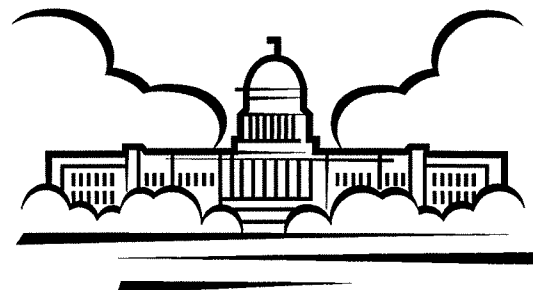


Washington, D.C. Spring Meeting

Trip Dates: Wednesday, May 6th - Friday, May 8th

<https://www.northolmstedschools.org>



Important Reminders & Due Dates

- Final Payment -
 - ALL Travelers are PAID! Nice Job!
 - Medication Forms - **April 24**
 - Any student planning on taking over-the-counter or prescribed medication **MUST** complete the medication form and turn in medication to the NOMS clinic .
 - Luggage Verification Form
 - All students attending the trip will be required to turn in a Luggage Verification form
 - If you do not bring a signed form your luggage will be checked by an Administrator
-

Packing & Dress Code

While on the trip, students are provided three t-shirts, one for each day. As young men and women, we expect our students to dress in a respectable manner. As representatives of North Olmsted Middle School, we expect students to look presentable.

The Wednesday morning we leave, students will be given their t-shirts and they will change before we leave.

Please note that the weather in D.C. is unpredictable (much like Ohio). It is wise to pack for all weather occasions!

Here are some things to consider when packing for the trip:

- | | |
|---|--|
| <ul style="list-style-type: none">● One small suitcase and one small carry-on (backpack size)● No sandals or flip flops● Wear comfortable shoes...we will be doing lots of walking!● No jeans with tears or holes● Bring an extra pair of shoes● Bring clothing for warm or cold conditions● Bring rain gear● Wallet, purse, toiletry items● No gum | <ul style="list-style-type: none">● Items allowed in a carry-on:<ul style="list-style-type: none">○ Snacks (although we promise to feed you)<ul style="list-style-type: none">▪ Must be sealed● Breakfast item for Wednesday morning.<ul style="list-style-type: none">○ Movies (G) Bring DVDs○ Magazines, books, etc.○ Purse○ Sealed Water/Water Bottle● Money<ul style="list-style-type: none">○ \$50 - \$80○ Your discretion for spending money on the trip |
|---|--|

Medication Forms

- Any student planning on taking over-the-counter or prescribed medication **MUST** complete the medication form. Medication forms AND medication needs to be turned into the school nurse by Friday, April, 24
- Medication forms can be found here: <http://bit.ly/MedicationFormsAHS>
- Please call the clinic at NOMS (440-588-5713) with any questions.
- While on the trip, medications will be distributed by the Nurse or a trip chaperone

Planning Ahead

- Please make sure your name is on your luggage and belongings.
- Get as much sleep as possible. You will not enjoy the trip if you are overly tired. The group will not stop because you are tired.
- Wear comfortable shoes and clothing. There will be a lot of walking.
- You must **never go anywhere alone.**
- One suitcase and one bag to carry on the bus is permitted. Never pack items in your suitcase that you will need during the tour (phone, money, jackets, etc.). Keep them handy!
- Remember, this is a group tour. You will be told if and when you may break up in smaller groups.
- If you are permitted to break up into smaller groups be sure to return to the meeting point **at the designated time. BE PROMPT!!!** It is always better to be early than late in group travel. The amount of places we visit DEPENDS on your promptness.

General Information

- **Hotel**
 - Marriott Hotel
9751 Washingtonian Blvd
Gaithersburg, MD 20878
301-590-0044
 - *Please note that we will not be the only people staying at the hotel. Students should be respectful of the other individuals staying at the hotel.*
- **Bus**
 - ANDERSON BUS LINE
 - There are FOUR buses.
 - Students will remain on the same bus for the entirety of the trip.
 - On each bus there will be 3-4 chaperones.
- **Security**
 - Part of the trip fee goes to hiring night security.
 - Upon arrival at the hotel at night, students will be told what time "lights out" will be. At that time, chaperones will check each room to ensure the correct students are in the correct rooms and tape the doors shut.
 - Security will then keep a log of hourly activity during the night.

Participant Guidelines

- The instructors have the final determination on room assignments. No room changes will be made without their approval.
- Rowdy conduct and vulgar language are not acceptable at any time.
- **You are expected to participate in all scheduled activities.**
- Room checks will be made nightly, after which you are expected to quiet down and remain in your room. (Remember that others are paying to get a good night's sleep.) Night security guards will be provided.
- Participants are to abide by all safety rules and regulations set by hotels, bus companies, etc.
- Students are never to leave the hotel without a chaperone. **Never go anywhere alone.** (This is for your safety.)

- **Courteous** and **respectful** behavior is expected **at all times**.
- **You are to be on time for all scheduled departures and activities**. Your timeliness will affect our ability to get to all scheduled events for the trip.
- You are responsible to your chaperones and must remain with your group **at all times**.
- Dress standards require modest attire. Remember you are representing North Olmsted Middle School.
 - Jeans that are torn, cut off, or saggy (see the NOMS Handbook) **may not be worn**.
 - 8th-grade advisors have the final say on the dress code.

***** NOMS STUDENT CONDUCT CODE IS IN EFFECT FOR THE ENTIRETY OF THIS TRIP *****

Itinerary

*On Wednesday, May 6th, please arrive at NOMS **no later than 5:15 AM**. We plan to leave at 6:00 AM and there are many things to be accomplished before departure.*

Potential Sights & Places to be Seen:

- | | |
|--|---|
| ● Flight 93 Memorial | ● WWII / Vietnam / Lincoln / Korean War Memorials |
| ● MLK / FDR / Jefferson Memorials | ● U.S. Holocaust Memorial Museum |
| ● Pentagon 9/11 Memorial | ● The Kennedy Center |
| ● Arlington National Cemetery | ● Udvar-Hazy Air & Space Museum |
| ● Smithsonian Museums (student choice) | ● U.S. Capitol Building & Library of Congress (out doors) |
| ● Mount Vernon | ● Frederick Douglas House |
| ● The White House (outdoors) | |

*** Please note that the itinerary is subject to change due to weather conditions. In addition, due to the number of students we have traveling, the buses may be split into groups of two/three at times. ***

Additional Information

- Please be aware that we do a lot of walking on the trip. Wear comfortable shoes. Be prepared!
 - You must stay with your group at all times. **You never go anywhere alone.**
 - On Thursday, we will be touring all day, and you may not have access to an electrical outlet – your phone will most likely lose charge throughout the day. If you are concerned about this, you can buy a charging case or battery run charger and carry it in your backpack.
 - We do and see a lot in D.C!! There are roughly 153 students attending the trip; it is impossible to accommodate every single person's needs. Listen and follow instructions when they are given.
-

Questions?

If you have any questions please see or email an 8th-grade advisor!

Molly Kelly - molly.kelly@nomsted.org

Priscilla Wiles - priscilla.wiles@nolmsted.org



MEDICATION REQUEST FORM

Student Name: _____ Date of Birth: _____ Grade: _____

Home Address: _____ Phone: _____

What school building does this student attend? (Check one and note associated FAX number)

- | | |
|--|---------------------|
| <input type="checkbox"/> Birch Primary School.....FAX: 440-588-5414 | Phone: 440-588-5400 |
| <input type="checkbox"/> Forest Primary School.....FAX: 440-588-5429 | Phone: 440-588-5415 |
| <input type="checkbox"/> Spruce Primary School.....FAX: 440-588-5444 | Phone: 440-588-5430 |
| <input type="checkbox"/> Chestnut Intermediate School..... FAX: 440-588-5514 | Phone: 440-588-5500 |
| <input type="checkbox"/> Maple Intermediate School.....FAX: 440-588-5529 | Phone: 440-588-5515 |
| <input type="checkbox"/> Pine Intermediate School.....FAX: 440-588-5549 | Phone: 440-588-5530 |
| <input checked="" type="checkbox"/> NO Middle School.....FAX: 440-588-5724 | Phone: 440-588-5700 |
| <input type="checkbox"/> NO High School.....FAX: 440-588-5833 | Phone: 440-588-5800 |

PHYSICIAN' S ORDER

Date: _____

(Note: All lines must be completed)

Name of Medication: _____

Reason for Medication: _____

If this medication is for ASTHMA – all the sections on all the pages of this form MUST be completed

Form of medication / treatment:

____Tablet/capsule ____Liquid ____Inhaler ____Nebulizer ____Other

Instructions:

Dose: _____ Time to be administered: _____

Frequency: (how often during the school day) _____

Start Date: _____ Stop Date: _____

Side effects to be reported to Physician: _____

Special Administration Instructions: _____

Special Storage Instructions: _____

*For Emergency Medication Only ~ May the Student carry this medication? _____ YES _____ NO

Physician Signature: _____ Print Physician's Name: _____

Phone Number: _____ Address: _____

PARENT CONSENT:

I give permission for my child, _____, to receive medication at school according to school district policy and as instructed by the physician. (continued on the next page)

Must be signed - 

I agree to the following;

1. Deliver the medication to school in the original container.
2. Have a new form completed by the physician if there is any change in the medication (i.e. dosage, time, etc.)
3. A new request form must be submitted each academic year.

Parent/Guardian Signature: _____ Date: _____

(Please complete the remaining sections of this form if the medication is for ASTHMA or an inhaler)
TO BE COMPLETED WHEN MEDICATION FOR ASTHMA IS ORDERED

Physician is to complete the following:

Please check student's known asthma triggers: _____ Pollens _____ Stress/Anxiety _____ Cold Air _____ Exercise
Other triggers: _____

Medication is necessary when the student has symptoms such as: _____

Steps to be taken by school personnel if the asthma medication does not produce expected relief from the asthma attack (Required by Ohio Revised Code section 3313.716)

1. Student should be escorted to the clinic for evaluation if in another part of the school.
2. Contact parent if: _____
3. Call 911 for immediate medical assistance for any of the following items checked:
(Please check all appropriate boxes.)

No improvement to the condition 15-20 minutes after initial treatment with medication and a responsible relative cannot be reached.

- Hard time breathing with:
- Chest and neck pulled in with breathing
 - Child is struggling to breath
 - Child is hunched over

- Trouble walking or talking
- Stops playing and cannot start activity again
- Lips or fingernails are gray or blue

4. Other special physician instructions: _____

Any severe reactions that may occur to another child, for whom the inhaler is NOT prescribed, should such a child receive a dose of the medication. (Required by Ohio Revised Code 3313.716).

Physician's Signature: _____ Date: _____

Physician's Office Phone Number: _____

PARENT NOTE: If your child self-administers asthma medication in a school location other than the clinic, please note the following. **It is the parent's responsibility** to review with their child when to request additional medical assistance if the symptoms persist. The student must request to be escorted to the office or clinic.

Parent Signature: _____ Date: _____

Parent/Guardian phone number to call in an emergency: _____

Luggage Verification Form

By signing below, I certify that I have thoroughly checked my child's **packed** bags and there is nothing packed in his/her suitcase or backpack that is not permitted on school trips.

Child's name (print) _____

Parent Signature _____

Date _____

PACKING LIST

Washington D.C.

Wednesday, May 6 – Friday, May 8, 2026

- Signed Luggage Verification Form to be turned in to your chaperone the morning of the trip.
- Clothing for Thursday and Friday.
- T-shirts are provided for all three days of the trip. You will receive these when you arrive at school on the day of the trip. School dress code rules apply while on the trip.
- Comfortable shoes that can withstand a lot of walking; sandals, Crocs-like shoes, flip-flops, etc., are not a good choice.
- A second pair of shoes is a good idea if the first pair gets wet. Extra socks for the bus are a good idea as well.
- Refillable **water bottle**
- Sunglasses/sunscreen
- Umbrella/rain gear if the forecast suggests
- Jacket or sweater if chill
- Phone, earbuds, **and charger**
- Toiletries such as shampoo, deodorant, etc.
- Small backpack for carrying water, phone, souvenirs, jacket, etc.
- Money if you wish to purchase extra snacks or souvenirs
- Snacks for the bus ride (Water is the **only** beverage allowed on the bus.)

- Blanket, small pillow, etc. for bus ride
- Reading material
- DVD's...only G-rated movies may be shown on the bus ride
- Breakfast before arrival on Wednesday morning

Not allowed on the trip

- Laptops
- Game systems
- iPads
- Any item strictly prohibited in the North Olmsted Middle School Student Code of Conduct