

The Outdoor School



Teaching respect, inspiring wonder

Parent Student Handbook

2680 Hwy 154, Santa Barbara, CA 93105

amanda.chick@scouting.org

A program of the Los Padres Council BSA

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.

We hope that this book answers all your questions about The Outdoor School. If not, feel free to give us a call at (904) 703-0677 or email your questions to amanda.chick@scouting.org

Sincerely,

Amanda "Mako Shark" Chick
The Outdoor School Director

THE OUTDOOR SCHOOL is located across from Cachuma Lake on Highway 154 (about 20 miles north of Santa Barbara). 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. Then, during business hours (8am-4:30pm), call 904.703.0677. If not during business hours, please call your child's teacher.

Schedule

Day 1

Day 2

Day 3

Day 4

9-11 Arrivals & Welcome Hikes	7:00 Wake up	7:00 Wake up	7:00 Wake up
12 - Lunch	7:45 Breakfast	7:45 Breakfast	7:45 Breakfast
1:15-4 Curriculum Hikes	9:15-11:45 Curriculum Hike	9:15-11:45 Curriculum Hike	8:45-10:15 Curriculum Hike
4-4:45 Recreation Time	12:00 Lunch	12:00 Lunch	10:15 Wrap Up Activity
5-5:45 Showers & Cabin Inspections	1-2 Mellow Time	1-2 Mellow Time	11:00 Lunch
5:45 Dinner	2-4 Special Activity	2-4 Special Activity	11:45 Buses Depart
7-8 Evening Activity	4-4:45 Recreation Time	4-4:45 Recreation Time	
8-9 Campfire	5-5:45 Showers & Cabin Inspections	5-5:45 Showers & Cabin Inspections	
9:15 Lights Out/ Bed Checks	5:45 Dinner	5:45 Dinner	
	7-9 Night Hikes	7-8 Campfire	
	9:30 Lights Out/ Bed Checks	8-9 Special Activity	

Curriculum

Your child will participate in five curriculum hikes. The hikes are designed to encourage your child to connect with nature through exploration and scientific thinking.

- *Water Science and Fire Ecology*: Students will gain an understanding of how fires spread and study the post-fire recovery of our native ecosystems as well as gain an understanding of the water cycle and it's impact on the environment.
- *Ecology Hike*: Students will learn about the local flora and fauna from edible plants, animal tracks, how to identify species from scat, play games and more
- *Night Hike*: The night hike is always a highlight of The Outdoor School week. Activities focus on astronomy, nocturnal animals and adaptations, as well as confidence building through the famous "Courage Walk".
- *Dynamic Earth Hike*: Students will explore why and how the Earth is constantly changing by studying eroded creek beds, searching for fossils, modeling the Solar System, and much more!
- *Closing Hike*: The Outdoor School experience will be wrapped up by exploring native Chumash culture, how these people survived in the valley, and the interactions that people, both past and present had/have with the planet.

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.

Special Activities

Students will have the opportunity to sign up for two 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 child now!

The following is a list of special activities that may be offered at The Outdoor School: The 9-mile hike – hike to lake cachuma – archery – old man murphy – frog city – extended campfire – gladiator death ball –mountain biking – the lost redwood – survival hike – rock hopping – bat cave – bird watching – animal tracking – owls and mice – and many more!

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.

Lead Naturalist: 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: Have received intensive in-service training and ongoing staff development in curriculum areas and teaching skills. They are dedicated, enthusiastic, and very energetic. Fingerprinted by the Department of Justice. CPR/First Aid certified.

Classroom teachers: Retain administrative control of students and participate in everything!

Cabin leaders/parent chaperones: Reside in the cabins with the students, assist Naturalists during curriculum hikes, special activities, meals, and campfires.

Packing List

Please label all clothing and luggage with your child's name (in huge letters!!!).

DRESS CODE: SCHOOL APPROPRIATE ATTIRE WITH LONG PANTS & CLOSED TOED SHOES ON ALL HIKES!

ESSENTIAL ITEMS

- Day pack for hiking
- Refillable water bottle
- Sleeping bag OR twin sheets and blanket
- Pillow
- Toiletries & Shower Items
- Swimsuit for showers
- Towel and washcloth
- Toothbrush
- Deodorant (non-spray)
- Shampoo
- Soap
- Brush and/or comb
- Toothpaste
- Clothing
- Rain jacket/poncho (1)
- Underwear (4-5 pairs)
- Warm jacket/coat (1)
- Pajamas (1 pair)
- Heavy sweater/sweatshirt (2)
- Socks (4-6 pairs)
- T-shirts/shirts (4-5)
- Long pants for hiking (3)
- Comfortable, closed-toe shoes for hiking
- Slippers/flip flops for showers

OPTIONAL ITEMS

- Second pair of shoes
- Rain pants
- Lip balm
- Sunscreen/sunblock
- One-time use camera
- Letter writing supplies
- Flashlights
- Kleenex
- Hat
- Sunglasses
- Gloves
- Shower shoes
- Money for the Trading Post

THINGS NOT TO BRING TO CAMP

- Cell phones, smartwatches, hand-held video games, or any electronic devices
 - Non-emergency phone calls will be made by Outdoor School staff.
 - We will have a phone available to participants if needed.
- Sports equipment, trading cards, games, gum, jewelry, items of value, peanuts/tree nuts and peanut/tree nut products
- Any extra food without special permission from camp - no food is allowed in the cabins.
- Colognes or other strong smelling items for chemically sensitive individuals.
- Pets or any other living animal
- Fire starters of any kind
- Anything else not mentioned in the Essential or Optional Items above
- STRICTLY PROHIBITED: Alcohol, cigarettes, tobacco, fireworks, drugs, drug paraphernalia, knives, and weapons of any kind are strictly prohibited at camp. In the event a prohibited item is found, it will be confiscated and the participant along with the Program Lead will call the participant's parents for immediate pick up from camp.

DO NOT BRING ANYTHING VALUABLE TO THE OUTDOOR SCHOOL. THERE IS NO LOCKED AREA TO STORE YOUR ITEMS AND WE ARE NOT RESPONSIBLE FOR MISSING ITEMS.

DISCIPLINE POLICY

The school's teachers retain administrative control of students while at The Outdoor School (this is a field trip). Therefore the teachers enforce all of the policies and procedures from their school while visiting The Outdoor School. Our approach to discipline is positive reinforcement (STARS) – although sometimes it is necessary to have consequences for behavior (CHECKS).

When a student exhibits negative behavior, they will receive:

- o **1st check** – warning and discussion with Naturalist of what student did that was inappropriate
- o **2nd checks** – the student is the last person at The Outdoor School to sign up for a special activity
- o **3rd check** – the student misses a special activity, and a behavior contract is created with the teachers, Education Director or Program Coordinator
- o **4th check** – the student misses a special activity and they have to call home with an explanation of their behavior
- o **5th check** – the parents and/or guardian of the child are notified and the child is sent home.

Students who exhibit severe or unsafe behavioral problems such as intentionally harming another person physically or emotionally, bringing or using knives, other dangerous weapons, cabin raids or fighting will be immediately removed from The Outdoor School

PICK-UP POLICY Any student(s) who exhibit 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.

Camp Conduct

At The Outdoor School at Rancho Alegre, the physical and emotional safety of all our program participants is our top priority, and we strive to provide a comfortable and enriching experience for all. We recognize that the development of responsible participant behavior and conduct is fostered by proper role modeling, guidance, and adherence to a set of policies and behavioral expectations - an expectation that we impress upon and hold our staff accountable to.

The Outdoor School at Rancho Alegre is committed to creating an environment where the rights and dignity of all individuals are respected. Our goal is to promote a culture that fosters cooperation through open, honest, and civil discourse. We ask all camp participants to be mindful of each other's physical, emotional, and mental well-being, with the understanding that The Outdoor School at Rancho Alegre is responsible for establishing such an environment. Incidents that may violate the rights and dignity of any individual, including participants, staff, or parents/guardians, is regarded as a serious matter. The Outdoor School at Rancho Alegre will respond promptly and sensitively to determine the appropriate action.

Camp Rules

- Be safe and respectful toward yourself, our community, nature, and The Outdoor School facilities
- Only go in your own cabin
- Stay with your field class while on trail at all times
- Wear closed-toed shoes when outside your cabin
- Please walk while on campus and trails
- Climb trees AT HOME
- Leave rocks and sticks on the ground
- Make good choices
- Have fun!

Health Information

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 (sleepwalking, 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 Director at (904) 703-0677.

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. Should your child require medical attention while at The Outdoor School, He/She 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.

Sending Mail to your Child

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 postcards with stamps are available at the Trading Post. Due to administrative restraints we cannot receive emails for students.

You may also give the letters to your students teachers before camp.

Send Mail To:

The Outdoor School

Student Name

2680 Hwy 154, Santa Barbara, CA 93105

School Attending

PLEASE PUT YOUR CHILDS SCHOOL ON THE LETTER

* 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.