



STUDENT PARTICIPATION PERMISSION FORM
WEEK OF HOPE – GRAND RAPIDS
June 23-28, 2019

Statement of Consent

I hereby consent to participation by my child, _____, in the event described in the event flyer/brochure scheduled for Week of Hope Grand Rapids

In consideration of my child being allowed to participate in this event, I agree to waive and release, and indemnify and hold harmless Holy Family Parish, any and all affiliated organizations, its/their employees, agents, representatives, volunteers and drivers, from any and all claims I or my child may have, excluding claims for intentional misconduct or gross negligence, arising from or relating to my child's participation in this event.

I authorize Holy Family Parish to obtain necessary medical treatment for my child in case of illness, injury or accident. List allergies, medication, dietary needs, learning needs, contacts, or other pertinent comments that may affect his/her participation in this event. Please also include instructions about these needs for the adult supervisor of this event if applicable.

During this event, I can be reached at _____

I certify that I am the (check one) _____ custodial parent _____ legal guardian of the minor child named above and I agree to the above terms for myself and for my minor child. Please list any custodial concerns/agreements which may affect your child's participation in this event.

I understand that photographs and video may be taken during this event for future publicity, but would be used without my child's name, and that by consenting to my child's participation in the event, I am consenting to said photography and videography.

For this trip only and for the security of our participants, we are requesting permission to have access to your child's cell phone number. After the trip is complete and everyone is safely home, the contact numbers will be deleted from the chaperone's phones. Providing the phone number gives us permission to call or text for the purpose of communication for the trip. Your child will also be required to delete the adults' phone numbers from their cell phones.

I hereby grant All Chaperones for the Week of Hope – Grand Rapids permission to interact via texting or phone calling with my child listed above for the period of June 23-28, 2019.

Participant cell phone number: _____

(Print Parent's Name)

(Parent's Signature)

(Date)

Please provide adult t-shirt size:

___ Small ___ Medium ___ Large ___ X-Large

JR/SR HIGH SCHEDULE

SUNDAY

3–4 p.m. Check-in
4:30 p.m. Adult meeting
5:30 p.m. Dinner gathering
6:30 p.m. Kick-off program
Meet your crew and get project assignments
8:00 p.m. Chapel
Youth group devotions
11 p.m. Lights-out

MONDAY

6:30 a.m. Breakfast crew begins
6:45 a.m. Wake-up call
7–7:45 a.m. Breakfast and pack lunches
8 a.m. Morning program
8:45–3 p.m. Serve at project sites
Lunch and crew devotions
3:30 p.m. Return to lodging facility
3:30–5 p.m. Camp store open
5 p.m. Dinner crew begins
5:30 p.m. Dinner gathering
6:30 p.m. Hospitality tasks
7:00 p.m. Chapel team practice
8:00 p.m. Chapel
Youth group devotions
10:30 p.m. Bedtime stories (optional)
11 p.m. Lights-out

TUESDAY

6:30 a.m.–3 p.m. Same as Monday
3:30 p.m. Check-in at lodging facility
Camp store open
Free time: dinner and devotions on your own
8 p.m. Lodging facility back open
8:30 p.m. Movie night (optional)
10:30 p.m. Bedtime stories (optional)
11 p.m. Lights-out

WEDNESDAY

6:30 a.m.–11 p.m. Same as Monday

THURSDAY

6:30 a.m. Breakfast crew begins
6:45 a.m. Wake-up call
7–7:45 a.m. Breakfast and pack lunches
8 a.m. Morning program
8:45–3 p.m. Serve at project sites
Lunch and crew devotions
3:30 p.m. Return to lodging facility
3:30–5 p.m. Camp store open
5 p.m. Dinner crew begins
5:30 p.m. Dinner gathering
6:30 p.m. Hospitality tasks
8:00 p.m. Chapel
Youth group devotions
9:30 p.m. Lip-Sync battle
12 a.m. Lights-out

FRIDAY

7–8 a.m. Breakfast
7–9 a.m. Youth group check-out
Hospitality tasks
Depart for home

Shower locations and times will be communicated at camp. There will be separate shower times designated for those that are 17 and younger from those 18 and older.

Breakfast and Dinner Crews/Hospitality Tasks: You will have the opportunity to serve other campers by helping prepare meals and clean the facility.

PACKING LIST

PERSONAL ITEMS:

- Air mattress, cot, or foam pad (twin-size)
- Sleeping bag or sheets
- Blanket and pillow
- Towels and washcloths
- Modest swimsuit and shower shoes
- Toothpaste and toothbrush
- Soap and shampoo
- Any prescription medications
- Laundry/plastic bags (for dirty clothing)
- Long pants or jeans
- Modest shorts and work t-shirts
- Pajamas, socks and underwear
- Sturdy shoes
- Water bottle
- Personal health insurance card or copy
- Bible
- Jacket
- Sunglasses
- Sunscreen and insect repellent
- Bandanas, a hat, or visor
- Work gloves
- Mirror*
- Camera*
- GPS* (recommended for drivers)
- Rain gear*
- Snacks*
- Fans* (most churches do not have AC)
- Flashlight*
- Alarm clock* (battery-powered)
- Spending money*
- Games for free time*
- Fun items for our theme days*: America Monday, Tropical Tuesday, Wacky Wednesday, Team Spirit Thursday.

**Optional Items*

AS A GROUP:

- 1 first-aid kit for every vehicle
- 1 5-gallon water jug for every 6 people
- 1 large cooler (on wheels is preferred) for every 6 people

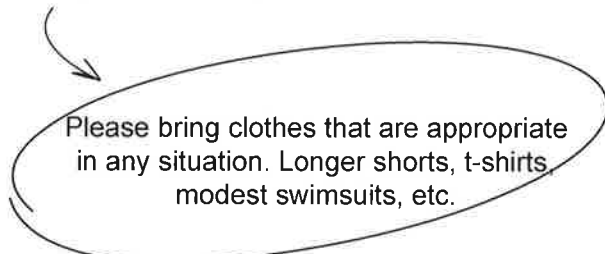
COMMUNITY GIFT: The community you are serving has a specific need and is asking for donations. Your group's mission: have FUN collecting as much of the needed item as you can and bring it to camp with you!

Check Your Group Page, under the "Schedule, Menu and Packing" tab, to see your camp's requested item. Thank you in advance!

- ▶ Involve your congregation, friends and even your local businesses in the effort.
- ▶ Is transportation a problem? Purchase your community gifts when you arrive.

WHAT NOT TO BRING:

- Alcohol, tobacco products, or illegal drugs
- Expensive clothes or jewelry
- Anything really valuable
- Fireworks, weapons or toy guns
- Skimpy or revealing clothes



Please bring clothes that are appropriate in any situation. Longer shorts, t-shirts, modest swimsuits, etc.

CELL PHONES/IPODS/LAPTOPS/ETC.

For security reasons, it's best to leave these items at home. However, we do understand that they are great for capturing moments, sharing life, and communicating back home. If you decide to bring any of these items, don't let them distract from your experience. How can you be tethered to your devices and expect God to work in unexpected ways? If you decide to bring them, be sure to put them away during the programs and on your project sites.

Community Gift Supply List 2019

Week of Hope participants have the opportunity to provide items for one of our partnering organizations in Grand Rapids that provides help and resources to people experiencing homelessness and hunger!

Requested items include:

- Baby wash
- Baby lotion
- Travel size shampoo
- Travel size Conditioner
- Travel size soap bars
- Men's full- size body wash
- Men's full-size shampoo
- Men's full-size conditioner
- Women's full-size body wash
- Women's full-size shampoo
- Women's full-size conditioner
- Toothbrushes
- Toothpaste
- Children's pajamas (size 8-16)
- Children's sweatshirts (any size)
- Children's T-shirts (any size)
- Cough drops in sealed bag (new)
- Infant Tylenol (sealed)
- Adult Tylenol (sealed)
- Toilet paper
- Paper Towels
- Toilet brushes
- Hand warmers
- Volleyballs
- Soccer balls
- Kites
- Shower curtains
- Shower liners
- Shower hooks
- Kitchen towels
- Kitchen dishcloths
- Washcloths
- Shower towels
- Shaving cream
- Umbrellas
- Ace bandages
- Band-aids
- Children's gloves
- Men's gloves
- Women's gloves

SAMPLE MENU

(All meals are subject to change at any time)

PLEASE NOTE: Food will be prepared by YOU and the other participants during the week. There will be plenty to eat and it's going to be great! Think of it like a church potluck.

BREAKFAST

Participants will have one or more of the following options:

Waffles, sausage, English muffins, eggs, cheese, biscuits and gravy, ham

Accompaniments (each day): Cereal, yogurt, toast, peanut butter, fruit, oatmeal, milk, coffee and juice

Please note: Only cereal and toast available on the last morning

LUNCH

Lunches are picnic style and at the worksites. There will be: Sliced ham or turkey for sandwiches, wheat bread, lettuce, tomatoes, cheese, chips, a fruit or vegetable and a treat like a granola bar or cookie. Peanut butter and jelly sandwiches will be available each day too.

Beverages on the work site: Each participant should have a reusable water bottle for water

DINNER

Sunday: Pizza OR meal provided by local community

Monday: Meat and vegetable lasagna, side vegetable, dinner rolls, and ice cream cups

Tuesday: DINNER ON YOUR OWN

Wednesday: Taco bar with flour tortillas, taco shells, ground beef, tortilla chips, black beans, lettuce, tomato, cheese, onion, sour cream, chunky salsa, and ice cream bars

Thursday: Chicken tenders, mac and cheese, side vegetable, and strawberry shortcake

Salad bar (every night except Wed): Featuring mixed greens, carrots, hard boiled eggs, black beans, croutons, shredded cheese, sliced turkey or ham, and Ranch and Italian dressing

Beverages: Lemonade or fruit punch will be available

- ▶ If you have a participant that has to eat gluten-free--please let us know. We can have a few gluten free options at camp, but need to know in advance.
 - ▶ If you have a vegetarian in your group, see page 3.
 - ▶ Please note that we do have peanut butter on our menu.

FOOD RESTRICTIONS

Group Mission Trips understands that there are many with dietary restrictions and food allergies. We want our staff and participants to work together to provide a safe environment for anyone with food restrictions.

HOW DIETARY RESTRICTIONS WILL BE HANDLED:

- If a participant has a food allergy or restriction, their Trip Leader should ensure they've seen Group Mission Trips' Sample Menu. They can see what will be served each day and decide what supplement meals/snack items they'll need to bring.
- If a participant must eat gluten-free, please let Group Mission Trips know either by calling or via the online Dashboard prior to camp.
- If a participant needs to bring supplement meals or snacks to accompany the Group Mission Trips' menu, there cannot be a reduction in registration fees since Group Mission Trips purchases food in bulk. Camp staff *will* assist by providing space for additional food in the kitchen or in another designated storage area.
- If the food allergy is severe, the Youth Leader should notify Group Mission Trips either by calling or via the online Dashboard prior to camp. Depending on the severity, the participant may need to be assigned to a crew with another person from their own group who understands their food restrictions. The participant should inform the rest of their crew about their food restrictions too, should an emergency arise.
- Participants need to bring any medication they need (ie EpiPens).
- Participants may want to bring their own small cooler to keep their lunch separate from the others on their crew.
- GMT staff will be able to provide ingredient information prior to each meal at camp. There will be signs posted in the cafeteria each day at camp that list vegetarian options, please also see the next page for those.
- If you have any questions, please feel free to call us at 844.258.9616.

Please see the next page for vegetarian options.

Miscellaneous Information/Questions

Week of Hope – Grand Rapids

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Arriving Late or Leaving Early

We ask that all participants arrive on time and stay for entire time. Every part of the program is valuable and helps guarantee a life-changing experience. We really try not to make exceptions to this because it does affect other participants, partners, and work projects--so please check the schedule and make travel arrangements accordingly

Home Away From Home

A Week of Hope can hold up to 100 participants and we house them all typically at a local church. Our staff transforms the facility into a home away from home--there will be a separate boy's hall and girl's hall, a space for meals, adequate bathrooms and showers, and a space for the programs.

Participants need to bring air mattresses, sleeping bags, pillows and other bedding to sleep on floors. Youth groups are assigned to sleeping rooms together, gender separate. Sleeping rooms may be shared with other youth groups, depending on the size of groups and the size of the room.

It's Not a 5-Star Hotel

Air-conditioning: Each location is different, but typically there is NOT air-conditioning. We serve where we are needed and in some areas, churches just can't afford air-conditioning. Even if your lodging facility does have AC, it's a good idea to still plan on bringing fans as a back up. They are nice for white noise in a crowded sleeping area!

Showers: Often our church facilities do not have adequate indoor showers. We will always ensure showers are available, and they will always be separated by gender, but we do need to get creative in some locations. Showers may be a combination of inside showers, outside showers, and/or showers at a nearby school, YMCA, or an organization that we are serving at. Please remember to bring swimsuits so you are ready for any situation!

For safety, we do have separate shower times for those that are 17 and younger from those that are 18 and older.

Internet: It is rare that our lodging facilities have internet access, but most coffee shops and popular restaurants have free wifi if there are some nearby.

Remind everyone in your group that they are coming to the community as servants and to demonstrate Jesus' love! They should be ready to forgo certain luxuries like private, hot showers and air-conditioning for the short time of camp.

Your Lodging Facility

Participants will be staying at a church using their gym, kitchen, classrooms for sleeping, and chapel for programs.

Miscellaneous Information/Questions

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Background Checks for those over 18yo

Yes, Group Mission Trips requires that all participants **18 years of age or older** be screened and background checked by their church prior to attending.

- **Background checks must be national and no older than two (2) years from the start of the mission trip.**
- 18-20 year olds are not considered “adults” during camp, however because of our commitment to safety, we still ask them to go through your church’s screening process and have background checks run.
- Group Mission Trips requires a digital pastor signature on our Screening and Verification Form for every 18+ participant in order for them to attend the mission trip.

Projects

As your participants enter into the lives of others and build relationships with the people of Grand Rapids, they’ll experience God working through them at projects such as:

- Assist a neighborhood association by landscaping, painting, cleaning, clearing alleys, working with residents that are shut-ins (seniors that are ill or recovering), and low income persons/families.
- Serve at an assisted living facility doing yard work (mulching, weeding, planting flowers), playing games and visiting with residents.
- Build relationships with kids in the community by playing indoor and outdoor games, making crafts and going on afternoon off site field trips together.
- Enjoy learning about growing food! Participants will be weeding and learning about all different types of crops; many of which go to nourish local people who are in.
- Serve at a therapeutic horse center! Serve the kids and adults that come here that are struggling with social, emotional, physical, and mental disabilities. Maintain the grounds, brush the horses and help to fill the hay barns.
- Help residents by painting addresses on homes, planting flowers, landscaping, and other tasks to beautify their homes. You will get to serve seniors and play with local kids.
- Help the hungry and homeless by sorting donated food products, repackaging food, and serving meals at the local food pantry.
- Help out with various activities around a youth camp including games and activities for the campers, minor painting, landscaping, and other day-to-day tasks!

Our Partner

We have a Local Coordinator there that maintains connections throughout the year with the organizations that we serve so that our service and relationships are sustainable. You may meet them during your week as they pop in and out.

<https://groupmissiontrips.com/pc/holy-family-catholic-parish-caledonia/19MI12/overview/>