

Pacific Symphony

arts-X-press Program

WHAT TO BRING TO *arts-X-press*

General Wear: Bring casual, comfortable clothing – enough for five days. Many activities are informal and you should bring the same clothes you would wear at home. Please be sure to bring a pair of long pants or jeans, a long-sleeved shirt, and **two pairs of closed-toed shoes (sneakers and another comfortable pair)**. Don't forget a few pairs of socks, also. All clothing should be clearly marked with your name. ***You should also bring a sweater or jacket as we will be outside in the evenings, and it can get chilly.***

Bedding/ Linens: The University of California, Irvine will provide sheets, pillow and pillowcase, one blanket and one towel, but you may bring your own if you prefer.

Other necessities: Soap, shampoo and conditioner, toothbrush, toothpaste, cup, deodorant, comb/brush, and feminine products if needed.

Optional: Musical instruments (a secure storage space will be provided), items for talent show (costumes, music, props, dance shoes, etc.).

PLEASE NOTE: Since storage space on the bus is minimal, please limit your luggage to one suitcase, a small carry-on bag, and a musical instrument, if applicable. If you plan to bring a large musical instrument to the program, like a double bass, please let us know in advance.

DO NOT TO BRING TO *arts-X-press*

Anything valuable including but not limited to: expensive jewelry, iPod, palm organizer, cell phone, blackberry, pager, radio, walkman, discman, gameboy, computer, candy, food, fan, expensive camera (disposable cameras are allowed), illegal drugs, weapons, or flashlight.

Any clothing or shoes in-appropriate for walking long distances, participating in outdoor activities, or sitting on the ground. There is a lot of group time where students sit "cross-legged;" skirts are not advised for this program. If you arrive in a skirt, you will be asked to change clothes. Please don't bring very revealing clothing. Clothing should correspond with your school standards; no spaghetti straps, exposed stomachs, low-hanging pants, or mini skirts. Do not bring flip flops or open sandals, as campus is under construction.

Any items deemed inappropriate by *arts-X-press* staff will be confiscated. Students may be sent home for possession of certain items.

OTHER INFORMATION

Labeling Medications: All medications, **BOTH** prescription and non-prescription drugs, including but not limited to: Albuterol inhalers, Cough drops, Painkillers, Candy for diabetic students **must be handled in the following manner:**

- Place all medications for student in one re-sealable plastic bag and label it with student's name in permanent black marker.
- Write or type detailed instructions for each medication and place instructions in the plastic bag with the medications. Instructions should include:
 - Time and day medication should be distributed
 - Amount of medication to be dispensed
 - Whether the medication is only to be used "when needed."
- Label each medication with student's name in permanent black marker.

Transportation: All students will be transported to and from *arts-X-press* via school bus. The bus will arrive at a central location to pick up your child on Saturday morning, and will return your child on Wednesday afternoon to the same site. Bus schedule information will be given in a timely manner before your child's attendance to *arts-X-press*. Please plan on arriving at your bus stop at the time indicated on your student's schedule. Please notify the Pacific Symphony if you plan to have your child dropped off at a different location from his/her pick-up point or if you plan to have someone other than his/her parent or guardian picking him/her up at the bus stop.

Contacting your child: Though we do not permit students to call home during their stay, parents are welcome to check their child's status by calling our *arts-X-press* hotline at (714) 876-2336 or by e-mail at arts-x-press@pacificsymphony.org. Parents are encouraged to write to their children using the address below:

Snail Mail:

Please send snail mail at least 3 days in advance

Student's Name

Attn. *arts-X-press*

Pacific Symphony

3631 S. Harbor Blvd., Suite 100

Santa Ana, CA 92704

E-mail:

Please put in subject line:

***arts-X-press* Mail: Student's Name**

You are encouraged to check our blog! Check back often to see descriptions of each day's activities as well as photographs. It will be updated frequently. The website is: www.arts-x-press.blogspot.com. The blog is also a great way for your student to get information about *arts-X-press* and see pictures after the program. You are welcome to print and save any pictures from the blog. Please leave comments – they will help us give you more information and we will pass on your messages to your students.

Students will not be able to respond to parental communication. **Please note mail may take multiple days to arrive. Please plan accordingly.**