



Our Blue Planet

Nature Adventure Camp - Winter Session

January 2-4, 2019

Weekly Overview:

Did you know our planet is over 70% water? It can be found in the salty oceans, in clouds that fill the sky, or in the ground trapped within rocks. No wonder Earth is often called “The Blue Planet”! Dive in to three days of water-related crafts, nature games, and outdoor adventures. Soak up the fun as we explore stream, forest, and meadow while learning about how the plants and animals of these habitats depend on freshwater. Let’s follow the flow on our Makiki Valley watershed trek and visit a secret waterfall and nearby cave. Every drop counts at the Halawa Xeriscape Garden where we’ll uncover secrets about how plants conserve water. Day in and day out, it’s your chance to get drenched in knowledge and find ways to become better stewards of this limited resource essential for all life.

Schedule:

Wednesday, Jan 2 – Water is Life – Makiki Valley Adventures. Discover where on Earth saltwater and freshwater are located. Learn how much of our bodies are made of freshwater and why hydration is so important. Dig in the soil for bugs that depend on moisture for survival. Catch animals in the stream and work as a team to create a freshwater aquarium as their temporary habitat.

Thursday, Jan 3 – Following the Flow – All-Day Watershed Hike in Makiki Valley. Explore the connection of water from mountains to sea on a trek through the valley. See the layers of forest plants that play a vital role in providing us with drinking water. Trace the flow of Makiki Stream uphill to a hidden waterfall and a secret cave while engaging in a trash clean-up along the way! **Please wear hiking shoes, hat, and sunscreen. Have your backpack ready for the trail with healthy snacks (bring at least 2), a big lunch, and plenty of water.*

Friday, Jan 4 – Waste Not, Want Not – Field Trip to Halawa Xeriscape Garden. Partake in a scavenger hunt and find plants adapted to conserve water. Learn how easy it is to make a low water usage garden for your yard, neighborhood, or school simply by choosing the right plants. Plant and take home a sprouted bean as a reminder that water is a precious, life-giving resource! ****Parents please sign and return waivers for field trip**** *Don't be late - the bus leaves at 8:45am*

Preparing Your Child:

- Get a full nights' rest
- Eat a healthy & hearty breakfast
- Wear clothes that can get dirty
- Wear closed-toe shoes
- Apply sunscreen and bug spray at the beginning of the day
- Long sleeves and (breathable) pants are the best mosquito protection
- Leave expensive or easily damaged items at home (including cell phones, etc.)

Daily Reminders:

DROP-OFF

- Between 7:45am - 8:15am
- If you arrive before 7:45am, please wait with your child near the front lānai at the white picnic tables.
- Parking is limited; thank you for your patience!

BACKPACKS should contain:

NOTE: Items not needed for the day's activities can be left in your child's cubby for the week

- Lunch (no refrigeration; zero-waste* if possible)
- 1 liter (~1 quart) of water
- Two or more snacks (no refrigeration; zero-waste* if possible)
- Extra snack if staying for Extended Care
- Change of clothes & towel
- Closed-toe water shoes (old tennis shoes suffice; HNC has limited supply available for borrowing)
- Sunscreen - preferably eco-friendly/chemical-free (All Good, Badger, etc.)
- *Optional Items:*
 - *Raincoat/poncho (HNC has ponchos available to borrow)*
 - *Hat and sunglasses*
 - *Insect repellent – preferably natural and DEET-free (Burt's Bees, All Terrain, etc.)*

PICK-UP

- 3:00 pm for the regular day
- Parking is limited; thank you for your patience!
- Extended Care pick-up: between 3:00-5:00 pm
 - Late Fee: \$1 per minute (5 minute grace period)

***“Zero-Waste” Meals** means everything can be eaten, composted, recycled or reused!

- We recommend using reusable containers, **reusable** water bottles and **washing/re-using** zip-lock bags to make a **positive daily impact on our environment**.
- HNC Staff strives for zero-waste meals and we encourage you to do the same!

CONTACT INFORMATION:

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| Registration Questions: | 955-0100 x126 (Executive Assistant) |
| General Questions: | 955-0100 x131 (Education Office Line) |
| Programmatic and Logistical Questions: | 955-0100 x114 (Education Program Coordinator Line) |
| Additional Support: | 955-0100 x117 (Education Manager Line) |
| Field Contact Number: | Group A Cell: 457-0360 Group B Cell: 457-0387 |