students with epi-pen (or other auto-injection epinephrine) for anaphylaxis should be sure that the nurse has the medication and any allergy plan!

HOORAY for Spring and the chance to Explore Nature!

WE are so looking forward to our days outside exploring, sharing, and learning.
Thank you to the teachers,
administrators,
nurses, and families!

