

Green River Preserve

SCHOOL OF ENVIRONMENTAL EDUCATION

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A Letter from the Directors

Greetings from GRP!

Thank you for your interest in Green River Preserve. We hope you will consider our School of Environmental Education for your students' enrichment! To see if our program is a good fit, we offer this packet and even more resources on our website.

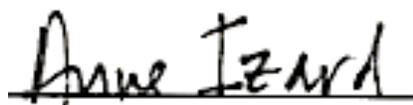
SEE offers 3- to 5-day residential outdoor education programs for both public and private schools. Our curriculum is designed for rising 5th grade through middle school and is easily adaptable for older students. SEE focuses on three basic themes: cultural heritage, ecological respect, and stewardship. We explore these themes through inquiry-based learning. We believe understanding the interconnectedness between humans and nature among these themes brings respect and knowledge for one's self, each other, and all living things.

Green River Preserve's 3,400 acres of forest, fields, and rivers is the perfect environment in which to learn through exploration. Students of all ages learn to use all their senses to experience the outdoors as they crawl into caves, waterfalls, snorkel in rivers and creeks, explore archaeological sites, track wildlife, sample edible plants, and climb mountains. The physical, social, and psychological benefits of these unhurried outdoor experiences are invaluable. After spending time with us in the Green River Valley, students gain greater ecological understanding, confidence, and leadership skills.

The caliber of our seasoned staff and the quality of our curriculum are the hallmarks of our program. Schools tell us that no other program compares in terms of our knowledgeable, inclusive, and supportive team. Many of our naturalists have been working with for us for over 25 years. They are educators, artists, scientists, and storytellers who all share a common vision of educating future stewards of the earth.

We hope we get to show you how magical an experience at GRP can be. Please do not hesitate to call (828-698-8828) or email (catherine@greenriverpreserve.org) with your questions, concerns, or requests. If you are interested in talking with one of our participating schools about their experiences here, we are happy to connect you with one. We look forward to hearing from you soon.

Kind regards,



Anne & Stephen Mead
Directors

Our Mission & Values

The mission of Green River Preserve is to provide a challenging and nurturing learning experience and inspire a deep appreciation of interconnectedness, ecological respect, and the joy of living.

The Woodcraft Laws

The Woodcraft Laws are the core values of Green River Preserve. Ernest Seaton, one of the founders of the Boy Scouts of America, wrote these laws at the turn of the century and claimed they were rooted in Native American philosophy. All campers and staff members are expected to abide by these guidelines.

Beauty

Be clean, both yourself and this place you live in. Understand and respect your body, for it is the temple of the spirit. Be a friend to all wildlife. Conserve land, forest and flowers.

Truth

Word of honor is sacred. Play fair. Foul play is treachery. Be reverent, worship the Great Spirit and respect all worship of him by others.

Fortitude

Be brave. Courage is the noblest of all attainments. Be silent while your elders are speaking or otherwise show them deference. Obey. Obedience is the first duty of the Woodcrafter.

Love

Be kind, do at least one act of unbargaining service each day. Be helpful, do your share of the work. Be joyful, seek the joy of being alive.

Our Goal: Four Pillars of Growth

Intellectual. To mentor campers in their quest as future leaders and stewards of the land. To expose children to a wide variety of the natural sciences and foster an awareness of the wonder and complexity of the natural world. To offer experiences for children to learn from a community where ideas, creativity and discovery are celebrated.

Physical. To provide a safe, non-competitive and healthy outdoor living experience for children. To introduce children to a wide variety of lifelong learning skills and activities such as hiking, camping, cycling, canoeing, creative arts, and fly-fishing.

Social. To offer campers a safe, supportive community based on respect where individuals can “Be My Best Me.” To provide an atmosphere free of materialism and cliques where the quality of one’s character is what really matters.

Spiritual. To inspire discovery of the interconnectedness of the natural world and the growth of personal virtues and morality. To encourage campers to have a greater respect and understanding of themselves, their environment and their fellow man.

Program Essentials

Mentor Hikes

Every day at Green River Preserve students thrive in Nature's classroom. Guided by trained naturalists, called Mentors, students venture on one to two hikes per day through our private wildlife habitat. Over the course of the program, students will splash in a waterfall, trek to modest peaks and rock formations, study our cave and ancient carvings, and look for critters in the Green River.

To teach resiliency, positivity, and to instill a sense of wonder at the marvels of the natural world under many conditions, our hikes take place rain or shine. On a typical day, students will venture on a Mentor Hike each morning and each afternoon. At the end of these hikes, students return to base camp to eat and rest before the next activity. Students are divided into hiking groups of 10-12 and will rotate with this same group to different hikes.

Indian Cave 1½ to 3 hours, easy walk. Visit clear-cut and game feed plots on your way to the cave. Walk and crawl into multi-chambered cave. See a hand cut chimney, bats and cave crickets. Experience pitch-black darkness after scooting through a narrow opening into one of the cave's chambers. Children love the adventure. You'll get dirty!

Long Rock / Upper Bald 2 to 3 hours, easy walk. See beautiful mountain overlooks from this Natural Heritage designated site. Gain first hand knowledge of ancient erosion on exfoliated granitic domes. Due to an unusual plant community (with a sizable nearby feed plot), this area provides a wonderful wildlife habitat and services as a great introduction to mountain ecology.

The River / Hemlock Field: 1½ to 3 hours, easy walk. This area provides a hands-on look into the early history of the Green River valley. A short walk reveals a pioneer cabin site circa 1790, with a nearby spring and cemetery. After viewing a grove of original growth hemlock and examining the flora and fauna of the "bottomland", wade through a stream and feed the wild trout.

Reasonover/Beaver Ponds 2 to 3 hours, easy walk. Take an easy walk to the secluded confluence of Reasonover and Wildcat Creeks. After "snacking" on some wild plants, wade into the ecological world of the beaver. Investigate the abandoned moonshine still and old gold mine. Unusual wildflowers, abundant deer, turkey, and a resident bear or two are sometimes part of this excursion. Children will always remember this hike – mud and all.

Uncle's Creek Falls 2½ to 3 hours, moderate walk. Climbing from the valley floor to the headwaters of Uncle's Creek provides a memorable first glimpse of the falls. Stepping under the falls to join the "Polar Bear Club" is quite a thrill for some students while others are content to enjoy the cool mist in this original growth forest. Abundant with wildlife, the riparian zone offers great homes to critters such as salamanders, crawfish and the native brook trout.

The Spire/Big Laurel: 1 ½ to 3 hours, moderate to strenuous hike. This trail was built by our Trail Blazer Leadership crew in 2012 and is an incredibly diverse hike with many ladder structures to climb on the way. Campers will hike to Big Laurel Creek, see waterfalls along the way, and get the opportunity to try out a natural rockslide. The reward of the wet feet and heavy breathing is to sit on top of a rock spire with a spectacular view of the Green River Valley.

Lower Bald Rock: 2 to 3 hours, moderate to strenuous walk. View spectacular overlooks of the Green River Valley. This Natural Heritage designated sight is peaceful and undisturbed with interesting plant, insect and bird life. This is a wonderful destination at The Green River Preserve. Bring your camera!

Meals

We eat family style at GRP, in a cozy log cabin called the Lodge. Each table will have serving dishes with food for the entire table. Meals are hearty, delicious and kid-friendly. Breakfast entrees are supplemented with a fruit and yogurt bar. Lunch and dinner are complimented with a salad bar. A vegetarian entree is available at all meals and reasonable accommodations may be made for campers with food allergies. A chalkboard displayed in the Dining Lodge lists all the items on the menu as well as any common allergens found in each dish.

Campers who have dietary restrictions or allergies should plan to supplement meals with personal food brought from home. Personal food must be checked in to the Kitchen. Due to the number of children with severe nut allergies, Green River Preserve strives to be a nut-free community. Products containing peanuts or tree nuts are not allowed in the Dining Lodge or Kitchen. Please call the camp office at 828-698-8828 if you have questions about meals, allergies, or dietary restrictions.

Evening Programs

A typical SEE program has at least 3 nights, and those evenings offer students, chaperones, and GRP staff the chance to build a vibrant and healthy community. We have a few programs that we love, but we are happy to work to tailor our evening programs to suit your school's culture and interests. A typical program begins with a Council Fire the first night, proceeds with a Night Exploration the second evening, and closes with a Variety Show. (Details below.)

Please communicate with Catherine if you have any questions or special requests for evening programs.

A Council Fire sets the tone for your time spent here. You will sit back and be entertained by our talented staff members. You may witness fire by friction, dance a wild jig, sing some hilarious songs, and listen to storytellers weave captivating tales. Get ready to be amazed.

Night Exploration: Students spend the evening exploring the wonders of nightlife in the forest. They will discover what adaptations help animals stay active at night and encourage the use of senses other than sight. The explorations also provide opportunities for learning about night vision and the components of the eye, observing and listening to animals at night, and teachings about the night sky. GRP's night explorations seek specifically to counteract the widespread fear of the night.

Variety Show: Students take the floor in this student-led showcase. They can choose to perform solo or alongside classmates. Highlights from past variety shows include solo musical performances, hilarious skits, well-timed jokes and more. Teachers and chaperones claim this as a highlight of the year for their class as they see their students in a different light.

Predator vs. Prey: This is an optional activity designed to simulate the life of an animal, the food chain, and how different species of animals are in connection with each other and are affected by humans. Students are broken into groups and utilize the base camp of the preserve to act out the trials and tribulations of the life cycle. It's a GRP favorite, and it always brings out everyone's secret camouflage skills.

Housing

Students live in single gender cabin groups of up to eight campers. Your school will bring adult chaperones, and one will live in each student cabin. Our cabins are built with wood harvested from the Preserve. They come in pairs, and the wooden duplex structure is separated by a central bathroom. To capture the classic camp feeling, students and chaperones sleep on bunk beds, and their cabins have screen windows and doors to let in fresh air and natural sounds.

Add-On Programs

Challenge and intellectual enrichment are core experiences at Green River Preserve, but we like to provide the option to extend these further. For an additional cost (\$5 per child), we offer a morning or afternoon activity where campers divide their time between two classic GRP camp activities: pioneer crafts and climbing.

The first activity aims to enrich students' understanding of how our ancestors used natural materials to make crafts, tools, and entertainment – by learning how to do these things themselves. Once they've experimented making things like rope or canteens, students spend time learning to rock climb at our climbing wall. Skilled teachers help students through each step, walking them through this satisfying challenge with knowledge and experience climbing safety.

Please contact Catherine if your group would like to take part in these activities.

Program Guidelines

The following rules and procedures will help us all have a successful program while you are visiting GRP. These are meant for administrators, teachers, and parent chaperones. Think of them your job description from our perspective. We will have plenty of time to discuss them when you arrive, but we ask that you take a look and share them with any adults who will be with your group so we can all be on the same page.

Responsibilities

- The guiding principle is to be with your group and insist on safe, respectful behavior during all times while on and off property at camp. Be enthusiastic and supportive of mentors and all GRP staff and encourage the children to try new things while they are here.
- Green River Preserve staff will expect the chaperones to maintain and enforce behavioral guidelines with the students.
- Key areas requiring supervision are:
 - **Cabins and Showers** – A chaperone will stay in the cabin building with the children through the night. A chaperone should be in the shower house helping to monitor behavior and water use.
 - **Dining Hall** – A chaperone will accompany the cabin group to the lodge, assist students in lining up on the lodge deck prior to each meal, and sit with students at each meal. Please insist on good manners and encourage an “ort free” table. Clean up can be a bit tricky – the main rule to remember is that no more than two students should be up from the table at one time.
 - **Field Trips** – A chaperone will “check in” with the mentor at the beginning of each field trip in order to review key information. The chaperone’s role is to assist the naturalist in keeping the students safe and together and to administer first aid when necessary. Campers must be seated at all times on buses.
 - **Evening Programs and other activities** – A chaperone will accompany children to all activities and evening programs.
 - **Free Time Responsibilities** – Two to Four chaperones (depends on size of school) are expected to supervise in conjunction with mentor staff during free time.
 - **Quiet Time and Cabin Time** – Chaperones are expected to supervise children during quiet time and cabin time if listed on the schedule. **9:45 pm** marks the beginning of Quiet Cabin Time. All children should be in their cabins and quiet at this time.
- Each chaperone will supervise the cleaning of the cabin and cabin bathroom, clearing out of shower house of all clothing, toiletries, towels, etc., at the appropriate time.

Medical and Emergency Information

- If an emergency occurs, immediately notify your school’s emergency care personnel and a GRP staff member.
- If the situation requires immediate advanced medical care, dial 911 from any camp phone (office, staff lounge, kitchen office, infirmary). Tell the 911 service the emergency is at Green River Preserve on Green River Road in Cedar Mountain.

1. If the camp bell is rung continuously for several minutes, immediately bring your students to the lodge deck and wait calmly for instructions.
2. In the event of a nighttime emergency, GRP staff will be found in the mentor lodge.
3. If an emergency occurs out of base camp, consult your mentor. All mentors carry a radio and a first aid kit and will assist where needed.

Conduct of You & Your Students

- We are an **electronic-free** camp. What that means is that at no time should campers be on their phones or other devices. (Exceptions can be made for medical conditions.)
- **As part of our dedication to an unplugged environment, we expect you to not interact with your phone or device in any area visible to students.**
- We ring a bell to announce the start of the next activity. Please make sure your students stick with you until the bell has rung.
- We ask that students only enter their own cabin and only when supervised by a chaperone.
- Green River Preserve does not allow pranks, practical jokes, cabin raids or other behaviors that will discount another person or group. We stress a non-competitive learning environment.
- We ask that students do not push or pull luggage carts without an adult. Students hauling heavy carts have resulted in injuries to students and the breaking of our carts. Adults must help with the carts.
- Please be mindful of conservation. Help us reduce how much food, paper, water, and time we waste. Place recycling in marked containers. Pick up any trash you see. Keep showers fairly brief.
- Please do not bring or allow food in the cabins. We have animals that will try very hard to get in and eat it! If you do have food, we will gladly store it for you. Just let any staff member know.
- We ask that there be no graffiti in the cabins or other areas of the camp. Any defacement or destruction of property will be noted and your school will be billed.
- Please do not enter the kitchen unless there is an emergency.
- Please make sure your students' flashlights are always turned off during evening programs. Lights are distracting!

General Guidelines

- Please make yourself at home in our staff lounge.
- Please keep all personal food in the staff lounge. We have a microwave and refrigerator available for your use.
- **GRP does not have cell service. We do have (very slow) wi-fi that teachers and parents may use, but please only use this in the staff lounge.**
- Please park your automobile in the staff parking lot.
- Schedules and other logistical information will be posted in the Lodge for your reference.
- Schedules are subject to change due to weather.
- If you have a concern at any time please immediately notify any GRP staff member.
- There is alternate housing provided for chaperones who are not staying with children.
- All visitors must provide their own bed linens, pillows and towels.

Packing List

Campers play a lot at Green River Preserve. They will get wet and dirty. Sometimes it is hot; sometimes it gets cool, even *cold*. It is important for campers to be comfortable and equipped to meet Mother Nature head on. Durable, inexpensive clothes are recommended. Green River Preserve is not responsible for items that are lost or damaged while at camp.

Sleeping Items

- 1 **Warm** sleeping bag or twin sheets and a blanket
- 1 pillow and pillowcase

Clothing

- 1 fleece jacket (retains heat when wet)
- 1 sweatshirt
- 5 shirts (amount for 4-day program; bring 1 extra for the amount of days you will attend)
- 3-4 shorts (bring 1-2 quick dry for wet hikes)
- 5 pairs of socks (enough for 2 changes per day, at least 1 wool or quick drying)
- 2 sets of pajamas (warm)
- 1 pair of long pants- jeans or lightweight hiking pants
- 3-4 pairs of underwear
- 1 Swimming suit
- 2 pairs of tennis shoes with tread or 1 tennis and 1 broken in pair of hiking boots
- 1 pair of closed-toe water shoes with a heel strap for hiking i.e. Keens
- 1 pair of flip-flops for shower
- 1 rain jacket (we hike rain or shine!)
- Hat with visor
- Wool hat (it gets cool at night!)

Miscellaneous Items

- 2 one quart reusable water bottles
- 2 bath towels/ 1 wash cloth
- 1 flashlight or headlamp with batteries
- Toiletries items: soap, toothbrush, toothpaste, shampoo, etc.
- Sunscreen & Bug spray
- 1-2 heavy duty kitchen trash bags for wet clothes
- Straps for eyeglasses (so you don't lose them on hikes and in the water)
- Camera
- Journal

Bags

- Daypack (for your daily hikes while at camp)
- Duffle bag (to pack all your items)

What Not to Bring

No electronic devices, please. You also won't need extra food.

Sample Daily Schedule

Green River Preserve

Daily Schedule – 4 Day Sample Schedule

Day 1

- 11:00 Welcome! Take luggage to cabins & Camp tour
- 12:30 Lunch
- 1:15 Gathering and GRP Staff Introductions/ Respect Circle/Chaperone Meeting - Front Field
- 2:15 Little Tree Hike with Adopt-A-Person
- 5:15 Free Time-field games/fly fishing/camp store/swimming - GRP staff/School staff
- 6:00 Cabin time/showers/journal writing
- 6:30 Dinner – cabin group sets tables
- 7:45 Evening Program - Council Fire
- 9:00 Cabin time/showers
- 9:45 Quiet cabin time
- 10:00 Lights Out

Day 2

- 7:20 Wake-up bell/showers
- 7:50 Breakfast - cabins set tables
- 9:15 Field Trip #1-meet mentors in back field bell rings at 9:05, buses roll at 9:15
- 12:00 Mentor Hike pick-up
- 12:30 Lunch – staff set tables
- 1:30 Rest Period
- 2:15 Field Trip #2 – meet mentors in back field bell rings at 2:05, buses roll at 2:15
- 5:00 Mentor Hike pick-up
- 5:15 Free Time-field games/fly fishing/camp store/swimming - GRP staff/School staff
- 6:00 Cabin time/showers
- 6:30 Dinner – cabin group sets tables
- 7:45 Evening Program – Night Exploration
- 9:00 Cabin Time/showers
- 9:45 Quiet cabin time

- 10:00 Lights Out

Day 3

- 7:20 Wake-up bell/showers
- 7:50 Breakfast - cabins set tables
- 9:15 Field Trip #3- Meet mentors in back field bell rings at 9:05, buses roll at 9:15
- 12:00 Mentor Hike pick-up
- 12:30 Lunch – staff set tables
- 1:30 Rest Period
- 2:15 Field Trip #4-meet mentors in back field bell rings at 2:05, buses roll at 2:15
- 5:00 Mentor Hike pick-up
- 5:15 Free Time-field games/fly fishing/camp store/swimming - GRP staff/School staff
- 6:00 Cabin time/showers
- 6:30 Dinner – cabin group sets tables
- 7:45 Evening Program-Variety Show
- 9:00 Cabin time/showers
- 9:45 Quiet cabin time
- 10:00 Lights Out

Day 4

- 7:20 Wake-up bell/showers/ Clean Cabins
- 7:50 Breakfast - cabins set tables
- 9:15 Field Trip #5- Meet mentors in back field bell rings at 9:05, buses roll at 9:15
- 11:00 Back to Cabins to pack and Clean
- 11:45 Lunch
- 12:45 Closing Circle - Back Field
- 1:00 Depart

Thank you and have a safe trip home



Sample Menu

Day	Breakfast	Lunch	Dinner	Snacks
Tuesday		Pizza (cheese, pepperoni, vegetables) & roasted broccoli. Water Salad bar Soup: Corn chowder	Fried Chicken, mashed potatoes, green beans, rolls, & butter. Fruit crisp with ice cream. Water Salad bar Rice & beans bar	Afternoon: Sun butter cookies Evening: Goldfish
Wednesday	Scrambled Eggs, sausage, toast, grits, butter, & jelly. Fruit & yogurt bar, hot & cold cereal bar. Orange juice Coffee and tea for staff	Grilled cheese sandwiches & cheezy zucchini chips. Water Salad bar Soup: Tomato bisque	Spaghetti, roasted carrots, & bread sticks Brownies Water Salad bar Rice & beans bar	Morning: Homemade granola bars Afternoon: Fruit Evening: Mini Muffins
Thursday	Baked oatmeal, bacon, & peaches. Fruit & yogurt bar, hot & cold cereal bar. Orange juice Coffee and tea for staff	Chicken tenders & caesar salad. Water Salad bar Soup: Broccoli cheese	Pulled pork, buns, coleslaw, baked beans, potato salad, & sauces. Lemon bars Water Salad bar Rice & beans bar	Morning: Fruit Afternoon: Homemade granola bars Evening: Cheese and Crackers
Friday	Waffles, link sausage, pears, syrup, & whipped cream. Fruit & yogurt bar, hot & cold cereal bar. Orange juice Coffee and tea for staff	Turkey or ham sub sandwiches, lettuce, tomatoes, pickles, mayo, mustard, pasta salad, carrot, celery sticks, dips, & chips. Water Salad bar Soup: Lentil		Morning: Homemade granola bars

Group Booking Policies

Deposit

SEE requires a 30% deposit based on the number of participants including students, teachers and parent chaperones. Please make checks payable to Green River Preserve.

Participant Costs

Number of Days	Students Price	Adult Price
3	\$230	\$115
4	\$280	\$143
5	\$325	\$163

Payment Schedule

- 30% deposit due with the signed contract
- 70% due 2 weeks prior to arrival

Attendance Guarantee

- Increases in numbers of participants will result in a total cost increase.
- The minimum final invoice will be based on the number of students 2.
- You may increase your numbers at any time if space is available. Please contact SEE before increasing numbers to insure availability.

Cancellation and Refund Information

Green River Preserve contracts staff well in advance of each program. Our staff size and salaries are based on the number of students and the arrival and departure times shown in this contract.

- All cancellations will lose their deposit.
- Groups that cancel within 90 days prior to the scheduled arrival date will be billed for 50% of their scheduled number.
- Cancellations due to travel advisories or school closures are not subject to the 50% payment. Deposits may be applied to a rescheduled trip for up to a year.
- In case of overpayment, refunds will be made 2-3 weeks after the reservation dates.

Communication

Please keep us informed of your needs, challenges and changes. We may be able to work with you in extenuating circumstances.