

*Outdoor Science School*

*Information for*

*Parents*



Black Oak  
*Quercus kelloggii*



WILLIAM M. HABERMEHL  
County Superintendent of Schools

Administered by the Orange County Department of Education

Outdoor Science School is located in the beautiful San Bernardino Mountains. The sites are adjacent to the San Bernardino National Forest and provide a unique opportunity to study the natural environment. Students explore established trails, investigate geological features, observe wildlife, and compare plant adaptations. During the evenings, students study the night sky through telescopes, and use their senses to experience the forest at night. The curriculum is aligned with the *California Science Content Standards* and the *California Science Framework*.

Our students also learn new songs and games, participate in line and folk dances, and create and perform science or nature-oriented skits at skit night. Learning responsibility and cooperation through group living and practicing courtesy and table manners at meals are some of the ways students develop their social skills.

Living in the mountains allows the students to develop an awareness and appreciation of the environment. They learn that the choices they make can have a positive effect on their world. Students are asked to limit their impact on trails, respect wildlife, take short showers, and recycle. Students go home knowing more about the natural world and themselves.

For more information visit [www.insidetheoutdoors.org](http://www.insidetheoutdoors.org) and click on "Outdoor Science School."

#### STAFF

- Outdoor Science School staff are carefully interviewed, referenced and fingerprinted.
- Staff members are certified in first aid and CPR.
- They receive ongoing training and evaluation.
- They enjoy working with children.

#### ACCOMMODATIONS

- Students stay in heated cabins with bunk beds.
- Bathrooms have individual shower stalls for privacy.
- Students clean their living quarters daily.
- Boys and girls live in separate cabins.
- An instructor lives in the cabin with the students.

#### FOOD

- Meals are prepared on site by food service professionals.
- Meals meet USDA guidelines for the National School Lunch and Breakfast program.
- Seconds are available for most items.
- Fresh fruit and vegetarian options are available.
- There is a salad bar at lunch and dinner.
- Students, teachers, and staff enjoy their meals together.
- Table manners and polite conversation are emphasized.

#### HOMESICKNESS

- Most students who become homesick overcome it and have a successful week.
- If your child becomes homesick, the staff will encourage him/her to work through it.
- If he/she continues to have trouble adjusting, you will be contacted.

#### BEDWETTING

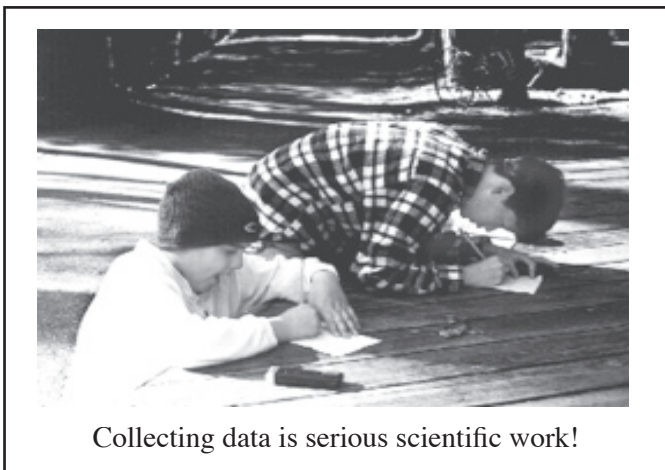
- If your child wets the bed, please note it on the Student Registration form (confidential).
- If a problem occurs, it is handled discreetly; the soiled bedding and clothing are removed, washed and returned while the students are out on activities.
- Extra sleeping bags are available, if necessary.

#### HEALTH CARE

- A health services technician (registered nurse or emergency medical technician) lives at each site during the week.
- When the health services technician at one site is off duty, a responsible staff member will fill in and a nurse at another site is on call.
- Student medications are administered by the health services technician or a designated staff member.
- Medications listed on the Student Registration form may be given to your child, if needed, unless you have indicated otherwise on the form.
- Minor illnesses or injuries will be treated at the health care facility on site.
- If your child has something more serious, such as flu or fever, you will be informed and may be asked to pick up your child.
- In case of a medical emergency, you will be informed and your child's transport to a nearby medical facility will be arranged.
- Please note that access to a physician and/or hospital could be delayed in excess of one hour due to the remote locations of the sites. Road closures due to adverse weather conditions could make transport to a medical facility difficult.

#### SPECIAL NEEDS STUDENTS

A child with special needs is defined as one who may, due to an emotional or physical condition, require individualized care or medical attention. Examples include, but are not limited to: diabetics, mobility challenged students, students in casts, students who regularly use a nebulizer, emotionally challenged students, and students with severe food allergies. If you think your child has a special need/condition please contact the site your child will attend (phone numbers on back) at least six weeks prior to attending. Timely communication will help everyone make the necessary arrangements to accommodate your child.



Collecting data is serious scientific work!

### TRANSPORTATION

- Each school arranges its own transportation.
- Buses are scheduled to arrive at Outdoor Science School at 11:00 a.m. the first day and depart at 11:00 a.m. on the last day.
- If an unavoidable conflict occurs, you may pick up your child. Call the site your child will be attending to make arrangements (phone numbers on back of brochure).

### TUITION

- Student fees pay for lease of the sites, food, staff salaries, and insurance.
- Your school may add the cost of transportation to our fees.
- If your child attends a partial week, the cost of the week will be prorated.
- Students who leave and return to Outdoor Science School will be charged the full fee.

### EMERGENCIES

- In the event of an emergency, each site maintains enough food, water, and supplies to sustain a school group for several days.
- Parents should direct all phone communication to their school office in order to keep Outdoor Science School phone lines open for emergency use.
- Outdoor Science School will keep each school informed as the situation evolves.

### COMMUNICATION

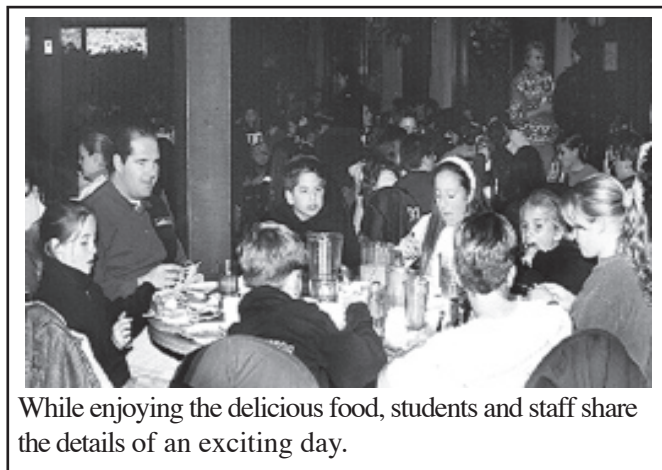
- Telephones are not available for student use. You will be called if there is a concern regarding your child.
- Express or overnite mail (Fed Ex, UPS, etc.) is not recommended; it is not always delivered directly to Outdoor Science School.
- Letters should be mailed to the site the weekend before your child attends.
- Address the envelope with:
  - Name of student
  - School he/she attends
  - Site name and address (see back of brochure)
- Mail received after your child has gone home will be returned to sender or sent to your school.

### VISITS

- Parents are welcome to visit the program any time it is in operation except the week your child is attending.
- This policy prevents homesickness and distraction from the program.
- Visits must be arranged in advance with the program office at (909) 389-0820.

### SOUVENIR PHOTO

- A group photo of the students attending Outdoor Science School is taken each week and is offered for sale only to parents.
- Occasionally, a souvenir video is produced and given to the teachers at the end of the week.



While enjoying the delicious food, students and staff share the details of an exciting day.

## ORANGE COUNTY OUTDOOR SCIENCE FOUNDATION

Orange County Outdoor Science Foundation provides financial support to all of the programs operated by Inside the Outdoors, including Outdoor Science School. Since these programs do not receive tax-based funding, they depend on student fees and donations by individuals, community organizations, and businesses. One of the ways the foundation supports Inside the Outdoors' programs is by offering products such as souvenir photos, t-shirts, vests, hats, etc. The foundation's efforts help contain program costs. For more information about Inside the Outdoors or to make a donation to the foundation, visit the website at [www.insidetheoutdoors.org](http://www.insidetheoutdoors.org) or call (714) 708-3885.

Orange County Department of Education

**OUTDOOR SCIENCE SCHOOL  
CLOTHING LIST**

- When choosing the clothing, think in terms of layers. Several garments that can be worn, one on top of the other, are warmer than one bulky item. In wet or snowy conditions, wool or fleece are warmer than cotton.
- Mark all clothes/equipment, especially water bottles and cameras, with your child's name.
- **Two pieces of luggage only:**
  - 1) Sleeping bag/bedroll wrapped in sturdy plastic bag, marked indelibly with name and school
  - 2) Suitcase or duffel bag with luggage tag with name and school
- Please dress in long pants, walking shoes (or snow boots), and carry a jacket on the bus trip the first day.

**The Orange County Department of Education is not responsible for any lost, damaged, or stolen items.**

<p><b>ESSENTIAL YEAR ROUND:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Sleeping bag</li><li><input type="checkbox"/> Pillow with pillowcase</li><li><input type="checkbox"/> 1 heavy, warm jacket (some are available to borrow)</li><li><input type="checkbox"/> 1 pair pajamas (or sweatsuit)</li><li><input type="checkbox"/> 5 sets of underwear</li><li><input type="checkbox"/> 8 pairs of midcalf socks (4 heavy/wool; 4 lightweight)</li><li><input type="checkbox"/> 2-3 pairs of jeans/sturdy pants (required on all hikes)</li><li><input type="checkbox"/> 2 warm shirts and 2 light shirts with sleeves (no tank tops or cropped tops)</li><li><input type="checkbox"/> 1 heavy sweater or sweatshirt</li><li><input type="checkbox"/> 1 pair of gloves/mittens</li><li><input type="checkbox"/> Hat, stocking cap, or heavy scarf - during all seasons</li><li><input type="checkbox"/> 1 or 2 pairs of shoes (comfortable walking shoes or hiking boots, with tread and closed toe)</li><li><input type="checkbox"/> Water bottle</li><li><input type="checkbox"/> 1 bath towel, 1 washcloth</li><li><input type="checkbox"/> Toilet kit:<ul style="list-style-type: none"><li>comb/brush</li><li>soap and shampoo</li><li>toothbrush and toothpaste</li><li>deodorant</li><li>drinking cup</li><li>sanitary supplies, if needed</li><li>lip salve (Chapstick, Blistex, etc.)</li></ul></li></ul>	<p><b>ADDITIONAL ITEMS TO BRING IN WINTER (December through April):</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Long underwear/sweats/tights</li><li><input type="checkbox"/> Second pair of gloves/mittens</li><li><input type="checkbox"/> Waterproof snow boots, with tread (some are available to borrow)</li><li><input type="checkbox"/> Extra socks (wool preferred)</li></ul>
	<p><b>OPTIONAL:</b></p> <ul style="list-style-type: none"><li>• Hair dryer (highly recommended)</li><li>• Flashlight with good batteries</li><li>• Camera and film (disposable recommended)</li><li>• Sun block, sunglasses, sun hat - strongly suggested for spring and fall</li><li>• Letter writing materials (paper, pencil, stamped envelopes)</li><li>• 1 pair of shorts - spring and fall (to wear in camp, not on hikes)</li><li>• Slippers or shower shoes (for cold floors)</li><li>• Book</li><li>• Small game (non-electronic)</li></ul>
<p><i>NOTE: Some rain ponchos, rubber boots, jackets, hats, and gloves are available for students to borrow while at Outdoor Science School.</i></p>	

**DO NOT BRING ANY OF THE FOLLOWING:**

- ✗ Money, valuables
- ✗ Food, candy, gum
- ✗ Curling irons, make-up
- ✗ Hair spray
- ✗ Electronic games, radios, walkmans, phones, pagers
- ✗ Any items which can cause injury to you or another person (e.g., knives, razors, sharp tools, drugs, etc.)
- ✗ Any items not allowed at your school

Date Attending \_\_\_\_\_

Site Attending \_\_\_\_\_

## Preparing For Outdoor Science School

Fill out and sign the Student Registration form.

This information is confidential.

Fill out completely.

Don't forget to sign the back.

**Your child does not have permission to attend Outdoor Science School without a completed, signed form.**

Fill out and sign the Return Trip slip.

This would be used in the event of an emergency on the return bus ride.

What if my child takes medication?

Fill out the Medication Authorization form.

This information is confidential.

This form is necessary for prescription and nonprescription medication, herbal and/or homeopathic remedies, and supplements (e.g., vitamins).

Both parent and physician signatures are required. You may fax this form to your physician for completion.

If you would like your child to carry his/her inhaler or EpiPen, please fill out the "Consent to Carry" section.

**We cannot administer any medication, remedy, or supplement you send without a completed, signed form.**

All medications should be in the original containers and clearly labeled.

Your school will need the medications and the completed form prior to the morning of departure.

My child has a special need. What do I do?

Inform Outdoor Science School at least six weeks in advance. Your school sends a six week checklist which lists any special needs students.

Fill out and sign the Release For a Child With a Special Need/Condition.

If your child is under medical supervision for the need or condition, the physician must also sign.

Your school is responsible for providing an aide, if needed.

My child has a special diet. What do I do?

Determine if you will need to send substitute food. Fresh fruit and vegetarian options are available at all meals.

Contact the site your child will attend for more information or to obtain a copy of the menu.

If you need to send substitute food, contact your school for a copy of the Meal Substitution guidelines.

What to bring

Outdoor Science School sites range from 4000 to 7000 feet in elevation.

Weather changes are frequent and unpredictable. Cold temperatures can be expected during late afternoons and evenings in any season.

Clothing and shoes should be comfortable and appropriate for outdoor activities.

The Clothing List gives our recommendations on what to bring (and what to leave at home).

Students are asked to carry their own luggage (one piece at a time).

Some rain ponchos, boots, and jackets are available for students to borrow while at Outdoor Science School.

Do not pack ANY food or medication in your child's luggage.

Morning of departure

Students should wear long pants, shoes suitable for hiking, and should carry a jacket.

Students are screened for health before departure.

A child may be excluded from participation for a temperature of 100 degrees or more, signs and symptoms of a communicable disease or condition, or a temporary condition limiting mobility (e.g., crutches).

That child may attend later in the week if the situation is resolved.