

# COYOTE OUTDOOR SCHOOL



Dear Parent(s) or Guardian(s),

We are excited to host your child for Coyote Outdoor School! This spring, your child will engage with the natural world through inquiry, observation, and hands-on activities. Coyote Outdoor School is a program of Whole Earth Nature School. Our overnight programs enhance students' connection to self, community, and nature. We work diligently to create an inclusive environment where everyone feels accepted and supported.

We will be running programs at SKY Camp in Fall Creek, Oregon. You can take a virtual tour of Sky Camp on our YouTube page: [youtu.be/79Zmg83uFIIs](https://youtu.be/79Zmg83uFIIs). Our goal is for every student to come home from Coyote Outdoor School energized and excited to connect with and inquire about the natural environment.

Coyote Outdoor School provides valuable learning experiences that cannot be had in a classroom setting, using the Coyote Mentoring model of teaching and nature connection. Our instructors mentor students through a mixture of storytelling, hands-on experience, science inquiry, and the art of questioning. Fifth- and sixth-grade students spend their days searching for wildlife signs, painting with soil, journaling plants, and exploring in the forest. Their evenings are full too as they bond with their cabin mates, share gratitude at dinner, and sing under the starry night sky. Outdoor School stories, songs, and adventures become lasting memories that empower students to be curious learners and compassionate leaders.

We know from research on residential outdoor education programs that Outdoor School fosters student growth, confidence, and nature connection. Many students who struggle in traditional learning environments excel in experiential learning at Coyote Outdoor School. Students leave Coyote Outdoor School feeling more comfortable outdoors and ready to take on new challenges. They return to school with a greater enthusiasm to learn and a better ability to apply science to real-world situations.

In this welcome packet, you will find a parent permission and medical history form to be signed and returned four weeks before your child attends Outdoor School. We have also included our Coyote Outdoor School Code of Conduct, a packing list, our Spring 2020 schedule and a list of Frequently Asked Questions. If you have any questions that are not answered in this packet, please contact us. We look forward to discovering the wonders of the natural world with your child at Outdoor School.

Sincerely,

Sarah "Redbud" Kelly  
Director, Coyote Outdoor School  
[Sarah@WholeEarth.org](mailto:Sarah@WholeEarth.org)  
[CoyoteOutdoorSchool.org](http://CoyoteOutdoorSchool.org)  
541-THE-HOWL (843-4695)



## Frequently Asked Questions

### **What will my child be doing at Coyote Outdoor School?**

Outdoor School, as the name implies, is school that happens outdoors. While at Outdoor School, your child will be assigned to a Field Study group, and they will stay with that group through most activities. Students will spend their day rotating between different Field Study activities as well as some planned recreation activities. For more details, review our daily schedule in your information packet. Learn more about our program at <http://coyoteoutdoorschool.org>.

### **Who will be supervising my child at Coyote Outdoor School?**

Whole Earth Nature School provides 11 trained staff to run all Outdoor School lessons and activities. Student groups will be supervised by Whole Earth staff and your school's teachers during Outdoor School. We also recruit and train high school volunteers called "Coyote Leaders" to assist in teaching and mentoring students. If you know a high school student who would be a great Coyote Leader, send them to [bit.ly/coyoteleaders](http://bit.ly/coyoteleaders) for more information. We will also have some spots available for parent chaperones. You can email us at [OutdoorSchool@WholeEarth.org](mailto:OutdoorSchool@WholeEarth.org) if you'd like to be added to the parent chaperone waitlist.

### **How do you deal with medical needs or emergencies?**

Whole Earth Nature School has a comprehensive site safety and emergency plan overseen by the Outdoor School director and assistant director. All Whole Earth Nature School staff are trained in first aid and CPR and many staff also have wilderness first aid training. Please let us know about any of your child's medications and medical needs by completing the attached health history form. Medications will be administered by a certified health coordinator or school district employee.

### **How can I contact my child at Coyote Outdoor School?**

If you need to reach your child during the program due to an emergency or unforeseen circumstances, please call your child's school office directly. That office will be able to reach staff at the Outdoor School program site. Alternatively, you can call the Whole Earth Nature School Eugene office (541-937-5437), and one of our Eugene staff will connect you with the appropriate staff at our Outdoor School site.

### **Can you accommodate my child with physical disabilities or unique needs?**

Whole Earth Nature School has been running nature-based youth programs in Eugene for 10 years, serving thousands of kids (and families) each year. We give a high level of personal attention to each student and have the experience to engage kids of diverse cultures, developmental stages, and abilities in natural science education. We are happy to work together with students and parents or guardians to accommodate the unique needs of each individual. Please let us know as soon as possible if your child has any physical conditions that would limit them from moving on trails or uneven ground so that we can make accommodations for your child.



## Spring 2020 Sample Schedules (SKY Camp in Fall Creek, OR)

### Mon-Wed Sample Schedule\*

Monday		Tuesday		Wednesday	
10:00 am	Arrival, orientation, move-in	6:30 am	Wake up	6:30 am	Wake up
11:30 am	Lunch	7:30 am	Gratitude ceremony, breakfast	7:30 am	Gratitude ceremony, breakfast
12:30 pm	Field study	8:30 am	Cabin cleanup	8:15 am	Cabin cleanup
3:00 pm	Interest groups, snack	9:00 am	Field study	9:00 am	Field study
4:45 pm	Class meeting	11:30 am	Lunch	11:30 am	Sack lunch
5:45 pm	Contributions	12:30 pm	Field study	11:45 am	Closing ceremony, group photo
6:15 pm	Gratitude ceremony, dinner	3:00 pm	Interest groups, snack	12:15 pm	Students depart on buses
7:15 pm	Cabin time	4:45 pm	Class meeting		
8:00 pm	Campfire	5:45 pm	Contributions		
9:00 pm	Bedtime	6:15 pm	Gratitude ceremony, dinner		
9:30 pm	Lights out	7:15 pm	Cabin time		
		8:00 pm	Campfire		
		9:00 pm	Bedtime		
		9:30 pm	Lights out		

### Wed-Fri Sample Schedule\*

Wednesday		Thursday		Friday	
2:15 pm	Arrival, orientation, move-in	6:30 am	Wake up	6:30 am	Wake up
3:45 pm	Field study	7:30 am	Gratitude ceremony, breakfast	7:30 am	Gratitude ceremony, breakfast
6:15 pm	Gratitude ceremony, dinner	8:30 am	Cabin cleanup	8:15 am	Cabin cleanup
7:15 pm	Cabin time	9:00 am	Field study	9:00 am	Field study
8:00 pm	Campfire	11:30 am	Lunch	11:30 am	Lunch
9:00 pm	Bedtime	12:30 pm	Field study	12:15 pm	Interest groups
9:30 pm	Lights out	3:00 pm	Interest groups, snack	2:00 pm	Closing ceremony, group photo
		4:45 pm	Class meeting	2:30 pm	Students depart on buses
		5:45 pm	Contributions		
		6:15 pm	Gratitude ceremony, dinner		
		7:15 pm	Cabin time		
		8:00 pm	Campfire		
		9:00 pm	Bedtime		
		9:30 pm	Lights out		

\*These schedules may change slightly before your program. We will provide a final schedule on the first day of your school's Outdoor School program.



## Descriptions of Key Activities

**Field studies** are lessons in awareness, nature connection, and natural sciences that make up the focused learning portion of our Outdoor School program activities, covering topics like plants, animals, water, and soil. Field Study is lead by Field Instructors with support from Coyote Leaders and classroom teachers. School teachers help engage students in curriculum, accompany students to the restroom, and work with Field Instructors to address any behavioral challenges.

**Interest groups** offer students a chance to choose from a variety of activities facilitated by classroom teachers and Outdoor School staff, including interactive learning games, nature exploration, team building, meditative nature experiences, wildcraft, and more. Interest groups are led by Program Guides, and teachers can also choose to lead an interest group at Outdoor School. Since students choose interest groups, they include a mix of students from different classes and/or schools.

**Class meeting** time gives students and teachers one hour together without Outdoor School staff. During class meetings, our staff have meetings and prepare for activities. Teachers direct class meeting and choose how to best use this time. Some teachers check-in with their students, connect Field Study curriculum to classroom curriculum, or play games. Teachers can also pass out letters from home during this time and give students time to write back to their parents.

**Contributions** are assignments completed by each cabin group to encourage everyone to contribute to the Outdoor School community. Contributions include setting dining tables, prepping campfire (with supervision), preparing skits, practicing songs, cleaning bathrooms, and sharing gratitude. Coyote Leaders lead contributions with help from Program Guides.

**Gratitude ceremony** is led by cabin groups who share why they are thankful with the whole Outdoor School community. To prepare for the ceremony beforehand, students discuss what they are grateful for at Outdoor School and plan their unique ceremony; they can create art, a song, or skit to display gratitude. Alternatively, each student in the cabin can share one reason they are thankful. Coyote Leaders facilitate gratitude ceremony with help from Program Guides.

**Cabin time** gives students an opportunity to spend time in their cabin groups engaging in social activities and/or self care. During cabin time, they can socialize with peers, practice songs and skits for campfire, decompress and reflect on their day, and attend to their hygiene needs. Coyote Leaders supervise cabin time with help from Program Guides.

**Campfire** is the pinnacle community building experience at Outdoor School. During this time, students, teachers, and ODS staff sing, tell stories, perform, and socialize around the campfire. In their cabin groups, each student will participate in one song or skit at one of the campfires. Program Guides lead campfire with help from everyone in the Coyote Outdoor School community.



## Schools and dates for Coyote Outdoor School

Dates	Schools
M-F, April 6-10	Marcola Elementary, Mohawk Middle, Teach NW
M-W, April 13-15	Harrisburg Elementary
W-F, April 15-17	Chavez Elementary
M-W, April 20-22	Twin Oaks Elementary, Buena Vista Elementary
W-F, April 22-24	Howard Elementary
M-W, April 27-29	River Road Elementary, Coburg Charter
M-W, May 4-6	Adams Elementary, Fox Hollow Campus
W-F, May 6-8	Spring Creek Elementary, Awbrey Park Elementary
T-Th, May 12-14	Gilham Elementary
T-Th, May 26-28	Bohemia Elementary, Dorena Elementary, London Elementary

Programs occurring on Tuesday through Thursday will use the Monday through Wednesday program schedule.



## Preparation Guide and Packing List

This is a **suggested** list of items needed for Coyote Outdoor School. We recommend that you do not purchase anything new. Instead, borrow from friends and bring older, worn clothing and equipment that you already have. We have a limited supply of extra outdoor clothing; please contact us at [OutdoorSchool@WholeEarth.org](mailto:OutdoorSchool@WholeEarth.org) if you need to rent gear for Outdoor School.

### How to dress for the outdoors:

Most importantly, dress in layers and wear appropriate shoes and socks to stay warm and dry on cold, rainy days. The weather outside may change so be prepared for all weather scenarios. We highly recommend bringing waterproof shoes or boots and bringing several changes of socks in case one pair gets wet. For body temperature regulation, wearing multiple lightweight layers is better than only having a heavy coat. A waterproof jacket is a must to stay dry and warm, and a hat is invaluable for staying warm on cold days.

### Packing List for Overnight Programs

<b>Clothing:</b> <ul style="list-style-type: none"> <li>• Waterproof shoes or boots</li> <li>• Rain jacket (preferably with hood)</li> <li>• 2-3 shirts</li> <li>• 2-3 pairs of jeans or heavy pants</li> <li>• 3-4 pairs of underwear</li> <li>• 6 pairs of socks (preferably thick, wool or synthetic fiber)</li> <li>• Extra layers (Light jacket, sweatshirt or sweater, leggings or thermal underwear)</li> <li>• Pajamas</li> <li>• Warm hat</li> <li>• Gloves or mittens</li> <li>• 2-3 plastic bags for wet or dirty clothes</li> </ul>	<b>Personal Gear:</b> <ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Pen or pencil</li> <li>• Sleeping Bag OR sheets and blankets</li> <li>• Pillow and pillow case</li> <li>• Bath towel and washcloth</li> <li>• Shower bag: Soap or body wash, shampoo, conditioner, sandals</li> <li>• Toothbrush and toothpaste</li> <li>• Hair brush or comb</li> <li>• Flashlight or headlamp</li> <li>• Optional/if needed <ul style="list-style-type: none"> <li>○ Tissues or handkerchief</li> <li>○ Glasses and sunglasses</li> <li>○ Chapstick</li> <li>○ Camera and film (disposable preferred)</li> <li>○ Feminine hygiene products</li> <li>○ Deodorant (mild, non-aerosol)</li> </ul> </li> </ul>
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**PLEASE DO NOT BRING MONEY, ELECTRONIC MUSIC PLAYERS, ELECTRONIC GAMING DEVICES, CELL PHONES, TABLETS, POCKET KNIVES, EXPENSIVE JEWELRY, MATCHES, CURLING IRONS, MAKEUP, PERFUME, COLOGNE OR ANYTHING TO EAT, INCLUDING CANDY OR GUM.**

**IDENTIFICATION OF PERSONAL POSSESSIONS** It is important that you not lose clothing or other possessions while at Outdoor School. Coyote Outdoor School is not responsible for lost or stolen belongings. All personal items and equipment should have the student's name and school marked clearly on them. We suggest making a checklist of items brought to Outdoor School and re-checking it carefully before returning home.



## Student Code of Conduct

Coyote Outdoor School is a school away from the classroom in the outdoors, but the rules at your school still apply while you are at Outdoor School. In order to learn, be safe, and have fun, each student is responsible for demonstrating appropriate behavior. Students are expected to:

1. Have a positive attitude
2. Participate to the best of their ability
3. Be kind and respectful of others and the environment
4. Follow directions given by staff and Coyote Leaders
5. Use appropriate language
6. Be safe\*

### **\*Rules for Safety:**

1. Stay with your group. If you are at field study, stay with your group. If you are in the cabin area, stay with your cabin group. If you must leave your group for any reason during the day, you must travel with an instructor/chaperone and a buddy.
2. Stay out of streams and ponds. It's safer for you and better for the environment.
3. Walk wherever you go, unless you have permission to run. There are rocks, roots, and other things on the trails that you can trip on, so walk slowly and carefully.
4. Stay in your cabin during designated times. If you need to leave your cabin for any reason, talk to your Coyote leader first.
5. Contact a staff member immediately if someone is sick or hurt or if you have a complaint or concern about any adults or students.

### **Extreme Behaviors**

Behaviors that threaten other students and staff or put the student or other students and staff in danger may result in the student being sent home and will be reported to the student's school with potential consequences.

Behaviors that may result in a student being sent home and further consequences include:

1. Possession of a weapon
2. Possession of illegal substances
3. Violent acts against staff or students
4. Theft or vandalism
5. Running away from supervisors

## Extended Field Trip – Student Health and Emergency Information Authorization for Medication Administration

**Parent/ Guardian: Please complete and sign this form.** This is a required form in order for your student to participate in the extended field trip. If you have any questions, please contact your child's teacher or the school administrator.

### STUDENT & CONTACT INFORMATION

<u>Student name</u>	<u>Date of birth</u>	<u>Grade</u>
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<u>Teacher /School</u>	<u>Field Trip</u>	<u>Trip Dates</u>
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<u>Primary Contact (Legal Guardian)</u>	<u>Primary Phone</u>	<u>Relationship</u>
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<u>Secondary Contact (Legal Guardian)</u>	<u>Primary Phone</u>	<u>Relationship</u>
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Student's address: \_\_\_\_\_

Emergency Contacts If Parent/Legal Guardian Cannot Be Reached:

<u>Emergency Contact #1</u>	<u>Primary Phone</u>	<u>Relationship</u>
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<u>Emergency Contact #2</u>	<u>Primary Phone</u>	<u>Relationship</u>
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### HEALTH & MEDICAL INFORMATION

<p><b>Allergies</b></p> <p>_____ Food</p> <p>_____ Medication</p> <p>_____ Bee, insect bites or stings</p> <p>_____ Poison oak</p> <p>_____ Grass/ pollen</p> <p>_____ Latex</p> <p>_____ Other, _____</p> <p>_____ None</p>	<p>Provide specific information about allergen, nature of allergic reaction, and treatment needed:</p>
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<p><b>Significant Medical Conditions</b></p> <p>_____ Asthma</p> <p>_____ Severe Allergies</p> <p>_____ Seizures</p> <p>_____ Diabetes</p> <p>_____ Bleeding Disorder</p> <p>_____ Other, _____</p> <p>_____ None</p>	<p>Provide specific information about medical condition or other health concern, including treatment that may be needed during field trip.</p>
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**Dietary Restrictions** – Provide list any dietary restrictions:

\_\_\_\_\_ None

**Activity Restrictions** – Provide list any activity restrictions:

\_\_\_\_\_ None

**Other Special Precautions and Pertinent Information/ Instructions** – Please identify any other precautions, health or safety concerns, or other pertinent information about your child, including any recent exposure to infectious disease (chicken pox, pink eye, strep throat etc...) in the last two weeks:

\_\_\_\_\_ None

By signing this form, I authorize the exchange of health information about my child, as necessary, between appropriate school personnel, the school nurse, an authorized 4J service provider (such as a third party outdoor school program provider), and/or my child's health care provider in the interest of my child's safety and well-being on the trip.

\_\_\_\_\_  
Print Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

### MEDICATION ADMINISTRATION INFORMATION

Parent/ Guardian: If your child will or may need essential or emergency medication while on an extended field trip, please complete page 3 (for each medication). Medication includes prescription and non-prescription (over-the-counter) medications. Students are not allowed to carry their own medication except as provided by district policy.

FDA approved over-the-counter and prescription medications must be provided by the student's parent or legal guardian. Please deliver any medication in its original factory or pharmacy-labeled container in a plastic zip bag with the child's name on the outside to school personnel before the trip. Do not mix medications. Each medication must be separately packaged in its original container. For student safety, ALL medications will be kept and their use supervised by trained 4J school staff or registered nurse of an approved 4J provider/ contractor.

Non-prescription sunscreen may be administered by school personnel without written authorization from parents. If you have an objection to the administration of sunscreen, please note it on this form.

Nonprescription medications, including vitamins, supplements or herbal remedies not approved by the FDA may only be dispensed to students if it is accompanied by a written order from the student's prescriber that includes the name of the student, name of the medication, dosage, method of administration, frequency of administration, and a statement that the medication must be administered while the student is in school, any other special instructions, and the signature of the prescriber.

### RETURN FORM TO SCHOOL PERSONNEL

**AUTHORIZATION FOR MEDICATION ADMINISTRATION  
BY SCHOOL PERSONNEL**

Student's Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
School Name \_\_\_\_\_ Grade \_\_\_\_\_

**I am giving school personnel permission to administer medications to my child per the following:  
Parent to complete separate form for each medication and for each dosage or time change:**

Medication: \_\_\_\_\_ Non Prescription (*sin receta*)  
*Medicina*  
Dose (how much): \_\_\_\_\_ Prescription (*receta*) Rx number \_\_\_\_\_  
*Dosis* Exp Date: \_\_\_\_\_  
Frequency (how often): \_\_\_\_\_ Please allow my child to self-administer this  
*Frecuencia* medication (refer to district medication policy)

Route: (circle one)

**By: Mouth Ear Eye Nose Skin**  
*Boca oido ojo nariz piel*

Time: \_\_\_\_\_  
*Hora*

Duration: Start date \_\_\_\_\_ end date \_\_\_\_\_  
*Fechas para empezar y terminar*

Reason for Medication: \_\_\_\_\_  
*La razon para la medicina*

Special Instructions: \_\_\_\_\_

Health care provider's name is: \_\_\_\_\_ and phone is  
\_\_\_\_\_.

I am the parent or legal guardian of the student listed above, and I give permission for 4J School Personnel to administer the medication listed above to my child. This authorization is valid only for the duration of the above-named field trip. I also authorize 4J School Personnel to exchange information, as necessary, between appropriate school personnel, the school nurse, an authorized 4J service provider (such as a third party outdoor school program provider), and/or my child's health care provider in the interest of my child's safety and well-being on the trip. *I understand I am responsible to provide this medication in the **most current pharmacy container with accurate label** or **manufactured packaging** and maintain the supply as needed. I understand I am responsible to notify the school in writing of any changes.*

Print Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ADMINISTRATOR APPROVAL\***  
**(when necessary for self administration of medication, see district policy)**

Administrator  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**RETURN TO SCHOOL PERSONNEL**



# Coyote Outdoor School



## LIABILITY RELEASE AND PERMISSION FOR MEDICAL CARE

***THIS BLOCK MUST BE SIGNED FOR YOUR CHILD TO ATTEND OUTDOOR SCHOOL***

My child/ward has my permission to participate in all session and field trip activities. I hereby give permission for staff at Coyote Outdoor School to administer medication to my child/ward as indicated on the accompanying health form. I understand that it is my responsibility to provide such medication(s), and that all medication must be provided in the original pharmacy labeled containers. I release and waive any and all claims that I now have or may hereafter have against Whole Earth Nature School, d.b.a. Coyote Outdoor School, and 4J school district employees arising out of the administration of or failure to administer the medication to the above student or any adverse reaction to such medication. In the case of an emergency, I hereby request and authorize any physician, hospital, or healthcare provider to provide medical treatment promptly, whether or not I am contacted in advance. I am the Parent or Legal Guardian of the above-named child, who is under the age of 18 years and who wants to participate in Coyote Outdoor School programs. In consideration of my child/ward's participation in the programs, I hereby release, waive, indemnify and discharge Coyote Outdoor School and all of its instructors, employees, officers, directors, agents, sponsors, and volunteers from any and all liability to me, my child or ward and to all my legal representatives, assigns, heirs, and next of kin, for damage and injury to my child or ward or to any person or property arising out of participation in the program, and of future use of materials and other objects created during the program whether on Coyote Outdoor School property or elsewhere. This agreement includes but is not limited to claims or demands on account of injury or damage caused or allegedly caused by the negligence of Coyote Outdoor School or any of the individuals listed above. Coyote Outdoor School has the right to use any student drawings, journal excerpts, video and any photos taken during the program for promotional purposes for itself and its affiliates. I HAVE READ AND FULLY UNDERSTAND THE PROGRAM DETAILS, THE WAIVER AND RELEASE OF ALL CLAIMS FOR PARTICIPATION IN THE COYOTE OUTDOOR SCHOOL PROGRAM.

**If you have a religious/personal objection to medical treatment please check the appropriate boxes:**

☐ **NO MEDICATION in any form.**

☐ **OTHER:** \_\_\_\_\_

**I understand and consent that in the event of a life threatening situation, my child or ward, regardless of religious or personal convictions, will be administered life-sustaining first aid and medical care.**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Child Name**

\_\_\_\_\_  
**Date**

***Please fill out, sign and return this form to your child's teacher 4 weeks before the field trip.***