

# BRIGADOON

VILLAGE



## Parent/Guardian INFORMATION PACKAGE





# Parent/Guardian Information Package

Thank you for supporting our Outdoor Education experience at Brigadoon Village! Your role is hugely important to the success of the trip. By participating in the experience, your child will enrich their relationships with other students as well as their teachers and their school.

## ABOUT BRIGADOON VILLAGE

Brigadoon Village is a not-for-profit, state-of-the-art camp facility located on Aylesford Lake in the Annapolis Valley. During the summer months, Brigadoon operates the largest pediatric medical camp program in Canada, offering condition-specific camp programs to kids living with health conditions or other life challenges.

Brigadoon passionately transforms the lives of our campers, ensuring that they have a place where they can get back to being kids – not patients, not charts of symptoms, just kids. We give extraordinary kids a chance to be ordinary.

During the school year, we host a variety of school programs centered around Outdoor Education provincial curriculum mandates. Proceeds from our school group bookings go towards supporting Brigadoon's summer camp programs.



## COMMUNICATION

Cellular service on site and in the cabins is limited. Cell phones are not to be used during program times, please ask the Lead Teacher what the cell phone policy is for the trip as a whole. Please contact the school if you need to get into contact with anyone on the trip. After school hours, please contact the Lead Teacher directly.

## ACCESSIBILITY

Our facilities are wheelchair accessible and are equipped with gender-neutral washrooms in the cabins and the dining hall. Please indicate any additional accommodations requested on the last page of this information package.

## FOOD

### CATERED PROGRAMS

If you know someone who has stayed at Brigadoon before, we can guarantee that they raved about the food! Our Executive Chef creates a menu that extends above and beyond traditional camp meals.

If you have dietary requirements or preferences, please let us know on the last page of this package. We are able to meet a wide range of needs and preferences including vegetarian, vegan, gluten-free, ketogenic and beyond.

All meals are healthy, shellfish free, and nut free.

There are always snacks available and nobody goes hungry at Brigadoon! Due to the populations we serve please do not send any other food to the site. Brigadoon is a safe space for all and having unknown food items on site puts others at potential risk and invites pests into the cabins.

### PROGRAMS BRINGING THEIR OWN LUNCH

If your class has been instructed to bring their own food, please make sure that it is nut and shellfish free. A microwave is available on site for participant use.

## TYPICAL SCHEDULE

ACTUAL SCHEDULE WILL VARY

- 7:45** Polar Bear Dip
- 8:30** Breakfast
- 9:30** Program Rotation
- 10:30** Snack
- 10:45** Program Rotation
- 11:45** Break
- 12:00** Lunch
- 1:00** Free time
- 2:00** Program Rotation
- 3:00** Snack
- 3:15** Program Rotation
- 4:30** Free Choice
- 5:30** Supper
- 6:30** Evening Program
- 7:30** Campfire
- 8:15** Snack

### Late Night Program

- 9:00** Finished for the day  
*\*Bedtime determined by chaperones*





## OPENING CEREMONIES

Brigadoon Staff will go through the important rules and expectations and also lead the group in warm-up activities designed to get you moving, connecting with others and set the tone for the remainder of the trip.

## GROUP ACTIVITIES

The student will be placed into a smaller group of 10-20 students, a Brigadoon Staff and one teacher/chaperone. The student will participate in a variety of activities throughout the trip with this group and make connections with group members.

## LARGE GROUP GAMES

There may be times where all the students, teachers, chaperones, and Brigadoon Staff come together to participate in a camp-wide activity.

## MEAL TIMES

Students are expected to follow the same guidelines they follow at school during meals.

Every student will have the opportunity for 'firsts' then the students will be invited up for seconds and thirds if available. If the student has dietary restrictions, please let us know on the last page of this package. We are able to meet a wide range of needs and preferences including (but not limited to) vegetarian, vegan, gluten-free, and ketogenic.

During meals, the student should identify them self by name and diet to the kitchen staff and they will ensure the student receives food that is appropriate. Any special diets, not identified in advance of arrival, may not be possible to meet.

## FREE TIME

Free time is an important part of the program. Allowing students time to share, rest and take a break is essential to the success of the program. The Lead Teacher will communicate expectations for these times.





# Packing List

Most of what we do at Brigadoon Village takes place outside. Please be prepared to be comfortable being **outside in all kinds of weather** and to bring clothes that you don't mind getting dirty.

## OVERNIGHT TRIPS

- Water Bottle (with name on it)
- Sweatshirts
- T-shirts
- Long pants
- Underwear
- Socks (*many*)
- Touque (*it often gets cold in the evening*)
- Running Shoes (*closed-toe shoes must be worn at all times*)
- Raincoat
- Rain pants
- Rain boots
- Sleeping bag or single bedding pillow
- Flashlight
- Toiletries (*please ensure there are no nut ingredients in toiletries*)
- Towel

## DAY TRIPS

- Water Bottle (with name on it)
- Change of clothes
- Outdoor shoes



## SPRING OR FALL

- Shorts
- Baseball cap or other hat for sunny weather
- Bathing suit
- Sunscreen
- Bug repellent

## WINTER

- Winter Coat
- Snow pants
- Winter boots
- Gloves/mittens
- Scarf
- Indoor shoes/or slippers for the cabin

## DO NOT BRING

- Knives or tools
- Lighters or matches
- Valuables and electronics
- Food/drink of any kind

Please review the following documents and return them to the Lead Teacher as soon as possible. Any questions should be directed to the Lead Teacher.

If your child has any specific needs or requests, medical or otherwise, that information should be forwarded through the teachers on the trip using this form even if they have attended a Brigadoon camp before.





YOU'RE PART  
OF THE  
VILLAGE



[brigadoonvillage.org](http://brigadoonvillage.org)