



The Outdoor School



teaching respect, inspiring wonder

Parent & Student Handbook

2680 Highway 154
Santa Barbara, CA 93105
Phone (805)686-5167
Fax (805)686-5175
info@theoutdoorschool.org
www.theoutdoorschool.org

Dear Parents and/or Guardians,

Your child is about to experience the adventure of a lifetime at The Outdoor School. They will spend four days and three nights expanding their science knowledge in nature's classroom while hiking, developing leadership and social skills, participating in special activities, campfires, and much more. We hope that you will share in their excitement about The Outdoor School and help them prepare for their time away from home. Your support and encouragement are essential for your child's success during their experience at The Outdoor School.

We hope that this book answers all your questions about The Outdoor School. If not, feel free to give us a call at (805) 686-5167 or email your questions to info@theoutdoorschool.org

Sincerely,
The Outdoor School Education Director

THE OUTDOOR SCHOOL

The Outdoor School is located across from Lake Cachuma on Highway 154 (about 20 miles north of Santa Barbara). Our nationally accredited camp facilities include eight dormitories, a health lodge, commercial kitchen, dining hall, friendship hall, trading post, nature center, two ponds, hiking trails, and hundreds of acres to explore. In the event of an emergency in which you feel the need to contact or pick up your child, please contact your school/district office first and then, if during business hours (8am-4:30pm) call 805.686.5167. If not during business hours please call 805.686.5172 to reach our health lodge and your child's teachers.

Trading Post

Make checks or money orders to
The Outdoor School.

You can also order online
at

WWW.THEOUTDOORSCHOOL.ORG

All proceeds benefit our
scholarship program

ORDER FORM

SCHOOL: _____

TEACHER: _____

STUDENT NAME: _____

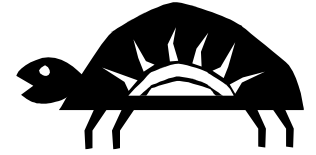
ITEM	COST	SIZE (adult)	TOTAL
T-Shirt	\$10.00	S M L XL	
Hooded Sweatshirt	\$25.00	S M L XL	
Beanie	\$10.00		
32 oz Water Bottle	\$3.00		
27 exp Camera	\$8.00		
Postcard w/ Stamp	\$1.00		

Total Amount Due

NOTES, QUESTIONS, COMMENTS

DAILY SCHEDULE

MORNING



- 7:00 WAKEUP
- 7:45 BREAKFAST
- 8:45 CABIN INSPECTIONS
- 9:00 ANNOUNCEMENTS
- 9:15 CURRICULUM HIKES
- 12:00 LUNCH

AFTERNOON

- 1:00 CABIN TIME
- 1:15 NATURE ACTIVITY
- 2:00 SPECIAL ACTIVITIES
- 4:00 SNACKS & RECREATION
- 4:45 SHOWERS
- 5:15 CABIN INSPECTIONS
- 5:45 DINNER
- 7:00 EVENING ACTIVITY

PACKING

Please send luggage that is manageable for your child; each student is responsible for carrying her/his own luggage from the parking lot to the cabin area (approximately 25 yards). Please label all clothing and luggage with your child's name (in huge letters!!!).

DRESS CODE: SCHOOL APPROPRIATE ATTIRE. STUDENTS ARE REQUIRED TO WEAR LONG PANTS & CLOSED TOED SHOES ON ALL HIKE!

- | | |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Sleeping bag or sheets/blankets (twin) | <input type="checkbox"/> Swimsuit (one piece - for shower) |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> 2 short sleeve t-shirts |
| <input type="checkbox"/> Shampoo/soap | <input type="checkbox"/> 2 long sleeve t-shirts |
| <input type="checkbox"/> Toothpaste/toothbrush | <input type="checkbox"/> Sweatshirt/sweater |
| <input type="checkbox"/> Comb/brush | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Rain gear (we hike in the rain so be prepared) |
| <input type="checkbox"/> Towel | <input type="checkbox"/> 4 pairs of long pants (which are mandatory for hikes and most activities) |
| <input type="checkbox"/> Chapstick | <input type="checkbox"/> 1 pair of shorts |
| <input type="checkbox"/> Water Bottles (2 or 3 for a total of at least 36- oz.) | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Camera (disposable) | <input type="checkbox"/> 2 pairs of shoes/boots |
| <input type="checkbox"/> Stationery/ paper/postage | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Reading book | <input type="checkbox"/> 5 pairs of socks |
| <input type="checkbox"/> Money (see Trading Post order form on the back page) | <input type="checkbox"/> Hat (for sun and warmth) |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Gloves (for warmth) |
| <input type="checkbox"/> Backpack for hiking | <input type="checkbox"/> Dirty clothes bag |
| <input type="checkbox"/> Ear Plugs | <input type="checkbox"/> Flip Flops for shower |

If your child's school is coming during the winter months, please send EXTRA warm clothes.

DO NOT PACK

Makeup Cell Phones Hair Spray Radio /Alarm Clocks
Food Gum Candy Hair Appliances Hair Gel
iPods/Discman Electronic Games



IF YOU HAVE ANY QUESTIONS ABOUT PACKING, YOU CAN ASK YOUR CLASSROOM TEACHER OR CALL US

THE OUTDOOR SCHOOL STAFF

Education Director

Responsible for the day to day operations of The Outdoor School including discipline, naturalist supervision, and communication with schools.

Program Coordinator

Assists the Education Director with administrative duties and is in charge when E.D. is unavailable. Responsible for cabin leader training throughout the week.

Naturalists

College educated

Have received intensive in-service training and ongoing staff development in curriculum areas and teaching skills

CPR/1st Aid certified

Dedicated, enthusiastic, and very energetic
Fingerprinted by the Department of Justice



Classroom teachers

Retain administrative control of students
Dispense medication and staff health lodge
Participate in everything!

Cabin leaders/ parent chaperones

Reside in the cabins with the students
Assist Naturalists during curriculum hikes, special activities, meals, and campfire
Positive role model

STATEMENT OF PURPOSE

The Outdoor School facilitates the development of community and environmental stewardship in students through a direct experience with nature. We broaden students' horizons by inspiring a sense of wonder and curiosity about our dynamic, diverse, and interdependent local and global environments.

CURRICULUM

The Outdoor School curriculum is closely aligned with the California state standards for fifth and sixth grade. Your child will participate in five curriculum hikes.

- **THE GEOLOGY HIKE** focuses on plate tectonics and the resulting geology of the Santa Ynez Valley, faults and all. Learners will explore and classify rocks and rock formations, search for fossils, and see firsthand the power and products of erosion.
- **THE WILDLIFE BIOLOGY HIKE** broadens learners' understandings of animal adaptations and the interdependences that link all living things together using games and activities, observing and tracking wildlife, and exploring animal artifacts.
- **THE PLANT ECOLOGY HIKE** reinforces basic concepts like photosynthesis, ecosystems, and habitats while helping to connect learners to place by letting them explore our plant communities (and eat some of the edible inhabitants).
- **THE NIGHT HIKE** is one of the highlights of The Outdoor School week and is a true sensory experience. Activities focus on astronomy, nocturnal animals and adaptations, as well as confidence building through the famous "Courage Walk".
- **THE CHUMASH HIKE** helps wrap up The Outdoor School experience by exploring Chumash culture, how these people survived in the valley, and the interactions people, both past and present, have with their environment.

SPECIAL ACTIVITIES

Students will have the opportunity to sign up for three special activities at The Outdoor School. The students sign up in the order that they go to bed so you might want to practice with your student now!

The following is a list of special activities that may be offered (but not always) at The Outdoor School: 9 mile ridge hike – boating – archery – old man murphy – stealth mission – frog city – improv comedy games – gladiator death ball – the lost redwood – survival hike – rock hopping – talking sticks – bat cave – messy relays — animal tracking – waterfall hike – campfire stories – hot air balloons – and many more!

DO NOT PACK, WILL RESULT IN IMMEDIATE DISMISSAL:

Knives
Lighters

Tobacco
Illegal Drugs

Hatchets
Matches

Alcohol
Fireworks

DISCIPLINE POLICY

Our approach to discipline is to use positive reinforcement (STARS)— although sometimes it is necessary for learners to experience consequences for poor choices and behaviors (CHECKS).

When a student exhibits negative behavior, s/he will receive:

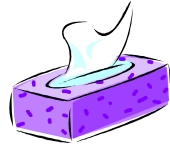
- 1st check** – a warning and discussion with Naturalist of what the student did that was inappropriate
- 2nd check** – the student is the last person at The Outdoor School to sign up for a special activity
- 3rd check** – the student misses a recreation time and a behavior contract is created
- 4th check** – the student will miss a special activity and call home to have a discussion with his/her parents
- 5th check** – the parents and/or guardian of the child are notified and the child is sent home

PICK-UP POLICY

Any student or students who exhibits extreme or unsafe behavior such as fighting or intentionally harming others physically or emotionally, intentionally endangering themselves or others, participating in cabin raids or other violations of personal space, stealing, bringing or using knives or controlled substances will be immediately removed from The Outdoor School and must be retrieved by the legal guardian (school administration will be responsible in the event of the guardian's unavailability). We reserve the right to adjust our policies after consulting with teachers and, though it is not our intention to remove youth from the program, we do reserve the right to have any person or persons removed from the property if their behavior is deemed dangerous or inappropriate. We do not provide refunds. Feel free to contact us if you have questions.



HEALTH INFORMATION



Emergency Form

It is essential that you fill The Outdoor School Student Health and Emergency form out **COMPLETELY (no child will be able to attend The Outdoor School without this form).**

Medication

Health forms will be provided by your school district. The rules regarding dispensing medication are determined by your school district, not The Outdoor School. If you have any medication questions please contact the appropriate school district official. Please make sure that all medications are cleared (via doctor's signature on the health form)—including inhalers and epi-pens. Students needing epi-pens or inhalers are *required* to carry them during all hikes & activities.

Special Needs

We welcome all students at The Outdoor School. If your child has a special need (sleep walking, bed-wetting, snoring, shyness, homesickness, health condition, dietary requirements, etc.), please do not hesitate to send her/him to The Outdoor School. Discuss any special needs your child may have with his/her classroom teacher prior to departure. If you still have concerns, please feel free to call The Outdoor School Education Director at (805) 686-5167.

If the special need involves dietary restrictions, please list substitution items on the health form. Our kitchen staff needs to know what your child can have, not simply what they cannot.

Emergencies

Should your child require medical attention while at The Outdoor School, s/he will be immediately transported to the emergency room at Santa Ynez Valley Cottage Hospital. If such a case were to occur, you would be notified as soon as possible. Parents are responsible for costs/charges incurred as a result of emergency care.

CONTACTING YOUR CHILD

Mail

Please mail letters at least a week ahead of time to ensure that your student receives the mail – it will be passed out during breakfast. Please include the name of your child's school and the dates of attendance. **DO NOT** mail packages or express mail; it will not arrive to the school in time. If your child will be sending letters home, please provide them with an appropriate amount of self-addressed stamped envelopes. Outdoor School post cards with stamps are available for \$1.00 at the Trading Post. Due to administrative restraints we cannot receive emails for students.

Child's name The Outdoor School 2680 Highway 154 Santa Barbara, CA 93105 School name and dates attending

Phone calls

Children are not allowed to call home except in emergencies. Parents should call The Outdoor School **ONLY** in case of an emergency. Social calls are not permitted. You can reach The Outdoor School office at (805) 686-5167 until 4 p.m. If there is an emergency after 4 p.m. then you may call the health lodge at (805) 686-5172 (**emergencies only**).

Birthdays

If your child's birthday occurs during his or her stay at The Outdoor School we promise to make it a memorable experience by acknowledging it during dinner. We cannot accommodate any special requests such as a party or dessert due to the number of students at The Outdoor School.

Parental Informed Consent and Hold Harmless/Release Agreement

I understand that participation in The Outdoor School activities, including hiking, boating, archery, and teambuilding activities, involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in these activities. I understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. I release The Outdoor School, their parent organization, the coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation. I approve the sharing of the information on this form with professionals who need to know of medical situations that might require special consideration for the safe conducting of activities. In case of an emergency involving my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child. Medical providers are authorized to disclose to the adult in charge examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

Talent Release Form

I hereby assign and grant to the The Outdoor School the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made my child and I hereby release The Outdoor School of any and all liability from such use and publication. I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of The Outdoor School and I specifically waive any right to any compensation I may have for any of the foregoing.

Student Name _____ Address _____
X _____ Date _____ Telephone: () _____
Signature of Parent and/ or Guardian

Yes No 7. Frequent Severe Headaches or Fainting
Comments: _____

Yes No 8. Any _____ Speech, _____ Hearing, or _____ Vision problems
Comments: _____

Yes No 9. Sleepwalking. How often? _____

Yes No 10. Prone to bedwetting? Frequency? _____

Date of Last Tetanus: _____

ALLERGIES/RESTRICTIONS: List all known. Describe reaction and management of the reaction.
Medical Allergies (list): _____

Food Allergies (please include restrictions, i.e. vegetarian, vegan): _____

Activity Restrictions (e.g. what cannot be done, what adaptations or limitations are necessary): _____

OTHER: Please use this space to provide any additional information about your child's behavioral, physical, or emotional needs that will help us to better serve them.

Health History/Emergency Treatment Form for the Outdoor School at Rancho Alegre

Complete and return to your classroom teacher before leaving for The Outdoor School. Any changes to this form should be provided in writing to the classroom teacher before arrival at The Outdoor School.

The Outdoor School at Rancho Alegre is owned/operated by Los Padres Council, BSA.

Student Name: _____ Birth date: ____/____/____ Sex ____ Age ____
Home address: _____ Home Phone () _____
City, State, Zip _____ Entering _____ grade in fall
School: _____

Emergency Numbers (fill in completely):

1. Custodial parent/guardian:
Cell: () _____ Day phone: () _____ Night phone: () _____
2. Second parent/guardian:
Cell: () _____ Day phone: () _____ Night phone: () _____
3. Emergency contact/relative:
Day phone: () _____ Night phone: () _____
4. Neighbor:
Day phone: () _____ Night phone: () _____

INSURANCE INFORMATION

Is the student covered by family medical/hospital insurance? Yes No

If so, indicate carrier or plan name _____ Group # _____ Family Doctor _____ Phone () _____

MEDICATIONS: Please list all medications being taken at this time. _____

Please be aware that all medications must be approved by the school district and are regulated by school district policy, not The Outdoor School. Please contact your school for the appropriate forms.

HEALTH HISTORY: (Please circle yes or no; provide comments regarding management of condition where applicable)

Yes No 1. Severe Allergies Requiring Interventions Bees Food Other _____
Does your child need an Epi-Pen Yes No (If bee sting kit is necessary, please use school district medication form)
Date of last reaction and its severity: _____

Yes No 2. Allergies- Hayfever, Food, Other
Comments: _____

Yes No 3. Asthma (Include date of last attack)
Comments: _____
Will your child be bringing an inhaler? Yes No

Yes No 4. Heart Condition Comments: _____

Yes No 5. Diabetes Comments: _____

Yes No 6. Epilepsy: (Include date of last seizure)