



Welcome to Natick Farm's Programs!

We are so glad to have you and yours join us. Please take note of the following to help us ensure a fun, safe, and memorable program of agricultural adventure.

We do not run programs on the following Holidays and days:

Labor Day
Columbus Day
Veterans Day
Thanksgiving Day
Day after Thanksgiving
Christmas Eve & Day
Last week of December (School vacation)
New Years Day
Martin Luther King Day
Presidents Day
Memorial Day

-Please be on time when dropping off and picking up your child. It is important for things to run smoothly. **A late fee of \$1 per minute will be charged after 5 minutes.**

-Your child must wear appropriate clothes for the season. Everyone must always wear **closed-toed-shoes and crew socks.** If it looks like rain, **they must bring a hat & raincoat.** No umbrellas please. T-shirts and jeans are best and we recommend no cotton in the winter as it does not dry well. Your child may not participate in Farm activities if they are not wearing appropriate clothing.

-Send your child with a small healthy snack for programs running over an hour and a re-usable water bottle. Please label any items.

-Prior to coming to the farm, put sun-screen on your child for hotter seasons. If you want your child to **use bug repellent,** please apply it before coming to the Farm. If we think your child has been exposed to poison ivy, **we will wash their hands with Tecnu soap** which removes poison ivy oils. If your child gets a scrape **we will wash the cut with soap and water and apply a bandaid.** We do not apply any antibiotic ointment at the Farm.

Founded in 1975, The Natick Community Organic Farm is a nonprofit, certified-organic farm providing productive open space, farm products, and hands-on education for all ages, year-round.

117 Eliot Street, Natick, Massachusetts 01760 • Phone 508-655-2204 • Fax 508-651-7334
info@natickfarm.org

-The Pond! Everyone loves visiting the pond, and some take some mud or muck home with them. Please send **rain boots** with your child.

-We eat! We take allergies and food safety seriously while giving kids positive experiences eating tasty vegetables.

-The Farm often takes pictures to use in its marketing materials. If you would prefer not to have your child's picture taken, please let us know at Info@natickfarm.org

- We run programming in all weather and have designated shelter. For serious weather warnings we will cancel programs.

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Behavioral Guidelines at NCOF

On the Farm there are a lot of ways to be. Our guests are invited to be happy, be curious, be excited, be engaged, and to be respectful. The Natick Community Organic Farm is a working farm; everything you see, Touch, and taste was grown or cared for by our farmers. We want you to be part of that process as our guest, something you can do by your actions while on the Farm.

We ask that all visitors to the Farm help us care for our animals by not running or yelling, so as not to scare them. We ask that guests be careful where they walk and what they touch so as to not damage our crops. For program participants, the expectations are broadened to include respecting the other members of our community. Appropriate behavior is encouraged at all times, inappropriate behavior will be corrected, and unacceptable behavior will be dealt with in a linear fashion.

- At the first instance of unacceptable behavior, NCOF staff will discuss it with the child's caregiver.
- The second instance will result in the child being asked to leave for the day.
- On the third event the child will be disinvented from participating in future Farm programming.

Without getting too pedantic, unacceptable behaviors include: cruelty to the animals, violence towards others, gross disrespect, and willful destruction of crops or produce. No refunds will be issued as a consequence of poor behavior.

GEARING UP TO BE OUTSIDE ON THE FARM - Winter/Cold days

We ask that you prepare your child for all weather, by dressing in layers with a change of clothes each day.

Thoughts on Layering:

Layering allows you to modify your body temperature and adapt to changing conditions. Two lighter layers are better than one heavy layer. Layering also allows you to adjust clothing to match activity level.

Good Fiber Choices for Wet and Cold Weather:

The best fibers to dress your child in for wet and cold weather are polypropylene, fleece, silk, and wool. Please no cotton! When cotton gets wet, it has no warming ability and keeps you cold. The best idea is to wear water-resistant clothing that does not absorb moisture easily. Fabrics such as polypropylene, fleece, silk, and wool are excellent. In warm weather, long-sleeve cotton T-shirts and pants are fine.

Getting Dirty:

You should expect your child to get dirty! Please do not send them in anything you do not want dirty.

Labels:

All of your child's clothes should be labeled, including extra clothes in backpacks, mittens, water bottles, and boots.

Places to find Good Gear:

REI www.REI.com

The Outdoor Store <http://www.natickoutdoor.com/>

Sierra Trading Post <http://www.sierratradingpost.com/>

Biddle and Bop www.biddleandbop.com/

Campmor <http://www.campmor.com/>

LL Bean <http://www.llbean.com/>

Cost:

Buying gear new can be very expensive. We advise all families to first search the local children's resale store (Savers, Fancy Pants in Chestnut Hill and Growing Up in Belmont). Zulily, Gilt and MyHabit are all online 'deal of the day' sites and allow you to sign up for emails when certain brands go on sale (Bogs, Smartwool, Rugged Bear, Nui Organics, Obermeyer, and Spyder have all been available).

Rain and Snow Gear:

A good quality rain jacket is very important. Fortunately there are quite a few on the market. The REI Rainwall Jacket is our most popular raincoat but Marmot, North Face, REI and LL Bean all make great rain jackets. We have found that a proper rain jacket is one that has a good hood, allows for movement and isn't too heavy. Vinyl raincoats, character or novelty rain coats and anything not waterproof aren't good for heavy downpours or playing in the rain.

Puddle pants are very popular with families; teachers love them too. They are much thicker than the average rain pant. Rain pants are great for protecting children from water from the sky, while puddle pants can take mud and water from all directions.

There are numerous good quality winter jackets and snow pants available. Families have been very happy with Obermeyer, LL Bean and REI jackets and snow pants. We recommend bib snowpants rather than ski pants.

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We recommend stocking up on ‘stretchy gloves’ when you find them on sale. These are very helpful during the colder months and we highly recommend on wearing a pair under waterproof gloves or mittens. Kids frequently wear their stretchy gloves while eating trail or hot snack and having several pairs is very helpful as they tend to go missing. Some parents prefer to buy silk liners as an extra layer, but stretchy gloves work very well.

There are numerous waterproof mittens and gloves we love. This year the most popular was Polarn O Pyret’s shell cuff mittens/gloves. Gordini, Snowstoppers, Seirus, Hestra, Head and Marmot also make great mittens. Another reliable brand, Kombi, make mittens with a space for heat packs.

Boots:

Bogs boots are our preferred boot. They are insulated so they may cause some sweaty feet the first couple weeks of school and the last month or so, but with simply adjusting sock thickness--thin socks in warmer weather, wool socks in winter-- they should work fine. They are a rain boot and snow boot in one. Make sure to buy the insulated boots rated for -30.

Seasonal Gear Lists:

Winter:

What to wear: Warm baselayer (wool, silk, or polypropylene long underwear top & bottom – NO COTTON), long sleeve wool/fleece shirt/jacket/sweater, fleece pants, waterproof snowpants, warm, waterproof jacket, stretchy gloves/liners, warm, waterproof mittens/gloves, wool or fleece hat, balaclava or ski mask ***in addition to normal approved face mask***, wool socks, and insulated, waterproof boots.

What to pack: 1 extra baselayer, 2 extra pair of wool socks, extra underpants, change of clothing, extra hat, 2 extra pair waterproof gloves/mittens and water bottle. 3 Extra masks!