

WINDY GAP • 19

ESSENTIAL INFORMATION

The annual back-to-school retreat of Carmel Christian School to Windy Gap is truly a Carmel tradition. Students will enjoy the opportunity to fellowship with each other in a beautiful mountain setting. Situated between rolling mountain ranges, Windy Gap is the perfect place to meet with God. We will gather together for praise and worship throughout our stay.

Windy Gap is known for having some of the very best free time activities. From sand-pit volleyball, basketball, fishing, Frisbee golf, awesome lake activities or just relaxing in rocking chairs by the Sippin' Shoppe, free time is fun for everyone.

Please plan to attend the **mandatory Parent Windy Gap Meeting on Monday, August 19, 7:00 pm** in the Student Center Auditorium.

CAMP DATES

Seniors: Sunday, August 25 – Wednesday, August 28, 2019

High School (Grades 9-11): Monday, August 26 – Wednesday, August 28, 2019

Middle School (Grades 6-8): Wednesday, August 28 – Friday, August 30, 2019

DEPARTURE TIMES

High School Grades 9-11 will depart at 8:20 am on Monday, August 26.

Middle School will depart at 8:20 am on Wednesday, August 28.

Students should arrive at school by 8:00 am and report to their first period class. Students can either take their luggage to their class or parents can drop luggage off at their child's assigned bus.

Buses will depart on time. We will not be able to wait for students who are running late!

TRANSPORTATION

Young Transportation Charter Buses

LOCATION

Windy Gap Young Life Camp
120 Coles Cove Road
Weaverville, NC 28787 (near Asheville)
(828) 645-7187 | Fax: (828) 645-7189

EMERGENCY CONTACT

In case of an emergency, please call the Windy Gap Camp at (828) 645-7187.

MONEY

Cost of Trip: The Windy Gap retreat is for Grades 6-12 and is included in your tuition. Students will need money for the Sippin' Shoppe and Gift Shop.

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ATTENDANCE

Every Middle/High School student is expected to attend this important spiritual retreat. Middle/High School faculty and staff will also be attending this retreat. Any concerns regarding your child's attendance should be discussed with your principal prior to Monday, August 19.

STUDENT WINDY GAP PERMISSION FORM

Each student must fill out the Guest Consent Release Form that is required by Windy Gap. No student will be allowed to attend without filling out this form PRIOR to leaving for Windy Gap (this is required by Windy Gap.) **NEW THIS YEAR!** We are happy that the form is now located online. Click below to fill out the REQUIRED form in order to attend Windy Gap.

[Guest Consent Release – YL6009](#) Please fill out this form online no later than **Monday, August 5, 2019.**

MEDICATIONS

All medications for the overnight Windy Gap trip must be turned in by August 19 at the parent meeting. Please provide all paperwork for over-the-counter medications, prescription medication as well as any emergency medication (Epi Pens and Inhalers) that your student will need while away at Windy Gap. All paperwork must be signed by the treating physician or it cannot be accepted (this paperwork will be good for the remainder of the school year for day-to-day needs and any other trip the students will take). Daily medication that will be taken at Windy Gap must be in original packaging. Please send only the correct number of pills to be given, no extras. **Please note: Medication bottles will NOT be returned.** If you have any questions, please feel free to email the MS & HS nurse, Leigh Ann Nichols: nurse@carmelchristian.org

FOOD/ALLERGY POLICY

As our student population has increased, it has become imperative that we address the growing number of food related allergies in our student body especially as it relates to trips away from our campus. It is our desire for your child to have a safe environment in which to participate. Therefore, the administration of the school has implemented a policy regarding food as it relates specifically to Windy Gap.

WINDY GAP FOOD POLICY

The Carmel Christian School Windy Gap Food/Allergy policy seeks to protect the physical and emotional health of each of our children. It is our desire to keep each child as safe as possible while he or she is away from home and for this reason we will be implementing the following guidelines for the Windy Gap retreat.

The Windy Gap kitchen is completely nut free and able to accommodate people with gluten, nut and lactose intolerance by providing meals that will meet these guidelines. Because of the size of our student body and the number of children with allergies/intolerances we will be relying completely on the Windy Gap kitchen to meet the needs of these children. For children with a medical diagnosis that requires dietary restrictions beyond what the Windy Gap kitchens can handle (ie. Celiac, Crohns, etc.), additional accommodations may be considered. These will be considered on a case by case basis and at the sole discretion of the school's nurse.

****Please note that the camp's "Sippin' Shoppe," where students may buy additional snacks and beverages, is NOT a nut free environment and many of the unpackaged items available have been contaminated or contain nuts. It is up to the students alone to make proper choices as there will not be anyone to monitor their purchases.**

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WHAT TO BRING

Windy Gap is a premiere Christian youth camp. The facilities are some of the best in the Southeast. Windy Gap is **NOT** providing linens or towels.

- 1 suitcase
- 1 carry-on bag
- Bible
- Sleeping bag/pillow
- Toiletries
- Towels (for pool and showering)
- Sunscreen
- Fishing pole (if you wish to fish)

DRESS FOR WINDY GAP

All clothing should be modest, neat, not tight fitting, free of offensive pictures, symbols, holes or logos. Spandex shorts or leggings are not appropriate for any student or staff member. Girls are allowed to wear athletic running shorts (no spandex). Inappropriately dressed students or adults will be asked to change clothing. Shirts should be t-shirt style (no spaghetti straps, tank tops, crops or strapless). A Windy Gap shirt will be provided for the students to wear the first day of camp. If not in the water, students must have on a t-shirt, shorts and shoes.

- Tennis Shoes
- Modest 1 piece swim suit or tankini (pieces must touch) for girls
- Swimsuit for boys
- Jacket/Carmel sweatshirt/plain colored sweatshirt
- Jeans – regular fit
- Athletic shorts

TECHNOLOGY

The purpose of this retreat is for students to get to know each other and their faculty members. In order to foster this purpose, no electronic devices will be allowed on the retreat. **Please leave ALL devices at home** (*cell phones, ipads, ipods, laptops, notebooks, etc.*).

HIGH SCHOOL ONLY

Seniors Only: NEW THIS YEAR! Seniors will go to Windy Gap on **Sunday, August 25**. This will be a wonderful time of fellowship and bonding for the start of their senior year. Please arrive at the school by 2:45 pm on Sunday. We will meet in parking Lot H. We will stop in Asheville for dinner (please bring money for dinner) and then make our way to Windy Gap.

9th Grade will have the option to go Horseback Riding on Tuesday (tennis shoes and long pants are REQUIRED). Students will sign up at Windy Gap.

Please carefully read all the information in this packet. If you have any questions, email Sonja Nestor, Director of Family Relations at nestors@carmelchristian.org.