

**MAINE
COAST
SEMESTER**
at **CHEWONKI**



Semester 65

Student and
Family Handbook

WELCOME

I am a lover of words. My favorite game is Dictionary ([Fictionary](#)) and years ago my family gave me an unabridged dictionary for Mother's Day. Although my children have been known to scold me for getting lost in a single page of definitions, I keep finding comfort in reading the dictionary.

Since early spring, and with all of the uncertainty that colors our daily lives, the dictionary entry for *dynamic* (definition: characterized by constant change, activity, or progress) has been particularly important. I believe *dynamic* perfectly describes Chewonki's approach to reopening our campus for in person learning. Since May, we have made steady progress towards developing a plan designed to support the health and safety of students, families and Chewonki staff. This plan also acknowledges the sobering realities of the COVID-19 pandemic, which requires that we faithfully follow the guidelines outlined in the [Chewonki Schools Phased Reopening Plan](#).



Maine Coast Semester at Chewonki's handbook for Semester 65 Students and Families has been updated to provide you with our most up-to-date policies and procedures. It is imperative that you take the time to carefully read the handbook and note where you have questions. Starting in mid-August every Semester family will receive a phone call from their child's MCS advisor who will be prepared to answer your questions, as they start to build this important advisory relationship with your family.

Each Semester writes their own Maine Coast Semester story. While the setting remains the same, the characters and plot line, as well as the significance of each semester's experience reflects the unique nature of the community we are creating.

I look forward to the shared writing of Semester 65's story in the weeks ahead.

Warmest regards,

A handwritten signature in black ink that reads "Susan R. Feibelman". The signature is written in a cursive style with a large, looping initial 'S'.

Susan Feibelman

Vice President for Schools and Health Services

CONTENTS

WELCOME	2
CONTENTS	4
INTRODUCTION	6
About Us	6
Contact Us	9
Handbook Overview	10
The Great Expectations	10
Community Standards	13
BEFORE YOU ARRIVE	16
Pre-Arrival	16
Required Clothing & Equipment List	19
Pre-Semester Reading	25
ACADEMIC LIFE	29
Standardized Testing	29
The College Process	29
Study Hours Expectations	30
Late Work Policy	32
Comments And Grades	32
RESIDENTIAL LIFE	33
Emergency Drills	33
Health And Wellness	33
Cabin Rules	34
Bathrooms	36
Food, Meals, & The Kitchen	36

Laundry & Mail	37
Technology	38
Other Residential Rules & Guidelines	43
WORK & OUTDOOR PROGRAMS	45
Work Program	45
Wilderness Trips	46
Outdoor Leadership Program	46
Solos	47
Sustainability In Practice	47
FINANCIAL INFORMATION	49
Tuition, Room, & Board	49
Student Account	49
Final Accounting	50
APPENDIX	51
Waterfront Guidelines	51
Camping On Chewonki Neck	53
Some Comments About Academic Integrity	54
COVID-19 ADDENDUM	58
Community Standards	58
Overall Health & Safety Practices	58
Bathrooms	59
Cabin Life	59
Food, Meals, & The Kitchen	60
Dish Crew	61
Screening & Testing	61
In The Event Of An Illness	62
Wilderness Trips	64

INTRODUCTION

ABOUT US

Maine Coast Semester at Chewonki is a journey taken by students and teachers together. As unique individuals, we come together on this peninsula for thirteen weeks to engage – as colleagues and collaborators – in an extended conversation about our relationship with the natural world and our relationship to the Maine Coast Semester community.

By working hard both physically and intellectually, by embracing the struggles and rewards of living in this unique community of learners and workers, we become increasingly self-confident and mature; we learn to live well with others; we learn to clarify our values and sharpen our intellect, and we become better observers of the world around us.

At Maine Coast Semester, teachers believe that communities need to be nurtured and do not achieve their full potential without the care, energy, and good will of all members. Complete honesty and direct communication are essential to the health of our community, as is a passion for fully embracing the spirit and standards of Maine Coast Semester. It is through these paths that mutual trust is achieved.

At its best, our community is joyful, warm, and receptive to new ideas and welcoming to all persons. Individually, each of us values hard work; each of us understands that we are responsible for our own actions, and that, together, we can achieve great things. We travel to the Maine coast to live, as Thoreau said, “deliberately.” And when our journey ends, and our community disperses, we leave knowing that we have lived fully and learned deeply.

OUR MISSION

Chewonki inspires transformative growth, teaches appreciation and stewardship of the natural world, and challenges people to build thriving, sustainable communities throughout their lives.

OUR COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION

To meet the promise of our mission, Chewonki strives to be a diverse, equitable, and inclusive organization. Our legacy of thoughtful self-reflection and purposeful change guides our efforts to create a place where all participants and staff can flourish. We are committed to:

- Promoting the principles of social and environmental justice;
- Cultivating a leadership culture that fosters the best practices of this work;
- Building our financial strength to ensure the durability of this work;
- Attracting and enrolling students and campers who reflect our nation's diversity;
- Attracting and retaining staff who reflect our nation's diversity;
- Providing relevant, rigorous professional development;
- Designing a campus that is responsive to many needs;
- Evaluating our progress on an ongoing basis; and:
- Collaborating whenever possible with peer institutions to share knowledge and resources.

SEMESTER SCHOOL VISION

At Maine Coast Semester, we choose to approach rigorous academics, physical work, and everyday living with responsibility and joy. Whether engaging in a spirited classroom discussion, harvesting tomatoes for our table, or planning Saturday night's activities, we live each day deliberately with an eye toward connecting the individual to a larger community. Our students leave Chewonki with strengthened ownership for their education,

an awareness of their place in nature, and an understanding that they can make a positive difference in their world.

GOALS FOR GRADUATES

1. **Intellectual engagement** – taking ownership for their learning, approaching challenging problems with curiosity, critical thinking, and creativity, and integrating their learning into a cohesive whole.
2. **Community involvement** – living a life of integrity and intention, taking initiative to improve their communities through individual and collective action, while understanding that we live in an interconnected world of limited resources.
3. **Articulate expression** – forming intelligent thoughts and incisive questions in verbal and written form as well as mindfully listening to the thoughts of others
4. **Sense of place** – striving for a deeper understanding of the natural world and their place within it through focused observation of details, patterns and connections.
5. **Sense of self** – possessing a heightened understanding and acceptance of their individual talents and limits.

These characteristics have historically reflected the faculty's goals for students who attend Maine Coast Semester and are core to our work at Chewonki. Given the more recent integration of our work that aims to establish diversity, equity, and inclusion (DEI) across all programs, we consider these goals very much to be works in progress. Our hope is to evaluate them in the coming months with semester students, faculty, and staff, so that they might better reflect our mission and our commitment to DEI work.

CONTACT US

OFFICE PHONE NUMBERS

During our regular business hours, and for non-emergencies, please call our main line at (207) 882-7323. [Our full staff directory can be found online.](#)

Chewonki Health Center
(207) 882-7323 ext. 142
health@chewonki.org

Susan Feibelman, Vice President for Schools and Health Services
(207) 882-7323 ext. 137
sfeibelman@chewonki.org

Julie Barnes, Dean of Students
(207) 882-7323 ext. 138
jbarnes@chewonki.org

Pete Sniffen, Dean of Academics
(207) 882-7323 ext. 108
psniffen@chewonki.org

Admissions Office
(207) 882-7323 ext. 140
admissions@chewonki.org

AFTER-HOURS EMERGENCIES

On rare occasions, there may be a critical reason to reach a faculty member at Chewonki after business hours. For emergencies from 4:00 p.m. to 8:00 a.m. Monday - Friday and weekends, we have a dedicated cell phone carried by an on-duty faculty member:

On-Duty Emergency Cell: (207) 504-3012

HANDBOOK OVERVIEW

Contained in this handbook are our central expectations and rules for students. This framework expresses our values and beliefs as an intentional community of learners and guides all of our community building practices.

We believe that trust, good communication, patience, honesty, responsibility, integrity, and a willingness to give up a measure of personal freedom are some of the keys to creating a thriving, sustainable community. It is important you remember that you are choosing to live in a markedly different fashion for three months.

By inviting you to join the Maine Coast Semester community, we are expressing confidence in your potential to be enormously successful in our school. We hope that you will embrace the opportunities you are offered and learn from the challenges you encounter along the way.

This handbook also provides numerous logistical details that shape the semester experience. Please read this material thoroughly. The information contained herein has been carefully thought out, and reflects the input of students, teachers, families, and sending schools.

THE GREAT EXPECTATIONS

A student who makes the decision to disobey any of the rules below will be held fully accountable, and can expect our response to include, but not be limited to, permanently separating them from the community.

1. No cheating, plagiarism, or dishonesty of any kind: In this school, our intellectual spirit and our integrity are vital. We strictly adhere to an

honor code; dishonesty will be cause for dismissal. Truthfulness at all times, no matter what the social pressure, is essential and expected.

2. No use or possession of illegal drugs, including alcohol, tobacco, or vaping products: This rule should be understandable for legal and health reasons. It is illegal to possess tobacco in the State of Maine if you are under eighteen. Because of our emphasis on wellness and healthy living, we have no tolerance for drug or alcohol use of any kind. Additionally, Chewonki is a non-smoking campus for all faculty and staff (this includes vaping).
3. No stealing or the destruction of property. Stealing is incompatible with a healthy community. Our values embrace the belief that we all “own” this place and this community.
4. No harassment of individuals or groups of individuals: Respect for each member of the semester is vital to the success of our community. Harassment of any kind (religious, racial, ethnic, sexual, or sexual orientation) has no place at Chewonki. This includes overt acts of physical assault, as well as unnecessary touching, suggestive remarks, verbal abuse, unwelcome sexual advances, graffiti, epithets, or biased humor.
5. No being outside of your cabin after nighttime check-in without permission: Because of the trust implied by the unique living conditions at Maine Coast Semester, we simply cannot permit violations of the check-in policy. Students may visit the restrooms within the spirit of this rule: e.g., in the night for a true need. However, leaving your cabin thirty minutes after check-in because you forgot your water bottle does not represent a “true need.” Although it does illustrate how a mature approach to planning ahead is an essential part of being a member of this community.

6. No leaving campus without permission: Campus is closed. While you are here, we are responsible for you and must know where you are at all times.
7. No violating the intellectual spirit of Maine Coast Semester: Failure to attend classes or to complete classwork, preventing others from studying, or displaying an attitude toward academic pursuits which negatively affects others indicates that you do not wish to be a part of Maine Coast Semester.
8. No violating the community spirit of Chewonki: Much of what makes Chewonki a unique and powerful learning community is the time we spend together: at meals, in the cabin, working on chores, in the dish room, or on a work program. Because our community is so small, it is essential that each student contribute meaningfully and with a spirit of generosity to the group.
9. In order to safeguard the fragility of our Semester community within the world of COVID-19, we are entering into a social contract with one another, which demands that each person holds with the highest regard the health and safety of every member of the Chewonki community. To this end, every COVID-19 protocol outlined in the addendum of this handbook must be faithfully followed in order to ensure that all of us remain healthy, safe, and present throughout the semester.

We regard these GREAT EXPECTATIONS with the utmost seriousness. If you decide to join this school community, you must be willing to be fully invested in it. When you sign the Enrollment Agreement and Community Agreement, you are making a promise to every other member of the Maine Coast Semester community that you are prepared to follow every rule and expectation outlined in this handbook.

These rules apply at all times while you are a student at Maine Coast Semester. Families and sending schools will be notified in the event of a disciplinary incident. If you have questions or concerns that you will be unable to live up to our community rules and expectations, we urge you to immediately speak with the Head of Maine Coast Semester at Chewonki, so that we can better understand your apprehensions and identify appropriate next steps.

COMMUNITY STANDARDS

RULES OF THE ROAD

1. Know and follow all COVID-19 rules and regulations (see [COVID-19 addendum](#) pg. 58).
2. Know and follow the [cabin rules](#) (see pg. 34) so that we can all enjoy our time together.
3. Attend all meals on time to promote our community and good health. Please eat only the food served by Chewonki at meals and at all times faithfully adhere to all COVID-19 health and safety protocols during meals. If you have specific dietary needs, our kitchen team is eager to work with you in order to support your nutritional health and overall sense of well-being.
4. In order to build school pride and ownership for your campus we all arrive for gather and morning chores on time
5. Study hours are an agreed upon time of quiet on campus so that you may work, read, and reflect knowing that you are not missing out on a social opportunity. (See pg. 30 for more detailed information about [study hours](#).)
6. Cellular phones may not be used on campus at any time. In the absence of this technology we are able to focus on the people and time you have here.
7. Use the Chewonki wireless network appropriately (no illegal file-sharing or downloading of sexually explicit content).

8. Do not enter buildings that are not used for the semester school.
9. All bikes are to be stored in the communal bike rack and only ridden on roads or trails north of the farm. Helmets are to be worn whenever riding a bike.

See the section on [residential life](#) (pg. 33) for more details about the above rules of the road.

INCLUSIVE RELATIONSHIPS

A guiding principle of our semester school and the Chewonki community is that all relationships are inclusive and socially appropriate. We believe the semester offers each student a time when they can be free of the pressures associated with intimate or exclusive relationships and peer pressure.

As a small, intentional community that strives to be inclusive, we strongly discourage socially exclusive relationships of all kinds, whether platonic or romantic in nature. Students are expected to engage thoughtfully and intentionally with each other to ensure that the development of strong connections between individuals does not negatively impact the overall school community or the relationships between individuals and the community.

CAMPUS BOUNDARIES

We hope you come to Chewonki prepared to involve yourself fully in the life of this semester experience. In the COVID-19 environment, once you arrive on opening day, you will not be permitted to leave campus until the end of the semester for reasons other than:

- Medical appointments
- Science field lab
- Physical fitness:
 - Joggers or walkers who choose to leave Chewonki's campus to exercise must sign-out and follow all applicable COVID-19

protocols, including staying on designated jogging/walking routes.

GENERAL SAFETY GUIDELINES

1. Wear footwear at all times unless you are walking on one of our manicured lawns.
2. In order to protect our forest resource, do not light open fires without supervision from a faculty or staff member.
3. Do not climb trees above body height.
4. Know and follow waterfront rules to safely enjoy our coastal location. (See the Appendix for [waterfront guidelines](#), pg. 51)
5. Always wear protective equipment while biking (helmet) or running (reflective vest at dawn or dusk). Reflective vests are stored in the standing secretary located in Rodman Hall.

AUTOMOBILES ON CAMPUS

Students are not permitted to have cars on campus. Written parent or guardian permission will need to be given to the dean of students before a student can ride in a car with anyone other than a Chewonki faculty or staff member.

BEFORE YOU ARRIVE

PRE-ARRIVAL

QUARANTINE

In order to protect our Semester community, a mandatory 14-day self-quarantine is required before students and families begin their travel to MCS. Please follow the [CDC's travel guidelines](#) as well. For families traveling to MCS on opening day (September 5) quarantine should begin on August 22 to be completed by September 4. Families with earlier departure dates should adjust their quarantine dates accordingly.

TRAVELING TO CAMPUS

In order to limit our students' exposure to Covid-19, and to control the number of faculty and staff coming and going from campus on opening day, we strongly encourage you to arrive by car if you live within a manageable driving distance from our campus. Cabin parents will greet students arriving by car and will assist with our curbside drop-off protocol. Only students will be permitted to leave their vehicles (wearing masks and physically distancing), so it will be more important than ever that you plan your farewells and best wishes before you reach the drop-off location.

If it is necessary for your child to fly, [students are required to follow COVID-19 safe practices at all times while traveling to Chewonki](#). Portland International Jetport (PWM) is the only airport where we will be offering pick-up service, and Semester 65 families are expected to adhere to established time frames for Chewonki pick-ups. Our shuttles will pick up students outside of baggage claim. Because of physical distancing guidelines, we are limiting the number of students we can safely transport in

our 15-passenger vans, so it is imperative that if you are flying to Portland, that you follow these guidelines.

Regardless of how your child arrives on opening day, each student’s cabin parent will be on hand to assist with unloading luggage and gear and help with cabin move-in. Additionally, each student will complete a COVID-19 screening with our Health Center staff upon arrival to campus.

DRIVING DIRECTIONS

We are located one hour northeast of Portland. From South Portland, follow I-295N (splits off from I-95) to Exit 28 for Brunswick and Bath. This will put you on Route 1. Follow Route 1 through Brunswick to Bath. About six miles north of the Sagadahoc Bridge in Bath, turn right onto Route 144 (look for “Norm’s Used Cars”), and then right again just past the railroad tracks onto Chewonki Neck Road. Go past the airport and the Chewonki Campgrounds (not connected with us). Continue past our sign, until the road turns to dirt and ends in our visitor parking lot. Signs will direct you to registration.

PLACES TO STAY IN THE AREA

Due to COVID-19, you will need to contact the individual establishment to find out whether they are open and receiving guests from your current location. (* indicates seasonal establishment)

*The Snow Squall Inn, Wiscasset

(207) 882-6892

snowsquallinn.com

10% discount offered to Chewonki families

*Wiscasset Woods Lodge, Wiscasset

(207) 882-7137

wiscassetwoods.com

Cod Cove Inn, Edgecomb
(800) 882-9586, (207) 882-9586
codcoveinn.com
10% discount offered to Chewonki families

Sheepscot Harbour Village Resort, Edgecomb
(207) 579-1800 or (866) 587-7320
midcoasthvr.com
10% discount offered to Chewonki families

*The Squire Tarbox Inn, Westport Island
(207) 882-7693
squiretarboxinn.com
10% discount offered to Chewonki families

Hampton Inn, Bath
(207) 386-1310, (855) 213-0582
hamptoninn3.hilton.com

The Inn At Bath
(800) 423-0964 or (207) 443-4294
innatbath.com

Grey Havens, Georgetown
(207) 371-2616 or (855) 473-9428
greyhavens.com

The Brunswick Inn, Brunswick
(207) 792-4914, (800) 299-4914
brunswickbnb.com

The Harraseeket Inn, Freeport
(207) 865-9377, (800) 342-6423

harraseeketinn.com

Salt Water Farm House, Cushing

blum@blumsday.com, [vrbo.com/800532](https://www.vrbo.com/800532)

10% discount offered to Chewonki families

REQUIRED CLOTHING & EQUIPMENT LIST

At Chewonki, you have an opportunity to simplify your life. One way to achieve this is to limit the “stuff” that you use daily; remember that you will be living in a one-room cabin with five of your peers. Most of your attire can be informal and should enable you to live, learn, and work comfortably in both built environments and the outdoors. As you pack, keep in mind seasonal changes. Students in both semesters will experience temperatures and conditions that range from summer (70°-80° F ±) to winter (0°-25° F ±).

Put your name on all your clothes and equipment and bring all of the required items with you at the time of your arrival. We do not bring students off campus to purchase additional clothing or equipment. Although students may receive packages at Maine Coast Semester, we strongly encourage families to plan ahead and avoid ordering additional clothing or equipment after the beginning of the semester. We discourage online shopping during the semester, both to uphold our mission of being a sustainable community and our Diversity, Equity, and Inclusion statement that establishes Chewonki’s commitment to promoting equity.

CLOTHING EXPECTATIONS

Though we do not have a formal dress code, we do ask that clothing be presentable and respectful of others while in classes and representing Maine Coast Semester. Our 400-acre campus features an organic farm, forest and woodlot, meadows, marsh, rocky coastline, and twelve-miles of hiking trails. Students spend a great deal of time outdoors in all weather conditions,

including rain and snow. Students should pack accordingly. Jeans are appropriate for most activities, including work programs. Work program also necessitates that you bring clothes and gloves that can get *very* dirty. A headlamp is a MUST HAVE for moving around campus in the early mornings and evenings. Please also bring one “nicer” outfit for special events.

STORAGE

Students live in one-room cabins with five other peers. For storage, each student has two medium-sized bookcases (waist height) with four-six shelves a piece, as well as space under the bed. Some students bring a trunk to keep at the foot of their bed or containers to go underneath. Under-bed containers may be on wheels and should be no taller than 11.5 inches. A labeled mesh bag for laundry is also useful.

REQUIRED OUTERWEAR

- Warm winter parka (lightweight down or synthetic-fill “super layer”)
- Waterproof rain jacket
- Waterproof rain pants
- Work pants (jean or cotton duck)
- Insulated snow pants (recommended for fall semester)
- Warm thermal or fleece pants to layer under rain pants (recommended for fall semester)
- Warm fleece or wool gloves that are flexible enough to write with
- Warm shell mittens that fit over gloves
- Lined leather or canvas work gloves
- Hat with a brim
- Wool or synthetic ski hat
- Balaclava, buff, or warm scarf
- Sunglasses and/or ski goggles
- Bandana

REQUIRED CLOTHING

- ❑ Two weeks' worth of everyday clothing
- ❑ Two warm wool sweaters or fleece jackets that can be layered over shirts and t-shirts
- ❑ Two sets of long underwear (non-cotton), top and bottom
- ❑ Long-sleeved work shirts (flannel, wool or denim)
- ❑ Several pairs of warm, wool socks
- ❑ Swim suit
- ❑ One outfit for special events

REQUIRED FOOTWEAR

Although there are boardwalks near the center of campus and some gravel pathways, students should expect to encounter wet, muddy, snowy, and cold ground conditions on a regular basis. Classes frequently meet on our farm, hiking trails, and coastline. During science field lab, students typically visit rocky and sandy beaches, bogs, brooks, and marshes. Students will be outside in all weather conditions, including the snow and rain.

- ❑ Sturdy hiking boots that are waterproof or water-resistant
- ❑ Tall, rubber boots such as rain boots or insulated bog boots (recommended, however, the farm has extra pairs of waterproof boots on hand for farm chores)
- ❑ Everyday footwear, such as running shoes, sandals, crocs, etc.
- ❑ Water shoes (old sneakers are acceptable, but crocs and backless sandals are not)
- ❑ Insulated winter boots (ideally, with removable felt lining)
- ❑ An old pair of sneakers that you don't mind getting exceptionally wet or dirty for polar bear dips and other water/mudflat activities
- ❑ Slippers for wearing inside your cabin

REQUIRED CABIN & OUTDOOR ITEMS

- ❑ Headlamp and additional batteries

- ❑ Warm bedding and linens – twin-sized sheets, blankets, pillow, towels
- ❑ Two water bottles (approximately 32 oz. each)
- ❑ Battery-powered alarm clock
- ❑ Wrist-watch (not Wi-Fi enabled)
- ❑ Books for pleasure reading or games (note: we do not support participants playing *Cards Against Humanity* or similar games. We are eager to engage in conversation with you about our diversity, equity, and inclusion statement and why this popular game does not align with our ethos.)
- ❑ Toiletries to last two months (natural/biodegradable preferred) and a shower caddy
- ❑ Sunscreen
- ❑ Bug-spray
- ❑ [Crazy Creek-style](#) lightweight folding chair for field lab and phenology (strongly recommended)

REQUIRED SCHOOL SUPPLIES

Note: we do not have a school store on campus

- ❑ Pens, pencils, and highlighters
- ❑ Two journals or spiral notebooks
- ❑ Five three-ring binders
- ❑ 100 count pack of college-ruled loose-leaf paper to be used with binders
- ❑ Graphing calculator
- ❑ Durable backpack for on-campus use and science field labs
- ❑ School or government-issued photo I.D.

OPTIONAL EQUIPMENT & OTHER ITEMS

Chewonki has many of these items on hand for students to use, however, if you already own this equipment, please bring it.

- ❑ 40-50 liter internal-frame backpack.
- ❑ Cold-weather sleeping bag, rated to 15 or 20° F for fall or 0 or 5°F for spring, that stuffs into a small sack. If you are a “cold sleeper,” you may want a synthetic fleece sleeping bag liner.
- ❑ Sleeping pad
- ❑ Binoculars
- ❑ Digital camera
- ❑ Musical instruments (encouraged)
- ❑ Crafting materials, such as embroidery, knitting, crocheting, etc.
- ❑ Art supplies (art materials will also be provided by Maine Coast Semester)
- ❑ Recreational and sports equipment (e.g. tennis racket, lacrosse stick, cross-country skis, ice skates, hockey stick, etc.)
- ❑ Costumes or dress-up clothes for Saturday evening activities (i.e. skits, coffeehouses, theme dances, etc.)

Please Do Not Bring or Acquire While Enrolled in Maine Coast Semester

- Cell phone (If needed for travel, we will safely store on campus)
- Personal Wi-Fi enabled devices (like laptops, iPad, wearable technology, etc.)
- Television sets, iPod Touch, DVD players, DVDs, or other electronic or digital media
- Hot pots, appliances, or electric blankets
- Large stereos (personal, non-internet capable music-listening devices are allowed)
- Tapestries or other cloth wall hangings are not allowed as they are a fire hazard. Posters and photos are ok.
- Firearms
- Pets
- Candles or incense
- Alcohol, tobacco products, or other illegal drugs

SOURCING ITEMS

Clothing, equipment, and footwear that students bring to campus will be well-used, so we recommend bringing durable items that can stand-up to Maine's rugged landscape and variable weather. Good quality items can be expensive, and several brands now offer gently used and repaired items on their websites. Buying used is both an environmentally friendly and pragmatic approach to outfitting yourself for the semester. Used gear can be found online by searching for:

- Patagonia Worn Wear
- REI Co-op Used Gear
- The North Face Renewed
- Outdoors Geek

You can also try searching websites like ebay or tradesy for popular brands like Blundstone, Carhartt, L.L. Bean, Merrell, Keen, Muck Boots, Bog Boots, or Sorel.

PACKING QUESTIONS?

Packing for a four-month semester in an unfamiliar climate can be challenging, so if you feel unsure of what to pack please don't hesitate to call the admissions office at (207) 882 - 7323 ext. 140. Maine Coast Semester also maintains a robust flickr account with photos of daily life, work program, farm chores, science field lab and other activities. Some families find these images helpful when deciding what to pack. Scroll to the bottom of mainecoastsemester.org for a link to our flickr page.

PRE-SEMESTER READING

REQUIRED READING

The pre-semester reading assignment was posted on mainecoastsemester.org/admissions/accepted-students in June, 2020.

We are excited to welcome you to Maine Coast Semester and to introduce you to your pre-semester reading assignment: Colin Woodard's *The Lobster Coast: Rebels, Rusticators, and the Struggle for a Forgotten Frontier*.

The purpose of this pre-semester reading is twofold; first, to begin to highlight the complexity of this place and our relationship to it over hundreds of years, and second, to preview the themes that will be introduced in your courses and fieldwork. We hope this will set you up for a successful semester.

We also hope that by having you read *The Lobster Coast*, at least in part, we are acknowledging the traditional land of the Wabanaki people, who have stewarded this land and its surrounding waters for generations. Learning about the importance of land acknowledgment will continue throughout your time at Maine Coast Semester.

Themes within the text include:

- The personal relationship we each create with a place.
- The deeply powerful and complex history of indigenous peoples in the region we now call Maine.
- The connections that exist between human and natural communities in coastal Maine.
- The stories of place that have been passed down from generation to generation of Mainers.

- The variety of ways that Maine’s past continues to shape the Maine of today.
- The processes used to determine and define the ownership of land and water.
- The interdependent relationship between Maine’s economic systems and ecosystems.
- The seasonality of life in Maine and how it influences the way we reside in this place and strive to form sustainable communities.

When you arrive on campus for the opening day of your semester, you should have completed reading *The Lobster Coast* and be prepared to answer at least two of the following questions in writing:

1. In *The Lobster Coast*, you were introduced to the physical characteristics of the woods and waters of Maine. What are two ways the ecosystems and ecology of Maine have impacted or were impacted by human behavior over the centuries?
2. You met a variety of “characters” in this text. Identify two people that captured your attention because of their distinct relationship with Maine and prompted you to wonder about this place you are coming to? Write one paragraph describing these individuals and their unique relationship to place.
3. The concept and act of ownership (of both land and water) are emphasized and discussed at various points throughout the text. What does it mean to own something? In a paragraph, discuss how your definition of ownership challenges or supports the story Woodard tells his readers about the ownership of land and waters throughout the history of this region.

At the start of the semester, you will be expected to complete your written response to each question, which will then be collected and read by your advisor. Additionally, your English and Science courses, Literature and the

Land, and Natural History of the Maine Coast will work with *The Lobster Coast* in the opening weeks of the semester.

Whether this is your first adventure in the incredible state of Maine or you already have your own memories of holidays on the coast, exploring Acadia, or trekking in Baxter State Park, you will soon discover this place is rooted in an important story that knits together the natural world and the human communities that have occupied this environment since the beginning of time. We believe it is important for you to be familiar with this story before you start your semester.

OPTIONAL READING

In addition to the required reading, the following list includes books that are particularly pertinent to the work we will be doing throughout the course of the semester. Topics include the history of Maine, identity, and current environmental issues. While this is not intended to be an exhaustive list of titles, we hope this brief bibliography will serve as a resource for you both before and after your semester.

Farm & Food Systems

- Kingsolver, Barbara. *Animal, Vegetable, Miracle*.
- Penniman, Leah. *Farming While Black*.
- Pollan, Michael. *The Omnivore's Dilemma*.

Indigenous Peoples

- Brooks, Lisa Tanya. *Our Beloved Kin*.
- Harjo, Joy. *An American Sunrise*.
- Kimmerer, Robin Wall. *Braiding Sweetgrass*.

Maine Stories

- Iftin, Abdi Nor. *Call Me American*.
- Nutt, Amy Ellis. *Becoming Nicole*.

- Philbrick, Kate, and Rosenthal, Rob. *Malaga Island: A Story Best Left Untold*.

Sustainability & The Natural World

- Carson, Rachel. *Silent Spring* or *The Sea Around Us*.
- Eisenstein, Charles. *Climate: A New Story*
- Finney, Carolyn. *Black Faces, White Spaces: Reimagining the Relationship of African Americans to the Great Outdoors*.
- Jones, Van. *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*

ACADEMIC LIFE

STANDARDIZED TESTING

For guidance in standardized testing (PSAT, SAT, ACT, AP), you should follow the advice of college counselors at your sending school.

For fall semester students, the PSAT will be administered on campus. We will need your school code so that test scores can be sent to your sending school. Test scores will not be reported to Maine Coast Semester. There is no need to pre-register for this exam.

The emergence of COVID 19 has necessitated many changes to the way schools are able to safely provide standardized testing and we will not be able to take students to any off campus testing centers, where large groups of people gather indoors for long periods of time. Both the College Board and ACT organizations have altered their testing schedules, offering more frequent tests. If it is part of your college admissions strategy, please be sure to take these tests before or after the fall semester to meet those goals by visiting collegeboard.org or act.org to find testing centers near you.

THE COLLEGE PROCESS

Although Maine Coast Semester can offer some advice and insights in the college process we do not have formal college counseling services and encourage you to continue working with your school counseling office.

Over the years we have learned from our alumni and college admissions officers that attending Maine Coast Semester can be an advantage in the college admissions process and that our alumni are academically and socially successful in the college environment. Our students stand out as independent learners who are willing to step out of their comfort zone to pursue deeplying meaningful scholarship. Of course, it is not a guarantee for admission, and we recommend you think strategically about how your experience at Maine Coast Semester has uniquely prepared you for success in the college environment. MCS teachers write college recommendations and we suggest students make those requests early. Our development office can also help by connecting you to the network of Chewonki alumni across the country.

STUDY HOURS EXPECTATIONS

Study hours are an intentional space when our entire community can dedicate ourselves to improving our intellectual abilities. Given the rigorous nature of our academic program you will need more than the five weekly nights of study hours (2 hours) to complete your assignments, so we encourage you to make productive use of this time.

Study hours (7:30 a.m. - 9:30 p.m.) is a time of quiet on campus so that you may work, read, and reflect while knowing that you are not missing out on a social opportunity.

1. Study time is to be used for study, homework, and intellectual endeavors. When you arrive to study hours you must sign-in with the faculty on duty.
2. Once you have your laptop and internet access, it is important to understand that study hours are not a time for using social media, online entertainment, etc.

3. Respectful silence on campus is the expectation between 7:30 p.m. and 9:30 p.m. Sunday through Friday. This includes all common areas as well as cabins. Because most studying takes place in common areas, the quiet study time must be considered sacred by the entire community.
4. Please be conscious of the fact that everyone has their own approach to completing school assignments, as well as different study needs. During study hours you should not disturb others or do things that could make your peers feel socially excluded. If you are in the habit of listening to music while studying, you should use headphones/earbuds to ensure that no one can hear it.
5. If you need to work with another student, you should do so following COVID-19 expectations and only in spaces designated as collaborative work spaces.
6. If you need to continue studying after 9:30 p.m. you will need to bring your materials with you to your cabin at check-in; if you forget something, you may not go and get it. Laptops are not permitted in cabins.

If you want to leave a public study space before the end of study hours you must, see permission from and check-out with the faculty on duty.

Before leaving study hours for the night, please be sure to do the following:

- Check out with one of the faculty members on duty.
- Computers must be placed in your computer bay.
- Be sure that book bags are stored in your assigned Allen Center cubby.
- The evening bell rings @ 9:30pm. Please get to bathrooms by this time so that you are at your cabins no later than 9:55pm.
- Remember that cabin check begins at 10 p.m.

LATE WORK POLICY

Maine Coast Semester is based largely on a dynamic intellectual spirit that we hope pervades your entire experience. Teachers assume that work will be done on time and to each student's best ability. However, we recognize that illness and extenuating circumstances can interfere with timely completion of work. Each teacher establishes expectations around late work for their classrooms and it is the student's responsibility to understand the policies in each of their classes and to work proactively with their teachers to solve challenges.

COMMENTS AND GRADES

GRADING SCALE

Chewonki uses letter grades with the following equivalences:

A (94, 95, 96), A- (90, 91, 92, 93), B+ (87, 88, 89), etc. F = 59 (Failing)

At midterm and the end of the semester, you, your families, and your school will receive comments offering observations and reflections on your experience at Maine Coast Semester. These packets include a comment from each teacher as well as a detailed letter from your advisor addressing all aspects of academic and residential life. The final packet includes a grade for each course and an official transcript. If you need additional copies of your transcript, please contact Maine Coast Semester's registrar.

RESIDENTIAL LIFE

EMERGENCY DRILLS

In the event of a fire alarm or other emergency, please gather immediately on Orchard Field, located between the Center for Environmental Education and Osprey Circle, with your cabin so that we can count heads. Emergencies are marked by the bell ringing continually, along with a hand-cranked foghorn. Please treat a fire alarm as you would any other emergency.

HEALTH AND WELLNESS

By placing a great deal of emphasis on health and safety, we hope to prevent illness or accidents from occurring. In the event of illness, we work closely with local physicians. Mid-Coast Hospital is approximately 15 miles away from campus. Chewonki's Health Center is staffed by a director of Health Services, administrative assistant, a full-time team of registered nurses, and a full-time mental health coordinator.

It is essential that we have your complete and up-to-date health information. Please return the health forms, signed by a physician and a parent/guardian, by the specified date. Make certain that we have your completed health information in [SchoolDoc](#), including the pre-arrival COVID-19 test results, immunization records (e.g. tetanus, which is good for 10 years), allergies, physical limitations, and mental health issues or concerns past and present. In addition, health insurance information must be on file with Chewonki's Health Center. All information will be kept confidential.

Note: Without the above information on file, as well as a signed health authorization, you will not be permitted to begin your studies at Maine Coast Semester.

There will be a flu clinic offered for students attending the fall semester.

Maine Coast Semester does not provide medical insurance for students. Parents or guardians are responsible for medical expenses. Physicians' bills and prescriptions are charged directly to your insurance company or your family. Hospital charges are billed to insurance companies.

For legal reasons, students cannot go into a first aid kit or into the Health Center without medical supervision.

The Health Center team will work with each student to responsibly administer medications.

If you feel ill in the morning, talk to the nearest faculty member, who will then help you make a judgment as to your next steps. Our general rule of thumb is that you need to report to the health center by 7:15 a.m. for an assessment of your overall health and well-being whenever you are unable to attend Gather and morning chores. (See [COVID-19 Addendum](#) for additional information.)

CABIN RULES

1. Visiting between cabins is not permitted at any time during the Semester.
2. Cabin residents are strongly encouraged to get at least 8 hours of sleep each night. Adequate sleep will not only enhance your learning and strengthen your immune system (in fact, it is essential) but also

your enjoyment of the semester. Holding students to clear expectations about check-in each night lays the foundation for healthy sleeping habits.

3. Check-in is at 10:00 p.m. sharp. After this time, you may not leave your cabin. This is treated very seriously by the faculty and is a major expectation. The trust that we give to you to stay in your cabin after check-in is at the heart of the Semester experience. We will ask you to take this expectation just as seriously.
4. Bring study materials with you to your cabin at check-in; if you forget something, you cannot go and get it.
5. Use of bathrooms in the night is on an honor system as needed. However, you should not need to visit the bathroom 30 minutes after check-in; use the bathrooms before check-in.
6. Check-in time on Saturday night is at 11:00 p.m. After this time, you may not leave your cabin.
7. There are never to be open flames in any cabin at any time except to light the wood stove. No candles, incense, lighters, etc. Tapestries are a fire hazard and are not permitted. For safety's sake, the cabins must be kept clean and uncluttered at all times.
8. Cabin clean-up occurs daily and deep cleaning/disinfection regimens are scheduled twice a week on Sunday and Wednesday after dinner.

As a cabin, it will be important to establish additional norms and expectations for yourselves throughout the semester.

BATHROOMS

Each cabin is assigned a bathroom, which they are expected to use throughout the semester. At Chewonki we feel strongly that each community member should have access to a bathroom that affirms both their gender identity and a space where they feel safe. At Maine Coast Semester, we have both single gender and all-gender bathrooms available for use.

While anyone is welcome to use the all gender bathroom, it exists for individuals who feel physically and emotionally safe in an all gender space and also exists for gender non-binary individuals.

FOOD, MEALS, & THE KITCHEN

Eating healthy, organic, homegrown, and locally grown foods is very much a part of the Chewonki experience. We hope that you will enjoy the food that is prepared for you and that you will be willing to try new foods in the spirit of experimentation. Eating meals together is an important part of our community; you are expected to attend all meals.

Our commitment to maintain the ongoing health and safety of all members of the Chewonki community during the current pandemic, has required that we adapt our protocols for meal preparation, dining, and chores in the dishroom. The following information provides a broad overview of these measures, and the [Covid-19 Addendum](#) at the end of handbook offers detailed information about [Food, Meals & The Kitchen](#).

Please Do

- Let us know if you have any dietary restrictions or needs.

- Feel welcome to enjoy your own nut-free snacks in your cabin. Each student will have their own bin to store personal snack items and at no time may they be shared with members of their cabin family.

Please Do Not

- Enter the kitchen without explicit permission or with proper PPE.
- Bring outside food or beverages into the dining hall (there will always be community snacks available for your consumption)

NUT POLICY

Peanuts and tree-nuts are not permitted in the kitchen or dining hall, on wilderness trips or in cabins. This includes peanuts, almonds, Brazil nuts, cashews, chestnuts, hazelnut, lychee nut, macadamia nut, pecan, pine nut, pistachio and walnut, as well as their extracts, nut butters (including nut butter products such as Nutella), candies containing tree nuts, nut oils and nut milks (e.g. almond milk), and other products containing tree nuts. Coconut and nutmeg are allowed as they do not pose the same allergy risk. We ask that families not send care packages with snacks that include nuts.

DISH CREW

Each student will be on a five- or six-student dish crew for the semester. Two to three times per week, on a rotating basis, each crew will be responsible for cleaning all of the dishes of a meal and tidying the dish room. During their "on" meal, the crew will eat within 15 minutes and start work before others finish their meal. Faculty members train dish crews, and are available to answer questions. In addition, the Kitchen Manager communicates and holds standards required by State of Maine health codes.

LAUNDRY & MAIL

LAUNDRY FACILITIES

Laundry machines are available for use by all Maine Coast Semester students, designated staff, and residential faculty/staff. Semester students are expected to do their own laundry on campus, and they will have scheduled access to the laundry room on a rotating basis to ensure that every student has multiple opportunities to do their personal laundry, and that Chewonki is able to meet all Covid-19 cleaning and disinfecting standards. Chewonki provides laundry detergent, and there is no fee to use the laundry facilities.

MAIL

You will be able to send and receive mail (including packages) as usual while at Maine Coast Semester. Please bring stamps and envelopes with you. You will also be able to charge postal fees to your student account over the course of the semester. We can also help you ship items via UPS or FedEx. Your address while here will be:

(Your Name)
Maine Coast Semester 65
485 Chewonki Neck Rd.
Wiscasset, ME 04578

TECHNOLOGY

PHONES

Students are not permitted to keep cell phones with them at Chewonki. This is one of the opportunities students have to try something different while here. If a student brings a cell phone with them to campus, we will make sure it is stored with us upon arrival. Landlines on campus will not be regularly shared between individuals but are readily available for emergencies.

CHROMEBOOKS

Students will be issued school Chromebook laptops and will be able to use web-based platforms to make calls as well as written communications to people outside the Chewonki campus.

EMAIL

A Chewonki email account will be created for each student to use during their semester for academic and community use. Our Network Administrator will give instructions on how to access this account after arrival to campus. We ask students to continue to use their home email account for personal use.

TECHNOLOGY & DIGITAL RESOURCE USE

Chewonki-provided technology, including Chewonki computers, Chromebooks, printers, Google's G-Suite for Education software, school-provided web-based software, as well as any and all software used in conjunction with a student's @chewonki.org account, is to be used first and foremost for academic purposes.

Each Maine Coast Semester student is expected to be responsible and accountable at all times when using digital tools and resources, including, but not limited to Chewonki-provided Chromebook computers, printers, Google's G-Suite for Education software, school-provided web-based software, as well as any and all software used in conjunction with a student's student@chewonki.org account. The use of digital tools and resources should be ethical; reflect our Goals for Graduates; demonstrate respect for intellectual property; and guarantee each individual's right to privacy and freedom from intimidation, harassment, or annoyance.

Maine Coast Semester students are expected to abide by generally accepted standards of digital citizenship, including and not limited to:

- Share personal information with discretion and with the knowledge that behaviors and information shared online are tracked and viewable by third parties.
- Learn how to identify and avoid online scams, false representations on social media, and malicious persons.
- Develop strong habits to protect private information and personal security, including protecting usernames and passwords.
- Resist cyberbullying by not participating in or reinforcing harmful behavior, supporting targets of bullying, and following Chewonki's community expectations at all times.
- Seek adult assistance and advice when new or difficult situations involving digital technology arise.

Maine Coast Semester's standards regarding student behavior, as well as all relevant state and federal laws, apply to the use of Chewonki-provided resources. Specifically, no student should:

- Use another's identity, user ID, or password or otherwise gain unauthorized access to digital resources;
- Damage Chewonki computers, Chromebooks, printers, computer systems, or networks;
- Use obscene language or harass, insult or attack others; or
- Violate copyright laws.

In addition, Maine Coast Semester students are responsible for:

- Protecting their account log-in and passwords;
- Communicating and connecting with only people they know when using digital tools;
- Appropriately divulging any personally identifiable information including name, current location, etc.; and
- Managing the appropriateness of content they share via digital tools including text, photos, and videos.

Maine Coast Semester students should remain aware that everything they do online using digital tools can be found, revealed, and shared, possibly creating a negative impact on their reputations, college admissions, and even their future careers.

VIDEO & MUSIC

Music and video are important parts of life for many students and we encourage students to consume both thoughtfully while at Maine Coast Semester. This is especially true in public spaces where we place a premium on direct interaction.

Broadcasting music over speakers is not permitted at any time during study hours in any of the buildings, although the use of headphones is permitted and encouraged. We look forward to thoughtful discussions about the role of technology and media in our lives.

SOCIAL MEDIA & ONLINE SHOPPING

Although engaging in online entertainment, e.g. movies, television, games, etc., along with listening to music and shopping are important parts of life for many students, while attending Maine Coast Semester at Chewonki, you are expected to moderate your consumption of online entertainment and shopping (see Chewonki's Food Philosophy and Sustainability Goals). During your semester you will have restricted internet access, with priority given to sites that support your academic pursuits. Following the completion of the formal wilderness/outdoor skills curriculum, the Semester will be given the opportunity through our school meetings to help determine guidelines for internet access during the weeks remaining.

Your teachers look forward to having thoughtful conversations with you about the role of technology and media in our daily lives.

Additionally, throughout the semester, we reserve the entirety of each Saturday and explicit places on campus, such as cabins, as “Walden Zones,” aka “technology-free zones,” in order to underscore the importance we place on face-to-face interactions.

Maine Coast Semester students are expected to understand that as a member of the Chewonki community they represent the Maine Coast Semester School and the Chewonki Foundation at all times. Anything a student posts or publishes online is a representation of Maine Coast Semester at Chewonki and the Chewonki Foundation. Posting and/or publishing must be done responsibly and adhere to the Maine Coast Semester Great Expectations and Community Standards. Maine Coast Semester students are expected to be accountable for their actions at all times.

PRIVACY

Chewonki will make every effort to respect Maine Coast Semester students’ privacy on a day-to-day basis when using Chewonki-provided resources. However, Chewonki’s network administrator may review files, communications, and log files to ensure that students are using resources in keeping with Maine Coast Semester Great Expectations and Community Standards. Maine Coast Semester students should not expect that content stored on Chewonki’s network, within Google Apps for Education domain, or on other Chewonki-provided digital resources to be private.

VIOLATIONS

Digital violations of Maine Coast Semester’s Great Expectations and Community Standards may result in loss of privileges and/or temporary or permanent separation from the Maine Coast Semester community.

COMPUTER-FREE ZONES & TIMES

For the first 7-10 days of the semester as well as the last week of the semester, students will live without their computers. This enables us to focus on spending time with one another during these important moments for our community. Once computers are returned, we will discuss where and when computers can be used on campus. At this time we will set up all computers to interface smoothly with our network and students will choose how to use these tools within the Maine Coast Semester environment. Additionally, throughout the entire semester, we reserve certain times of the week and places on campus as "Walden Zones," aka technology free zones in order to continue this emphasis on face-to-face interaction.

NETWORK USE & PRINTING

Chewonki is wired with an Ethernet network in all of our main-campus buildings. Through this network students may print black and white papers (on Chewonki laser printers) and work or research online. We discourage the use of the network for downloading music or video files because of the many other opportunities here that merit students' time.

OTHER RESIDENTIAL RULES & GUIDELINES

MORNING GATHER & CHORES

We begin each morning at 6:55 a.m. with Morning Gather, a moment for reflection before morning chores. Chores rotate biweekly during the semester, and are essential to the running of this community. Upon arrival at Maine Coast Semester, students will receive more information about chores. Chore assignments are always posted on the bulletin board in the Ellis Room, which is referred to as "the brain."

RELIGIOUS SERVICES

An opportunity will exist on Friday evening and Sunday morning, as well as on major holidays, to observe and participate in student led services, supported by Maine Coast Semester's Dean of Students. Additionally, if

students would like to participate in religious services remotely, they can work with the Dean of Students to facilitate this.

FOOTWEAR POLICY

Because of the busy nature of our campus, for your own safety and well-being you must always wear shoes when outside, unless you are walking on one of our few manicured lawns. Additionally, state health codes require that you must always wear closed-toe shoes when in the kitchen and dishroom.

CAMPING ON CHEWONKI NECK

Overnights on Chewonki Neck must be approved, in advance, by the Dean of Students and the student's advisor. You will find the [camping guidelines](#) in the Appendix.

BOATING

Boating is not permitted alone or after dark. Students must have full faculty supervision when using boats. Students must be approved by an appropriate faculty or staff member for proper use of canoes or kayaks. Once permission is given, students must sign out before leaving, and sign in when they have returned. Fully-secured life jackets must be worn at all times. Before boating, a waterfront orientation by a designated Chewonki staff person will be held. Please wear closed-toed shoes while boating. See Appendix for full [waterfront guidelines](#) and [boating guidelines](#).

WORK & OUTDOOR PROGRAMS

WORK PROGRAM

Work program is a central and required part of the Maine Coast Semester curriculum. For about four hours per week, each student works on projects essential to our community. Work is typically on the farm or in the woodlot, with our maintenance department, or with another Chewonki program. Each team of students is paired with a faculty or staff member to teach skills and oversee safe operation of tools and machinery. Tasks and projects might include: harvesting produce, splitting wood, changing oil in the Chewonki vans, or trail maintenance. Students with specific skills or interests may become work program leaders as well.

SAFETY POLICIES FOR WORK PROGRAM

1. Eye and ear protection should be worn when using machinery, power tools, mowers, and at other appropriate times.
2. Work gloves, long pants, long-sleeved shirts, and work or hiking boots should be worn for work programs. Long hair should be tied back and in some cases all jewelry removed.
3. Licenses are required to operate any machinery or vehicle. These are given out as needed to students who have demonstrated competence and responsibility by the head of maintenance or by the farm manager.
4. COVID-19 protocols specific to work program sites will be communicated by site managers and must be followed at all times.

WILDERNESS TRIPS

All Semester students go on a four- or five-day wilderness trip within the first month of the semester. You will be in a group of approximately 10 or fewer students with several leaders including faculty and Chewonki wilderness trip staff. In the fall, the trips offered usually include canoeing, sea kayaking, and backpacking. In the spring semester, the trips head inland and allow students to explore the northern Maine woods on snowshoes or cross country skis.

Chewonki wilderness trip leaders are a fabulous resource for the semester school. They are highly trained in wilderness leadership, in many cases having attended NOLS, Outward Bound, or similar programs. At Chewonki, they go through our own extensive wilderness leadership-training course. Additionally, they are trained as lifeguards, wilderness first responders, and Maine State trip leaders. Many are Maine Guides.

OUTDOOR LEADERSHIP PROGRAM

Building upon the skills and dispositions they have developed during their wilderness trip experience, all semester students participate in a four-day, on-campus outdoor leadership program. This next level of outdoor education includes a two-day Wilderness First Aid course, taught by Wilderness Medical Associates International, which certifies each student is trained in the basics of first aid best practices in a wilderness setting. An additional two days are spent in an encampment on our 400 acres, where students hone the skills needed to successfully complete a solo camping experience.

SOLOS

In the second half of the semester every Semester student will spend two days on a “solo” on Chewonki Neck, weather permitting. This is a time for reflection and rest, not an exercise in outdoor survival. You will be fully prepared and trained prior to your solo, and we have also established a series of non-verbal check-ins over the course of the solo weekend to ensure that all students are safe.

SUSTAINABILITY IN PRACTICE

Chewonki has become a recognized model for sustainable management of natural resources. We put ideas about sustainable living and renewable technologies into practice, and many Semester students have first-time, hands-on experiences that inform a lifetime of behavior. Here are just a few of the ways sustainable practices are part of every Maine Coast Semester student’s daily life:

SALT MARSH FARM

Our farm is a small, diversified organic farm that is greatly prized by our community. Its primary mission is to educate students while producing food, wood products, and fiber for the community. The farm consists of approximately 25 acres of open land and 150 acres of woodlot. One acre is cultivated for vegetable production and the remainder is comprised of pasture, hay fields, buildings, trees, and stone walls. The gardens are carefully planned and intensively managed by three full-time, year-round farm staff. Our gardens produce 10,000-15,000 pounds of vegetables annually for our dining hall. We also raise livestock for milk, meat, and fiber, and timber for firewood and some saw logs.

SUSTAINABILITY SEMINARS

Twice a week students gather to listen to members of the Chewonki community speak about: Energy Solutions, Farm and Food Systems, or other sustainability topics. These talks will provide students with a context for understanding the wider importance and application of the ways we choose to live here (from why we compost to how photovoltaic panels work) and are also a wonderful opportunity for students to learn from “experts” - people who work every day in these fields and have a tremendous wealth of experience and knowledge to share with the community.

FINANCIAL INFORMATION

TUITION, ROOM, & BOARD

Generally, students will be billed directly for the entire amount of the tuition (minus the \$1,000 deposit) with payment due approximately one month before the start of the semester (August 5th). Some schools bill the student for the cost of the program, minus the deposit, which is paid ahead of time directly to Chewonki.

Should the student withdraw between the tuition due date and September 5th, Chewonki will retain 70% of the tuition. In the event that school cannot open due to COVID-19, the tuition payment (including the deposit) is refundable up to the first day of the semester. No refund of tuition is made after the start of the program for any reason. This no-refund policy includes, but is not limited to, the following: voluntary departure, departure as a result of non-compliance with the major expectations of the program as outlined in this handbook, departure due to a situation caused by non-disclosure of pre existing medical or mental health conditions, or a force majeure event. At this time, we are not able to offer a tuition insurance option.

STUDENT ACCOUNT

The student account charge of \$400 is included in the tuition bill. We try to limit the amount of week-in, week-out expenses. Nevertheless, there will be some things which are unavoidable. This fee may be used for general

supplies, personal expenses, laptop usage fees, and PSAT. Some miscellaneous items, such as Chewonki swag, will also be charged to the store account.

FINAL ACCOUNTING

Within eight weeks of the end of the semester you will receive a final accounting of the store account, along with a refund owed or balance due, from our business manager.

APPENDIX

WATERFRONT GUIDELINES

The Chewonki Waterfront is a wonderful resource and we encourage all staff and students to take advantage of the swimming and boating opportunities that it provides. The Waterfront also needs to be used with respect to ensure the safety of all participants. With that in mind the following guidelines have been developed and must be followed by all who use the waterfront while Maine Coast Semester is in session.

SWIMMING

For the purpose of this guideline swimming is defined as being in the water when feet are no longer in contact with the bottom. For extended coastal swimming, the water temperature must be a minimum of 60 degrees , whereas "dunk" style swimming may take place with temperatures less than 60 degrees.

POLAR BEAR DIP

Polar bear dip is defined as going in the water from the shoreline to a standing water depth no greater than shoulder height.

SWIMMING AT THE WATERFRONT REQUIRES

- At least two lifeguards, lookouts, or waterfront trained individuals must be on duty before any swimming takes place.
- Adult to swimmer ratio of 1:8 must always be maintained.
- No member of the Maine Coast Semester community may swim, 'Polar Bear Dip', or boat alone.

- No swimming, Polar Bear dipping or boating after dark.
- No swimming during a gale, storm, or hurricane warnings are in effect or during a thunderstorm.
- If no lifeguards are present, swimmers must wear PFD's and have a designated adult lookout on the deck, out of the water.
- All Semester School Students and Faculty must take a swim test prior to any *swimming* for the first time.
- Swim Test: In the presence of two lifeguards (one on each dock), swimmers must successfully swim from the swim dock to the boat dock (or an equivalent 20 yard distance) and back to the front of the swim dock and complete 1 minute of treading water. A swimmer passes this swim test by completing the swim and treading without using the support of the docks or any flotation.
- Health forms must be reviewed prior to the swim test and participants must be given an opportunity to express their prior experience and comfort with water in a way that maintains the dignity of the participant (to avoid non-swimmers feeling compelled to do a swim test).
- Buddy System for Swimming: Each swimmer must be paired with a swimming buddy that they will know the whereabouts of at all times while swimming.
- Polar Bear dips must follow the above protocols as well as adhering to the definition of "Dunk" style dips. There may be conditions under which polar bear dips may not take place; including when the waterfront is too iced over or at other times when local conditions do not allow for safe supervision of the dip. Additionally, the two designated Lookouts must have the following equipment:
 - Reaching pole
 - Ring Buoy
 - Chewonki Med Kit

BOATING

For boating, the combined air and water temperature must be more than 100 degrees Fahrenheit. If this minimum temperature requirement is not met, permission is required from the Vice President of Risk Management, for any boating activity to take place and all boaters must wear appropriate clothing for the conditions.

- At least two boats in every group out on the water
- All boaters must be in PFDs while paddling
- All boaters must be wearing secure closed-toed shoes
- An adult to participant ratio of 1:8 must be maintained
- A written or verbal float plan must be submitted to an on duty faculty member OR the Dean of Students in advance of the paddling excursion.
- Kayakers may not wear a spray skirt unless they have been trained in wet exits.
- Students wishing to go out in canoes or kayaks without an adult in the group may do so if the waterfront is staffed and they meet the following:
 - Students have received training in boat over board rescues.
 - A powerboat and a person trained in use of the powerboat must be available when participants are out.
 - Boaters cannot go north of Hoyt's Point or south of Club Point and stay within sight of the swim dock for their entire trip.
 - Groups of boaters must stay together – within three boat lengths of another boat.
 - Follow the waterfront, PFD, and boating rules and policy above
- Please consult the Director and Assistant Director of Outdoor Programs if any equipment is lost or is in need of repair.

CAMPING ON CHEWONKI NECK

- Camping out can occur after orientation and within cabin family groups.
- Camping out can occur only on Friday or Saturday evening.
- Our risk management policy dictates no more than two, self-contained student groups can camp out at any given time.
- Three students minimum and up to 10 students maximum of any gender can camp out independent of direct faculty supervision (a maximum of 20 students are permitted to camp out at any given time).
- Camping out on Chewonki Neck is restricted to the following locations: Waterfront, Hoyts Point, and Club Point.
- In order to camp out, students must complete the "Camping Out on Chewonki Neck Planning Form" available through the Dean of Students, and meet with a weekend on duty faculty person, by Friday lunch (12:30 p.m.) to review plans and receive approval from their advisor and the Dean of Students.
- No fires (unless a Semester School faculty member is spending the night with the group).
- All school rules apply (including no climbing trees, no contact with the water, must wear shoes at all times, etc.).
- All students camping out must bring flashlights and know the way back to campus.
- If a student needs to return to campus before sun-up, they must be accompanied by a minimum of one other student. The remaining group must have at least three people at the site.
- Students must return and be on time for their first commitment (farm chores, breakfast, brunch, etc.) the following morning.
- Leaving the campsite for any reason other than an emergency is a breach of check-in. This includes non-emergency inclement weather.

SOME COMMENTS ABOUT ACADEMIC INTEGRITY

By Paul Arthur, former faculty member

The central point is twofold: Make sure that you do all the work that is expected of you in any given course, and make sure you give credit to everyone who influenced you in doing a particular piece of work. At the extremes things are pretty clear: It is appropriate and legitimate to hand in something that is entirely your own, and sign your name to it; it is entirely inappropriate and a clear case of plagiarism to hand in someone else's writing in an effort to defraud people into thinking it is yours. Between these extremes lies a continuum that includes accurate footnotes, parenthetical acknowledgment, careful paraphrasing, unrecognized borrowing of ideas, inadvertent omission of citations, inaccurate or incomplete citations, and excessive use of others' writing. It is often difficult to discern when we have crossed the line from what is acceptable to what is ethically questionable, and from the ethically questionable to that which is academically dishonest.

Some rules of thumb may help:

1. When in doubt, give explicit, complete credit. You can do this with footnotes or endnotes, or through citations within the text¹. Which of these you do depends on the nature of the assignment, but you should be consistent within any single piece of writing which convention you use.
2. If you use more than three of someone else's words in a row, put them in quotation marks and offer a citation.

¹ 1 Arthur, Paul "Nine Letter Words Related to Academic Dishonesty" *The Nobleboro Daily Dishrag*, January 30, 2000, page 23.

3. If you use a specialized term in a way an author does you should offer the author's definition and note that the author uses the term in this way. [E.g., Bill Clinton said "What I mean by 'is' is the following..."]
4. If you closely paraphrase what someone else has said, or you purposely mimic their writing style, give credit.
5. If you are heavily influenced by someone's idea or persuasive argument, give credit. You can do this formally with a footnote¹ or informally through an acknowledgment at an appropriate and stylistically acceptable place. [I am grateful to Amy Rogers for helping me to understand and articulate this point.]

There are other possible breaches of academic integrity that revolve around merely appearing to put in the appropriate effort. One obvious example of this is failing to do your share of a group project. Another example is relying too much on another student's help to finish your assignment, or using another student's words, rather than your own, after working together. In a different vein it is problematic when a student very often has an excuse, however understandable, for failing to turn something in, or for turning it in late. Excuses don't always excuse – often they merely explain.

There remain some difficult gray areas. For example, it verges on a breach of academic integrity (albeit not dishonesty, per se) to write a paper by stringing together a series of quotations of other people's work, even if you give appropriate credit. The helpful reminder here is that quotations and paraphrases of others' work should be used to illustrate and support your ideas; they should not constitute the bulk of the paper's content. Liberal quoting is sometimes called for, but be sure you do the important work of explaining the relevance of quoted passages, rather than expecting the quoted material to do the work for you.

Further, it's worth thinking a bit about how and when you use secondary sources – where others have written about something you are studying. The

most obvious examples are SparkNotes, Cliff Notes, and their web equivalents. In general we would discourage you from consulting secondary sources in your classes. You will work closely with secondary sources during college, but it is important at this point in your educational career to develop your own ability to glean meaning, identify images, notice allusions to historical events or other writing (e.g. Biblical references), and recognize particular writing techniques. If you rely on secondary sources to tip you off about what you'll find in your readings you will deny yourself the opportunity to develop your own sensitivities and analytical abilities.

If you do consult secondary sources you must give credit to them in your writing, even if you don't directly quote them. You can do this through an informal footnote or endnote.

What about online encyclopedias such as Wikipedia or Encyclopedia Britannica? Both are useful tools for a quick introduction to a topic, and both have suffered recent criticisms for inaccuracy. For our purposes you should use these resources sparingly, if at all, mostly because we want you to apply your thought and your analysis during your Semester. The information in resources such as these is meant already to be distillations from a variety of sources. We would rather have you consult the original resources, draw the information together, glean what is most noteworthy for your project, discern patterns, highlight interesting interpretations, and weigh all of this for yourself. This is the work we hope you will do in conducting research. And if you must consult secondary sources, of course, cite them.

Finally, each of your Maine Coast Semester teachers may have specific additional expectations. For example, foreign language instructors will have things to say about translation software and dictionaries. It is your responsibility to make sure you understand and follow all these expectations and guidelines.

COVID-19 ADDENDUM

COMMUNITY STANDARDS

It is essential that everyone in our Semester community acknowledges that our existing rules, guidelines, and great expectations may change as life on campus and public health guidance across the country evolves and as new testing and tracing methods emerge. Students must also agree to abide by any new rules and guidelines as determined by Chewonki in order to remain in residence.

If at any point you find that you are unable to comply with the rules set forth in this addendum, you will communicate this with a faculty member. You also understand that if you do not do this voluntarily, you may be subject to removal from Maine Coast Semester.

OVERALL HEALTH & SAFETY PRACTICES

All students must wear a mask and remain 6' physically distanced from members outside the 'micro-community.' Everyone must wash hands thoroughly and often, with soap and water, for at least 60 seconds, especially when returning from outside, after using a restroom, and before and after meals. Please avoid touching your face as much as possible. There should be no sharing of food, eating utensils, or personal items like makeup, toiletries, or water bottles.

It's imperative that students are both honest and transparent about their health, how they're feeling on any given day, and the presentation of any symptoms.

BATHROOMS

Due to space constraints, restrooms and bathrooms are challenging places to enforce physical distancing. It is the responsibility of each student to observe the following guidelines:

- No more than 4 students are permitted to use a bathroom at one time.
- All of your personal toiletries must be stored in a closed, plastic container and stored in the cubby you are assigned (none of these items should be shared with other students).
- Your bath towels, washcloths, loofahs, etc. must be stored in your cabin along with other personal items adjacent to your bed (none of these items should be shared with other students).
- When using the bathroom, use every other urinal, stall, or sink.
- Before exiting the bathroom, clean and disinfect countertops, sinks, and door handles.
- Disinfect your hands with hand sanitizer upon exiting the bathroom.

CABIN LIFE

Semester students will begin their Maine Coast Semester experience living and working in cabin families, which are composed of about six students and 2-3 cabin parents/faculty. The sanctity of the cabin family is essential to the ongoing health and safety of the semester.

Students are not permitted to go in cabins other than their own.

Think of your cabin families as similar to the family you live with at home. When you are in your cabin, you do not have to practice physical distancing; you do not have to wear face covering or other PPE; but you do have to

employ safe hygiene and cleaning practices. Additionally, in your MCS cabin family you do not share food, clothing, towels, cutlery, or dishes.

We are optimistic that if cabin families are distanced from other cabin families, we have significantly reduced the probability of who gets COVID-19.

FOOD, MEALS, & THE KITCHEN

During the first two weeks of the semester, we will utilize outside dining whenever possible (no glass; only plastic cups or water bottles). Hand washing is required and reinforced before and after meals (and during, if necessary). Students and faculty will be asked to wear face coverings at all times except when eating or drinking.

Everyone will sit at tables at least six feet apart with 4-6 chairs per table, and assigned by cabin group (seating 4 per table - 3 students and 1 cabin parent). Commuting faculty and residential staff will sit at separate tables from participants and residential faculty.

Distancing markers will be on the floor at the serving counter and dish room/composting area, as well as designated entrance and exit doors.

Diners will be given wrapped sets of flatware and napkins when they get their food at the counter. Diners may access glasses and serve themselves water, or bring a water bottle (no pitchers).

Meals will be served cafeteria-style from the counter, served by kitchen staff while observing 6 feet of physical distancing. Kitchen staff will wear masks and gloves. Clean plates, bowls, and glasses will be required for seconds, and eating utensils should be left a table. Milk/juice served from the kitchen and glasses will also be provided by the kitchen. Single-serve condiments

will be used when possible and other condiments will be sanitized after each meal (salt, pepper, etc.).

DISH CREW

Students will work in small groups to help clean after each meal; breakfast, lunch, and dinner. Paper (compostable) plates, bowls, napkins will be used at meals and each person will bus/dispose of their own dishes. Glasses and cutlery will be cleaned in the dish room.

Students and faculty will wash all dishes in the dishroom with gloves and masks. Anything that needs to be put away within the kitchen will be done so by kitchen staff. Students will be responsible for putting away dining hall dishes and wares and will also clean the dish room. The kitchen staff will do the final cleaning and sanitizing of the dish room.

The dining hall will be cleaned and sanitized after every meal (tables and high-touch areas), while periodic deep cleans (Mop & Clean) will happen several times per week.

SCREENING & TESTING

Note: Chewonki is subject to the [Maine CDC's guidelines](#) regarding COVID-19 safe practices, contact tracing, testing and the reporting of COVID-19 positive test results to the Maine Department of Public Health. If a Maine Coast Semester student tests positive for COVID-19 (or multiple students are displaying symptoms), we will contact the Maine CDC for guidance.

In addition to the quarantine requirements, semester students are required to complete a COVID-19 PCR test 72 hours prior to arrival and a health screening (submitted in SchoolDoc) on Friday, September 4th (24 hours

prior to your child's arrival on campus). To minimize invasive testing procedures, Chewonki will be providing COVID-19 tests that only require a sample of the student's saliva.

Chewonki will mail each Semester 65 student a COVID-19 saliva antigen rRT-PCR test that must be completed and mailed 72 hours prior to their arrival on opening day. The test will include easy to follow instructions, a return package, and a mailing label so that each family is able to fulfill this COVID-19 pre-arrival requirement. If any family would prefer to obtain a COVID-19 test locally or under their own health insurance, please notify the health center of these plans.

Additionally, in order to closely monitor the health of our students, the Chewonki Health Center will administer COVID-19 saliva antigen rRT-PCR tests at regularly scheduled intervals (approximately every 7 days for the first 21 days of the semester). These tests will be provided by Chewonki at no expense to Semester 65 families.

Self-reported health screenings will be conducted daily throughout the semester under the supervision of a faculty member.

IN THE EVENT OF AN ILLNESS

If a student develops COVID-19 symptoms at any time during the semester the Health Center will do the following:

- Initiate quarantine of the student and those who have been in immediate contact with the student or may have been exposed, as recommended by the CDC.

- Seek out recommendations for COVID-19 testing from the Maine CDC and local pediatric office and/or preferred health agency/testing site.
- Visit a local pediatric office where students may be required to participate in a nasopharyngeal COVID-19 rRT-PCR swab at the discretion of the provider. The visit and test will be processed through the health insurance listed on file for that student.
- If the initial PCR test is negative, the health team will monitor the student for any symptoms of a COVID-19 infection.
- Should symptoms persist the student will be subject to a second PCR test.

If a student tests positive for COVID-19, they will be isolated in a COVID-19 isolation room. The Health Team will provide care for up to 36 hours until the parent, legal guardian, or family designee arrives to retrieve the student from campus. If the student is circumstantially unable to depart campus (plane travel, etc.) in a timely manner (>36 hours), an adjoining room will be temporarily provided for a family member to assume care until departure.

Per CDC guidelines, a positive COVID-19 or suspected positive COVID-19 student can return to campus when they:

- Experiences 3 days with no fever and
 - Respiratory symptoms have improved (e.g. cough, shortness of breath) and
 - 10 days since symptoms first appeared
- and/or

- 2 negative PCR tests are documented 24 hours apart and provided to the Health Center

WILDERNESS TRIPS

All Semester students will go on a five-day wilderness trip within the first week of the semester. You will be in a group of approximately 7 or fewer students with several leaders including faculty and Chewonki wilderness trip staff. In the fall, the trips offered usually include canoeing, sea kayaking, and backpacking. Chewonki wilderness trip leaders are a fabulous resource for the semester school. They are highly trained in wilderness leadership, in many cases having attended NOLS, Outward Bound, or similar programs. At Chewonki, they go through our own extensive wilderness leadership-training course. Additionally, they are trained as lifeguards, Wilderness First Responders, Maine State trip leaders, and some of them are Maine Guides.

Trip leaders will follow the CDC's COVID-19 quarantine protocols, similar to faculty and students, prior to wilderness trips. All trip participants will observe physical distancing (six feet or two meters) at all times, when possible, and use masks when physical distancing is not possible. Each student will sleep independently in their own hammock under a tarp, to reduce contact. Trip leaders will pack food and prepare all meals following standard food safety guidelines. All dishes and utensils will be sanitized in boiling water. All trip leaders and participants will continue the diligent practice of washing hands with soap and water before meals, as well as increase the use of personal hand sanitizer throughout daily activities (particularly after touching one's face, mask, or any group items).

All trip locations will be within 4 hour driving time of Chewonki Neck, at locations that are familiar to Chewonki and those that have multiple evacuation routes.

Trip leaders will continue to do daily health checks of students and themselves, and anyone displaying symptoms of COVID-19 will be evacuated from the field as soon as possible.