

Final PAL Reminders

Medication Reminders:

*Medication and forms were due last week, but if you still need to turn them in, **they MUST be brought into the school on Monday by a parent/guardian.** (Students are not allowed to carry or administer their own medication.)

*If they take a prescribed medication, the doctor will have to sign the Shelby County Medication form before Nurse Stone, our school nurse, can accept it. (Forms can be found on my blog or the Shelby County website.)

*If they are under the age of 12, they are supposed to be taking "children's strength" over the counter medication...according to school/county rules. Even if they normally take adult strength medication, we won't be able to give that to them at PAL so plan accordingly.

*Medication needs to be in the original container for both prescription & over the counter.

*Only send the amount of pills that they'll need while we are at camp.

*If you have any medication questions, please contact Beth Stone at tb2stone@shelbyed.k12.al.us on **MONDAY!** Tuesday morning is a very busy/stressful time for teachers and our nurse as we are preparing to leave for PAL.*

Once we are at PAL, you may contact Emily Hudson at [205-678-6512](tel:205-678-6512) or [256-454-2204](tel:256-454-2204)(cell) & she can answer your questions or put you in touch with the PAL Nurse.

Packing Reminders:

*Please see the packing list on my blog for all basic info.

*Bring "play clothes!" Leave all the nice, expensive clothing at home!

*Hats are allowed once we are at camp, as long as they are not a distraction. Belts are not mandatory either (whoohoo!), once we are at camp.

*Sweat pants and gym shorts are allowed as long as they are long enough...more like PE.

*Tennis shoes or hiking boots are a must.

*Pack for the weather...which looks GORGEOUS for most of the week! It's going to be cool, so the students should bring a hoodie/jacket for sure! There is also a small chance of rain on Thursday, please pack a jacket or poncho.

*Label EVERYTHING!

Do Not Pack: cell phones, electronic devices, weapons, money, food, or flash light (those will be provided when needed)

But you can pack a paperback book/magazine, and a pencil.

Students are allowed one small suitcase/duffle bag for their clothing and another bag for their sleeping bag/bedding. Label both and make sure that the students can identify them.

Tuesday, October 20th:

*Students must be brought to school in a car because the buses do not allow them to ride with all of their luggage.

*Arrive between 7:00-7:40am.

*Park either in front of the school, or between OMMS and OMES and walk up. You are NOT allowed to pull through the bus canopy on the side of the school because the buses will be using that.

*Meet Mrs. Higginbotham or a Red Team teacher under the bus canopy, outside of the A West doorway. (The students should know where this is.)

*The luggage will be left with the teachers and the students will go into school as normal. They will attend classes as usual until around [10:30am](#).

*Since they will attend classes first before going to PAL, they must be dressed in something that is good for both because they will not have time for a clothing change. I suggest jeans and tennis shoes.

Friday, October 23rd:

*Please plan to pick your child up outside the A West Bus Canopy [at 1:30pm on Friday](#). They will not be allowed to go into the building as technically they are "not at school" and they cannot ride the buses because of the luggage.

***If a parent or guardian can't pick up your child, please find other transportation for them and then send Mrs. Higginbotham a note stating who they will be going home with. *See Mrs. Higginbotham's PAL link on her blog for the Alternate Transportation Form.**

Behavior Concerns:

Please talk with your child about the importance of having good behavior while we are at PAL. We expect them to get along with the other students, participate in the activities in a positive manner, and show respect to their teachers, PAL staff, and parent chaperones. If we have a problem with behavior, the parent will be called. If the bad behavior continues or is severe, the parent will be asked to come take the child home.

School Reminders:

***If your child is not attending PAL, they are expected to be in school.** They will attend PE, electives and their literature classes. For other classes they will be with a substitute in my classroom and work will be left for them to complete.

*Students attending PAL will not miss any classwork as the teachers are aware of this trip. These students will receive a PAL grade based on behavior and PAL journal completion.

Contact Numbers:

Emily Hudson (PAL Director): [205-678-6512](tel:205-678-6512) or [256-454-2204](tel:256-454-2204)(cell)

Carla Higginbotham: [205-821-4475](tel:205-821-4475)

We always have a wonderful trip to Project American Life, and we expect the same for this year's group. Please let me know if you have any questions.

Carla Higginbotham