

THE OUTDOOR SCHOOL PROGRAM

Students are provided a total of six and one-half hours of direct instruction each full day. Daytime classes are selected by your classroom teachers and vary with the seasons. Typical selections include Miwok Culture, Forest Ecology, Geology, Wildlife Ecology, and an all-day class and picnic lunch in Yosemite Park. Evening programs may include astronomy, folk dance, or a “night hike” study of nocturnal adaptations. Each evening ends with a campfire and campfire songs.

In addition to their outdoor classes, students have the opportunity to make new friends, experience group living, and take responsibility in such tasks as keeping their cabins clean, preparing the dining hall for meals, and helping to keep the grounds free of litter. A one-hour recess each day allows students to choose activities ranging from hiking, fishing, or cross-country skiing, to crafts or simply “quiet time” to relax in.

SAFE BEHAVIOR AT THE OUTDOOR SCHOOL

In order to honor our promise that your student will be safe with us, we must have you and your student promise that your student will always follow these three guidelines:

1. Respect others, other’s possessions, and the environment
2. Do not touch others or their property
3. Follow all directions the first time they are given

Of course students make mistakes sometimes or forget how they are supposed to behave at the outdoor school. A student who is not following one or more of the guidelines for behavior will be counseled by the staff as to how to be more successful. The student’s name, the behavior problem, and the solution will be written into the referral book in the office and signed by the student to help them remember how to act. A second referral will result in additional counseling and the loss of recess. In addition, the second referral results in a formal conference with the teacher. A third referral brings additional counseling, loss of another recess, and a phone call home to conference with the parents. A fourth referral indicates that the student is not ready to be at the outdoor school and requires that the student be picked up by their parents. Since the Outdoor School is a part of each child’s regular school year, additional disciplinary measures may be taken once students return home from the Outdoor School.

Any major infraction of the rules, threat to the safety of self or others, or lapse of judgment such as fighting, outright defiance of staff authority, or “raiding” other cabins will result in immediate suspension and again requires the parents removal of the student from the outdoor school. Parents who are unable to transport their child will need to make arrangements with their family or their child’s school for transportation, as suspended children can not be allowed to remain at the outdoor school.

Cabin Leaders provide supervision in the cabins and during recess and are often the first to notice a need for improvement in student behavior. Students who do not respond to the cabin leader’s encouragement are referred to the teachers or outdoor school naturalists for counseling.

Cabin Leaders consult with the Green Meadows staff or a teacher if there is a question about how to improve student behavior. Cabin leaders do not write referrals.

To assure facility safety all students are to abide by the following:

STUDENT CABINS: Green Meadows is everyone's home for the week and we count on everyone's help to keep the grounds and facilities neat and clean. Each cabin group is responsible for keeping their cabin and cabin area clean. Cabins are inspected by the outdoor school maintenance supervisor each morning, and the cleanest boy's and girl's cabin each receive special recognition.

When in the cabins all luggage goes on the floor, under the bottom bunks. Walkways are to be kept clear at all times. Everything needs to be at least three feet from the heater and bunks are to remain where placed. Cabin doors will always open from the inside to allow students to leave in an emergency- even when locked from the outside at night for security.

As a special note about the cabins and respecting feelings and property-

*Girls may not enter the Boy's Village; Boys may not enter the Girl's Village;
and students may not go into each other's cabins at any time.*

Students may only enter their own cabin when accompanied by a cabin leader or other staff member.

INFIRMARY: A health care attendant is provided by your child's school. They are licensed as an EMT-1 (or higher certification) and stay at the Infirmary onsite throughout your program. They are here to respond to any medical emergency and to assist students with approved medications (please see the permission form). **All** medications, including aspirin and vitamins, must be kept in the infirmary.

TEACHERS' CABINS: Female teachers live in the staff cabin in the center of the girl's village. Male teachers live in the staff cabin in the center of the boy's village. They are available to the students 24 hours a day and provide the nighttime supervision.

NATURALISTS' CABINS: Our staff naturalists live on site in houses just above the school grounds. The naturalists and the school principal are on-call each night in case of emergency.

PROGRAM AND SCHEDULES

BEFORE BREAKFAST: Students remain in their cabins before 7:00 a.m. In an emergency students are to be accompanied to the restroom or infirmary by their cabin leader. From 7:00 a.m. to 7:45 a.m. the students get ready for breakfast, use the restroom, and go for short hikes with their cabin leaders.

MEALS: BREAKFAST: 7:45 a.m. LUNCH: 12:15 p.m. DINNER: 5:45 p.m.
Cabin groups take turns setting up for meals and sweeping the dining hall after meals. At each table, students take turns bringing food to the table and clearing the table.

CLASSES: 9:30 - 11:45 a.m. and 1:30 - 3:45 p.m.

(Yosemite National Park based classes are 9:15 a.m.-3:45 p.m.)

Classes offered at Jack L. Boyd Outdoor School vary with the season and are selected by your child's teacher to connect with the regular classroom curriculum and state standards. Selections are made from such classes as Big Trees- The Giant Sequoias, Forest Ecology, Geology, Glacier Point- Ecology and Geology of the High Country, Miwok Culture, Nature Detectives, Orienteering and Compass Skills, Snow Science, Stream Ecology, Wildlife Ecology, Wilderness Ethics, Winter Ecology, and Yosemite Valley Natural History and Management.

REST TIME: After lunch students may take a short rest period until class time.

RECESS PERIOD: 4:00 – 4:45 p.m.

Electives may include a choice of archery, arts or crafts, basketball, cross-country skiing, fishing, Frisbee golf, gold panning, hiking, inner-tube sledding, quiet time to rest & relax, soccer (or snow soccer), volleyball, or wacky baseball. Each activity is led by one or more cabin leaders who are supervised overall by the outdoor school staff. Special Note- the cabins that are quietest at night sign up for recess activities first! ☺

SHOWER PERIOD: 4:45 – 5:45 p.m. (no shower period on arrival or departure days)

STUDENT/TEACHER MEETING: 7:00 - 7:55 p.m.

During this time students meet with their regular classroom teacher to review the day's lessons, work in their journal, and share experiences with their teacher and classmates.

EVENING PROGRAM: 8:00 - 9:30 p.m.

Each evening includes a campfire program of songs and skits and an hour of such classes as astronomy, folk dance, night creatures, or student skits about nature.

BEDTIME: 9:30 p.m. – 7:00 a.m.

Students have 15 minutes after campfire to get ready for bed until the "lights-out" bell rings at 9:45 p.m.; they then have about 15 minutes to talk until the teachers ring the "all quiet" bell. The teachers continue to check cabins and grounds through the night and keep a written report of their observations and the conditions, as well as any disciplinary counseling required. In an emergency students are to awaken the cabin leader to accompany them to the restroom, infirmary, or teacher's cabin. Cabin doors are locked at night but can always be opened from the inside for emergency purposes.

STUDENTS: For the Immediate Health and Safety of Yourself and Others, You are to Always...

- ◆ Be with your cabin leader, naturalist, or teacher at all times. For safety reasons Students are never allowed to go anywhere by themselves.
- ◆ Walk unless participating in an adult-organized activity that allows running.
- ◆ Leave rocks and sticks on the ground, and never approach or handle animals.
- ◆ Leave all candy, drinks, food, gum, and snacks at home.

IN CASE OF EMERGENCY

IF YOU HEAR A SIREN:

Walk to the front of the dining hall when you hear the siren. An emergency practice drill will occur the day of your arrival.

IF YOU FEEL ILL OR GET HURT:

Notify your cabin leader or teacher immediately. Wake up your cabin leader at night if you need to see the nurse.

IF YOU NEED THE BATHROOM AT NIGHT:

Wake up the cabin leader and have them accompany you to and from the bathroom.

ADDITIONAL STUDENT SAFETY REMINDERS

WEAR PROPER CLOTHING:

- Come to classes and recess prepared for the climate outdoors.
- Shorts, sleeveless shirts or tank tops, and sandals are NOT permitted. They do not provide sufficient protection from scrapes and sunburn.
- When it is cold, wear layers of clothing to keep you warm (e.g., T-shirt, long-sleeved shirt, sweater and jacket). Wear a hat to conserve a large percentage of your body heat.
- When it is warm weather, begin your day with layers such as a short-sleeved shirt under a sweater or sweatshirt- That way you can easily adjust the amount of clothing you have on as the day warms up.

DRINK WATER TO PREVENT DEHYDRATION:

Dehydration occurs when you have less water than your body needs. Symptoms of dehydration include dizziness, nausea, and headaches. Take a drink of water before and after class. Drink the water available during lunch and dinner.

ONLY DRINK WATER WE PROVIDE. DO NOT DRINK THE STREAM WATER, EAT SNOW, OR DRINK WATER FROM ANOTHER STUDENT'S PERSONAL WATER BOTTLE:

The stream water may have Giardia, a microscopic protozoa that can make you sick. Snow may have dust and other particles in it that can also make you sick, and of course drinking from another student's personal water bottle can spread illness.

WALKING IN THE SNOW:

Dig your heels into the snow to prevent slipping. Stay on the trails so that the Mountain Whitethorn that may be under the snow off the trail will not tear holes in your boots.

BE KIND TO THE PLANTS, TREES, AND WILDLIFE:

Walk on paved walkways where available. Hike single-file on trails. Leave branches, leaves, and flowers ON living trees and plants.

While we do not have poison oak or rattlesnakes, please do not touch plants or animals unless permitted by an instructor.

USE YOUR CAMERA APPROPRIATELY:

You may use your camera anywhere outside, in the Dining Hall, and in the Nature Center. For privacy reasons you are NOT to use (or even pretend to use) your camera in the cabins, bathrooms, or showers. Improper use of a camera will result in a referral to the office and loss of camera privileges. The camera will be given to your regular principal. Cameras are not to be used when an instructor is teaching without permission of the instructor.

VISITING

In order to assure the safety and security of your students, only school personnel are allowed to visit during your child's program.

MAIL & FAXES

Receiving mail while at Outdoor School is special for children and may also serve to reduce homesickness. We suggest letters be given to your child's teacher to deliver during the program. Please put which day you want the letter delivered to your child on the outside of the envelope so that they will get them in the order you intend. If you choose to mail your letters, please address mailed envelopes as follows. Allow a minimum of three days for delivery. Note: Overnight Delivery will generally NOT get here overnight. You may send faxes to (559) 683 2969 or e-mails to chayward@mcoe.org.

Your Child's Name

Name of the School your Child Attends

Jack L. Boyd Outdoor School, Green Meadows

7798 White Chief Mountain Road

P.O. Box 69

Fish Camp, California 93623-0069

PHONE CONTACT

You are welcome to call us to see how your student is doing or to leave a message for them. Please do not ask to speak to your child directly unless there is an EMERGENCY, as we have found that pulling children out of their activities or cabin for calls from home actually causes homesickness or makes it worse instead of preventing it!

It is the policy of the Outdoor School that children phone home ONLY in cases of emergency, and only with the assistance of their teacher or the nurse. If your child is seriously ill or

homesick your child's teacher will contact you first to share information and ideas as to the best course of action.

Our phone number is (559) 642-0122; office hours are 7 a.m.- 3:30 p.m. with voice mail available when we are away from the phone. Program staff are on duty past 10:00 p.m. but are involved in the activities and may not be near phones to answer them after 4:30 p.m. The Infirmary's direct telephone number is (559) 642-0126 or (559) 642-0122 ext. 6503. This is also the emergency after-hours contact number.

SUGGESTED CLOTHING AND EQUIPMENT LIST

Jack L. Boyd Outdoor School is at a 5,000 foot elevation. Days may be warm, particularly during the early fall, late spring, and summer, yet evenings and mornings tend to be chilly. You should check the weather forecast just before packing. We always provide your student's school with a weather update the week before their trip. If in doubt it is better to over pack rather than to under pack.

General Tips: Please mark all items (especially underwear, socks, or clothing of value) with your name. Leave the more brightly colored clothing home during fall and spring to avoid attracting bees and wasps. Clothing must not distract from the educational program or suggest gang affiliation. Old clothes are ideal. A complete change of clothes for each day is recommended since students will be outdoors and active. A large plastic bag for dirty clothes helps keep them separated from the clean ones.

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|--|---------------------------------------|
| _____ Sleeping Bag OR Sheets and Blankets | _____ Sweatshirt or Sweater |
| _____ Pillow | _____ Long pants (no shorts) |
| _____ Pajamas or "sweats" | _____ Long-sleeved shirts |
| _____ Sunglasses | _____ T-shirts (sleeves required) |
| _____ Jacket and Hat or Cap | _____ Underwear |
| _____ Socks (one pair/day in fall/spring, two or more pairs/day in winter if possible) | |
| _____ Tennis shoes or walking shoes (2 pairs recommended, if available) | |
| _____ Towel and Wash Cloth | _____ Soap and Shampoo |
| _____ Toothbrush and Toothpaste | _____ Chap Stick and Sun Screen |
| _____ Kleenex or Handkerchiefs | _____ Sandals /Water Shoes (showers) |
| _____ Flashlight, Extra Batteries | _____ Pencil or Pen |
| _____ Notepad or Paper for letters home | _____ Envelopes and Stamps |

In addition, from **November through April**, the following items are strongly recommended to keep you dry and warm:

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|---|---------------------------|
| _____ Hat or Cap that covers the ears | _____ Mittens or Gloves |
| _____ Extra socks (can substitute for gloves) | _____ Extra Pair of Shoes |
| _____ Long (thermal) underwear | _____ Sunglasses |
| _____ Poncho or Raincoat (students without ponchos may borrow one from the outdoor school) | |
| _____ Waterproof boots or Overshoes (Students who do not have their own waterproof boots may borrow a pair of rubber boots from the outdoor school) | |
| _____ Snow pants/bibs/boots if available. | |

You may also enjoy bringing the following: Camera and film, a book, a hair dryer. Fishing gear is permitted during fishing season ONLY. Fishing season ends November 15th, each year and reopens the last Saturday in April of each year. During fishing season we have fishing equipment available for students to use during recess so students do not need to bring their own equipment.

Please be certain that the following items are **LEFT AT HOME**:

Money, expensive jewelry, Candy, Food, Drinks, Canteens, Gum
Shorts or Sleeveless Tops (Tube, Tank, or Halter Tops)**,
and any distracting clothing.
Curling Irons, Guns, Knives, Hatchets, any weapon
Comic Books (unless approved by the teacher), Radios/CD Players/MP3's etc.,
Tape Recorders/players, Electronic Games, Walkie-talkies/family radios,
Cell Phones/Pagers
Anything valuable/irreplaceable.

**To protect students from sunburn and to reduce the possibilities of other injury we do not permit shorts, sleeveless tops, or sandals to be worn out of doors. Please do not bring sleeveless tops or shorts, and only wear sandals during shower time.

CHECK-OFF LIST FOR PARENTS

Forms to be Completed. Signed & Returned to School:

- _____ **Permission Slip/Waiver/Emergency Authorization (PS-100A) (1 side, signed by parent).**
- _____ **Health Information and Treatment Authorization (2 sides, signed by parent).**
- _____ **Request for Administration of Medication (2 sides, signed by parent and physician).**
- _____ **Self Administration of Medication (2 sides, signed by parent and physician).**

Health Considerations:

_____ Assess your child's overall health and physical condition. Students typically hike an average of 5 to 6 miles per full day. If your student is recovering from injury, illness, surgery, or has other special health or behavior considerations PLEASE discuss these with the classroom teacher **and** the outdoor school principal (559 642-0122) in advance of your child's trip. Our mission is for every student to succeed!

_____ If your child requires a special diet you will need to contact the Outdoor School Principal 2 weeks before your school's visit at (559) 642-0122 to make arrangements prior to your child's arrival at the facility. Meal substitutions will be made with a written medical

statement or completed Medical Statement form (CNP-925) that is signed by a licensed physician.

_____ Talk to or call your child's teacher or the outdoor school staff if you have questions or concerns regarding your child's health or behavior.

Day Before Departure:

_____ Inform the Teacher of additions/changes to the **Health Inventory** or **Medication Authorization**.

Evening Before Departure:

_____ Please check to be certain that your child has the **Suggested Clothing** and **Equipment**.

_____ Label EVERYTHING with your student's full name!

_____ Be sure that medication is properly labeled.

_____ Review this booklet with your student.

Morning of Departure:

_____ Please take your child's temperature. If it is above 100°F you will need to keep your child at home until their fever comes down and they are well. You may bring them to the Outdoor School later in the week when their fever has stayed down for twenty-four hours.

_____ Collect sleeping bag, suitcases, and medication

_____ Deliver medications to your child's classroom teacher

_____ Other _____

Thank you for your assistance in making the Outdoor School possible!

This institution is an equal opportunity provider.

Dear Parent or Guardian,

The Healthy Schools Act requires all California school districts to notify parents and guardians of pesticides they expect to apply during the year.

You can find more information regarding these pesticides and pesticide use reduction at the Department of Pesticide Regulation's Web site at www.cdpr.ca.gov.

You may view a copy of the district's integrated pest management plan. It is located online at: <http://mcoe.org/deptprog/business/facilities/Documents/Merced%20County%20Office%20of%20Education%20Integrated%20Pest%20Management%20Plan-May%202015.pdf>

If you have any questions, please contact:
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